

## Supplications at times of Distress

### First Khutbah

إِنَّ الْحَمْدَ لِلَّهِ , نَحْمَدُهُ , وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ , وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا , مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ , وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ , وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Verily, all praise is for Allah. We praise Him, we seek His assistance and we ask for His forgiveness. And we seek refuge in Him from the evils of our selves. Whoever Allah guides, none can misguide. Whoever He misguides, none can guide. And I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His servant and messenger.

(يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ ﴿١٠٢﴾ [آل

عمران:102]

Al Imran(3) 102 : **O you who believe! Fear Allah as He should be feared, and die not except in a state of Islam.**

Oh Believers:

Allah, the Exalted, has made this world a place of trials and tribulations. This world contains calamities and disasters, as well as sorrow, grief, and distress. And in this world there is injustice, transgression, and aggression. Every person lives in this world with fear and hope; fearing calamities and sorrows, and hoping for comfort and tranquility. From the mercy of Allah, the Exalted, upon all, is that He, glorified be He, responds to the supplication of the distressed and troubled, even if they are sinners or disbelievers. For Allah, glorified be He, made this among the signs of His lordship, and the Lord is the Lord of all; believers and disbelievers, the

righteous and the wicked. So He responds to the supplications of the distressed just as He provides sustenance. Allah Almighty said:

أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ-النَّمْلِ 62

An-Naml (27) 62: **Is He [not best] who responds to the desperate one when he calls upon Him.**

And there are supplications for times of distress that the Prophet صلى الله عليه وسلم guided us to. If they are invoked by the distressed, it is befitting that Allah, the Exalted, relieves their distress.

Among the supplications for relieving distress is what Ibn Abbas, may Allah be pleased with them, narrated that the Messenger of Allah صلى الله عليه وسلم used to say in times of distress:

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ  
وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

**There is none rightfully worshipped other than Allah, the Almighty, the Forbearing. There is none rightfully worshipped other than Allah, Lord of the Magnificent Throne. There is none rightfully worshipped other than Allah, Lord of the heavens and earth and Lord of the Noble Throne.**

[Al-Bukhari 6346 and Muslim 2730a]

And it is the most authentic hadith for supplications at times of distress.

And the context of the hadith indicates that the Prophet صلى الله عليه وسلم used to consistently recite this remembrance in every distress. And it is a great remembrance that reminds of the greatness of Allah, the Exalted, His forbearance upon His servants, and an explanation of the manifestations of His greatness in the creation of the Throne, the heavens, and the earth. As it also affirms the Lordship of Allah, the Exalted, His Divinity, His Names and Attributes. And this is the perfection of Tawhid (Oneness of Allah). Al-Nawawi, may Allah have mercy upon him, said:

It is a great hadith and one should pay attention to it, and recite it much during times of distress and significant matters.

Al-Tabari said:

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The predecessors used to supplicate with it and call it "The supplication of distress".

And some scholars are of the opinion that this remembrance should be prioritized, and then one should supplicate for the removal of their distress. For that is among the reasons for the acceptance of their supplication.

And from the supplications at times of distress is what was narrated by Ali ibn Abi Talib, may Allah be pleased with him, who said:

The Messenger of Allah ﷺ taught me to say when I am in distress:

لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ، وَتَبَارَكَ اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، وَالْحَمْدُ لِلَّهِ رَبِّ  
الْعَالَمِينَ

**There is none rightfully worshipped other than Allah, the Forbearing, the Generous. Glory be to Allah, Lord of the Magnificent Throne. And all praise is due to Allah, Lord of the worlds.** [Musnad Ahmad 701, Grade: Sahih]

And it is a great hadith that contains the affirmation of the Lordship of Allah the Exalted, His Divinity and His Names and Attributes, along with His glorification, exaltation and praise.

And from the supplications of relieving distress is what Sa'd ibn Abi Waqqas, may Allah be pleased with him, narrated that the Messenger of Allah ﷺ said:

دَعْوَةُ ذِي التُّونِ إِذْ دَعَا وَهُوَ فِي بَطْنِ الْحُوتِ: لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ،  
فَإِنَّهُ لَمْ يَدْعُ بِهَا رَجُلٌ مُسْلِمٌ فِي شَيْءٍ قَطُّ إِلَّا اسْتَجَابَ اللَّهُ لَهُ

**The supplication of Dhun-Nun (Prophet Yunus) when he supplicated, while in the belly of the whale, There is none rightfully worshiped other than You, Glory to You, Indeed, I have been of the wrongdoers.' No Muslim man invokes with it for anything, ever, except that Allah responds to him.** [Jami` at-Tirmidhi 3505, Grade: Sahih]

And Prophet Yunus, peace be upon him, was distressed by being swallowed by the whale and reaching its belly. So he was enveloped by

darkness upon darkness; the darkness of the night, the darkness of the sea, and the darkness of the whale's belly:

فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ \* فَاسْتَجَبْنَا لَهُ  
وَنَجَّيْنَاهُ مِنَ الغَمِّ وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ-الأنبياء 87-88

Al-Anbya (21) 87-88: **(87) So he called out in the darkneses, 'There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.'** **(88) So We responded to him and saved him from the distress. And thus do We save the believers.**

This supplication is not specific to Prophet Yunus, peace be upon him, but is for every distressed person, as evidenced by the conclusion of the verse:

وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ

**And thus do We save the believers.**

And in this supplication is an acknowledgment of Allah's Divinity, along with praising Him, Glory be to Him, as well as one's acknowledgment of their own wrongdoing.

