

Supplication said upon seeing someone in trial or tribulation

**This supplication is to be said to one's self,
not directly to the one in trial or tribulation**

**الْحَمْدُ لِلّٰهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ،
وَفَضَّلَنِي عَلَى كَثِيرٍ مِّمَّنْ خَلَقَ تَفْضِيلًا**

**Alhamdu lillahil-lathee afanee mimmab-
talaka bih, wafaddalanees ala katheerin
mimman khalaqa tafdeela.**

**‘All praise is for Allah Who saved me from that
which He tested you with and Who most certainly
favoured me over much of His creation.’**