

1. It was narrated from Ibn ‘Abbas (ra) that the Messenger of Allah (saas) said: “My Lord came to me tonight in the most beautiful form...” and in this hadith he said that Allah said, “O Muhammad, when you pray, then say:

اللهم إني أسألك فعل الخيرات ، وترك المنكرات ، وحب المساكين ، وأن تغفر لي وترحمني وتتوب علي ، وإن أردت بعبادك فتنة فاقبضني إليك غير مفتون

‘Allaahumma inni as’aluka fi’lal khayraat wa tark al-munkaraat, wa hubb al-masaakeen, wa an taghfira lee wa tarhamanee wa tatooba ‘alayya. Wa in aradta bi ‘ibaadika fitnatan, faqbidni ilayka ghayra maftoon (O Allah, I ask You (to enable me) to do good deeds and avoid evil deeds, and to love the poor, and (I ask You) to forgive me, have mercy on me and accept my repentance. If You decree that some trial should befall Your slaves, then take me to You [i.e., cause me to die] without having me be subjected to that trial).” (Tirmithi - hasan)

2. Abu Burdah ibn ‘Abd-Allah narrated from his father that when the Prophet (saas) was afraid of some people he would say,

اللَّهُمَّ إِنَّا نَجْعُكَ فِي نُحُورِهِمْ وَنَعُوذُ بِكَ مِنْ شُرُورِهِمْ

“Allaahumma inna naj’aluka fi nuhoorihim wa na’oodhu bika min shuroorihim (O Allah, we place You before them and we seek refuge in You from their evil).” (Abu Dawud - Sahih)

3. It was narrated from Ibn ‘Abbas (ra) that the Messenger of Allah (saas) used to say the following words of relief at times of distress:

السموات ورب الأرض ورب العرش لا إله إلا الله العظيم الحليم ، لا إله إلا الله رب العرش العظيم ، لا إله إلا الله رب الكريم

“Laa ilaaha ill-Allaah al-‘Adheem al-Haleem, laa ilaaha ill-Allaah Rabb al-‘Arsh al-‘adheem, la ilaaha ill-Allaah Rabb ul-samawaati wa Rabb ul-ard wa Rabb ul-‘Arsh il-kareem (There is nothing worthy of worship but Allah, the All-Powerful, the Forbearing; There is nothing worthy of worship but Allah, Lord of the mighty Throne; There is nothing worthy of worship but Allah, Lord of heaven, Lord of earth, and Lord of the noble Throne).” (Bukhari and Muslim)

4. The Prophet (saas) said: “Shall I not tell you of something that, if any worldly calamity or disaster befalls any man among you and he says these words, he will be relieved of it. (It is) the du’a’ of Dhu’-Noon (the Prophet Yunus - as): “Laa ilaaha illa anta subhaanaka inni kuntu min al-dhaalimeen (none has the right to be worshipped but You (O Allah), Glorified (and Exalted) be You [above all that (evil) they associate with You]! Truly, I have been of the wrongdoers).” According to another report: “No Muslim man says this du’a’ concerning anything but Allah will answer his prayer.” (Sahih al-Jaami’)

5. The Messenger of Allah (saas) said: to Asmaa’ bint ‘Umays, “Shall I not teach you some words which you can say at times of distress and hardship?

لَا إِلَهَ إِلَّا اللَّهُ رَبِّي لَا أُشْرِكُ

‘Allaahu rabbee laa ushriku bihi shay’an (Allah is my Lord, I do not associate anything with Him).” (Sahih - Abu Dawood)

According to a version narrated in al-Sahih al-Jaami’, “Whoever is afflicted by worry, distress, sickness or hardship, and says, Allaahu rabbee laa shareeka lah (Allah is my Lord, He has no partner or associate), will be relieved of that.”