From the supplications at times of distress is what was narrated by Abu Bakrah, may Allah be pleased with him, that the Prophet صلى الله عليه وسلم said:

دَعَوَاتُ الْمَكْرُوبِ: اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ، أَصْلِحْ لِي شَأْنِي  
كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ

**The supplications of the distressed are: O Allah, I hope for Your mercy. Do not leave me to myself even for the blink of an eye. Rectify all of my affairs. There is none worthy of worship but You.** [Abu Dawood 5090, Grade: Hasan]

In the narration of At-Tayaalisi, it was called "The Supplication of the Distressed," and according to Ibn Abi Shaybah, it was called "The words of the Distressed." It is among the supplications of the morning and evening, recommended by the Prophet صلى الله عليه وسلم to his daughter Fatimah, may Allah be pleased with her. And he would not guide her except to what is

best for her and his Community. The Prophet ﷺ said to Fatimah, may Allah be pleased with her :

مَا يَمْنَعُكَ أَنْ تَسْمَعِي مَا أَوْصِيكَ بِهِ، أَنْ تَقُولِي إِذَا أَصْبَحْتَ وَإِذَا أَمْسَيْتِ: يَا حَيُّ يَا قَيُّوْمُ  
بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِي شَأْنِي كُلَّهُ، وَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

**What prevents you from listening to what I advise you, to say when you reach the morning and when you reach the evening: O Ever-Living, O All-Sustaining, by Your mercy I seek help, correct all my affairs, and do not leave me to myself even for the blink of an eye.** [Al-Hakim 2026, Grade: Sahih on the condition of Al Bukhari and Muslim]

Its inclusion among the Supplications of Morning and Evening indicates its importance, and that people are never free from matters that concern them, or a distress that afflicts them. So they seek relief with Allah, Blessed and Exalted, to alleviate their distress, remove their worry, and dispel their grief. In this great supplication is seeking help from Allah the Exalted, and appealing to Him through His name, the Ever-Living, the All-Sustaining, and by His attribute of mercy. This appeal is suitable for the state of the created, weak being, and beneficial for the worried, distressed one, For the All-Sustaining is the One who continuously administers His creation. In His Hands are the keys to all matters, and nothing escapes His command and decree, glorified and praised be He. Allah Almighty said:

وَمِنْ آيَاتِهِ أَنْ تَقُومَ السَّمَاءُ وَالْأَرْضُ بِأَمْرِهِ-الرُّوم 25

Ar-Rum (30) 25: **And of His signs is that the heaven and earth stand [i.e., remain] by His command.**

In it, the supplicant disavows their own power, strength, and ability, and turns to Allah Almighty in their distress and in everything that concerns them, while acknowledging Allah's Divinity, alone, with no partners. Glory be to Him, the Most High.

أَقُولُ مَا تَسْمَعُونَ وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ مِنْ كُلِّ ذَنْبٍ فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

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I say what you have heard and I seek forgiveness from Allah for me and you from every sin. So seek forgiveness from Him, Verily He is Oft-Forgiving, the Most Merciful.

## Second Khutbah

الْحَمْدُ لِلَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

All praise is to Allah, and peace and blessings upon the Messenger of Allah, and I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His slave and messenger.

Oh people:

It is crucial while invoking supplications of relieving distress to attach one's heart to Allah, the Exalted, and not to turn towards any other. One should feel the greatness of Allah, the Exalted, His knowledge, glorified be He, of every distressed being and His ability to relieve distress. As they should contemplate the profound meanings of the supplications of relieving distress, what they include of the Oneness of Allah, the Exalted, His most Beautiful Names, and Highest Attributes. And to be certain of the response, and that Allah, the Exalted, is the sole Reliever of distress, the Remover of sorrow, and the Eliminator of grief.

And from the supplications at times of distress is what was narrated by Asma bint Umayy, may Allah be pleased with her, who said:

The Messenger of Allah صلى الله عليه وسلم taught me words to say at times of distress:

اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

**Allah is my Lord; I do not associate anything as partner with Him.** [Sunan Abi Dawud 1525, Grade: Sahih (Albani)]

This contains an appeal to Allah, the Exalted, through Tawhid. And it is the briefest supplication for relieving distress and it is easy to memorize even

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for those who have a weak memory. And even if one limits themselves to this supplication and repeats it with conviction, Allah, the Exalted, will relieve their distress.

