

Supplication for anxiety and sorrow

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أُمَّتِكَ
نَاصِيَّتِي بِيَدِكَ، مَاضٍ فِيَّ حُكْمُكَ، عَدْلٌ
فِيَّ قَضَاؤُكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ
لَكَ سَمِيَتْ بِهِ نَفْسُكَ أَوْ أُنْزِلَتْهُ فِي
كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ
اسْتَأْثَرْتُ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ
أَنْ تَجْعَلَ الْقُرْآنَ رَيِّعَ قَلْبِي، وَنُورَ
صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

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**Allahumma innee abduk, ibnu
abdik, ibnu amatik, nasiyatee
biyadik, madin fiyya hukmuk,
adlun fiyya qada-ok, as-aluka
bikulli ismin huwa lak, sammayta
bihi nafsak, aw anzaltahu fee
kitabik, aw, allamtahu ahadan
min khalqik awis-ta'tharta bihi
fee ilmil-ghaybi indak, an taj'alal-
Qurana rabee-a qalbee, wanoora
sadree, wajalaa huznee
wathahaba hammee.**

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‘O Allah, I am Your servant, son of Your servant, son of Your maidservant, my forelock is in Your hand (i.e. You have total mastery over), Your command over me is forever executed and Your decree over me is just. I ask You by every name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Quran the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety.’

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اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ،
وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ،
وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

**Allahumma innnee a-oothu bika
minal-hammi walhuzn, wal-ajzi
walkasali walbukhli waljubn,
wada'lid-dayni waghalaabatir-rijal.**

**‘O Allah, I take refuge in You from anxiety
and sorrow, weakness and laziness,
miserliness and cowardice, the burden of
debts and from being over powered by
men.’**