And from the supplications of relieving distress is what was narrated by Anas bin Malik, may Allah be pleased with him, who said:

I frequently heard the Messenger of Allah صلى الله عليه وسلم invoke with these supplications:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرَّجَالِ

**O Allah, I seek refuge in You from worry and sadness, from incapacity and laziness, from miserliness and cowardice, from the burden of debts and from being overpowered by men.** [Al-Bukhari 2889, Muslim 1365, Ahmad 13365, An Nisai 5453]

And in the narration of An-Nasa'i, this was mentioned among the supplications that the Messenger of Allah صلى الله عليه وسلم would not neglect mentioning. And supplicating for relief from distress is apparent in this hadith. For in it is seeking refuge from worry and sadness, which are the precursors of distress. For when worry intensifies, it becomes distress. Also, in this supplication is seeking refuge from the burden of debt and being overpowered by men, which no doubt are among the most significant causes of distress. Therefore, this was the Prophet's صلى الله عليه وسلم most frequent supplications.

So follow the example of the Prophet صلى الله عليه وسلم and frequently invoke these supplications, whether in distress or not. And be conscious of Allah, the Exalted, and turn to Him and place your trust in Him. Know Allah Almighty in times of ease and He will know you in times of hardship. Frequently supplicate Allah in times of prosperity, and He will respond to you in times of adversity.

We ask Allah Almighty to relieve our distress and the distress of every Muslim, and to grant us patience and contentment, and to enable us to

obey Him in times of ease and hardship. Indeed, Allah Almighty is the All Hearing, the Responsive.

هَذَا وَصَلُّوا وَسَلِّمُوا عَلَى نَبِيِّكُمْ كَمَا أَمَرَكُمْ بِذَلِكَ رَبُّكُمْ , فَقَالَ

I conclude with this and send prayers of blessings and peace upon your Prophet as your Lord commanded:

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا

Al Ahzaab (33) 56: Indeed, Allah confers blessing upon the Prophet, and His angels [ask Him to do so]. O you who have believed, ask [ Allah to confer] blessing upon him and ask [ Allah to grant him] peace.

اللَّهُمَّ اهْدِنَا فِيمَنْ هَدَيْتَ وَعَافِنَا فِيمَنْ عَافَيْتَ وَتَوَلَّنَا فِيمَنْ تَوَلَّيْتَ وَبَارِكْ لَنَا فِيمَا  
أَعْطَيْتَ وَقِنَا شَرَّ مَا قَضَيْتَ إِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ وَإِنَّهُ لَا يَذُلُّ مَنْ وَالَيْتَ  
تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ

O Allah, guide us with those whom You have guided, grant us well-being among those You have granted well-being, be an ally to us along with those whom You are an ally to, and bless what You have bestowed upon us, and save us from the evil of what You have decreed. For verily You decree and none can decree over You. He whom You support can never be humiliated. Glory is to You, our Lord, You are Blessed and Exalted.

اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ وَنَعُوذُ بِكَ  
مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا



سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنَّا نَسْأَلُكَ  
الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَنَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ  
عَمَلٍ وَنَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لَنَا خَيْرًا

O Allah, We ask You for all that is good, in this world and in the Hereafter, what we know and what we do not know. O Allah, we seek refuge with You from all evil, in this world and in the Hereafter, what we know and what we do not know. O Allah, we ask You for the good that Your servant and Prophet has asked You for, and we seek refuge with You from the evil from which Your servant and Prophet sought refuge. O Allah, we ask You for Paradise and for that which brings one closer to it, in word and deed, and we seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And we ask You to make every decree that You decree concerning us good.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَى وَيَنْهَى عَنِ الْفَحْشَاءِ  
وَالْمُنْكَرِ وَالْبَغْيِ، يَعْظُمُ لِعَلَّكُمْ تَذَكَّرُونَ

Servants of Allah. Indeed, Allah orders justice and good conduct and giving to relatives and forbids immorality and bad conduct and oppression. He admonishes you that perhaps you will be reminded.

أذْكُرُوا اللَّهَ الْعَظِيمَ يَذْكُرْكُمْ وَاشْكُرُوا لَهُ يَزِدْكُمْ وَاسْتَغْفِرُوا لَهُ يَغْفِرْ لَكُمْ وَاتَّقُواهُ يَجْعَلَ  
لَكُمْ مِنْ أَمْرِكُمْ مَخْرَجًا ، وَأَقِمِ الصَّلَاةَ

Remember Allah, the Great - He will remember you. Thank Him for His favors - He will increase you therein. And seek forgiveness from Him - He will

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forgive you. And be conscious of Him - He will provide you a way out of difficult matters. And, establish the prayer.