



# SELECTED DU'A DURING DIFFICULT TIMES



## HOW TO PROTECT YOURSELF FROM COVID-19

MAKE  
LOTS  
OF  
ISTIGHFAR



PUT YOUR  
TRUST  
IN ALLAH

FOLLOW  
ADVICE  
FROM LOCAL  
ISLAMIC  
AUTHORITY  
ON ATTENDING  
MOSQUE



SAY YOUR  
MORNING  
AND  
EVENING  
ADHKAR

AVOID  
GOING  
OUT  
IF NOT  
NECESSARY



INCREASE IN  
GOOD DEEDS  
AND AVOID  
SINS

GIVE CHARITY  
AS IT STANDS  
IN THE  
WAY OF  
CALAMITY





**HOW TO STAY  
HEALTHY AND  
AVOID THE SPREAD  
OF COVID-19**

**USE  
TISSUES  
AND  
DISPOSE  
IMMEDIATELY  
AFTER  
USE**



**WASH YOUR  
HANDS  
REGULARLY  
FOR 20  
SECONDS**

**STAY  
HOME  
WHEN  
SICK**



**AVOID  
TOUCHING  
YOUR  
FACE**

**WIPE  
HIGH-TOUCH  
SURFACES  
OFTEN**



**AVOID  
CLOSE  
CONTACT  
WITH  
OTHERS**

**COVER YOUR  
MOUTH  
WHEN  
COUGHING  
OR SNEEZING**



# TRUST IN ALLAH'S DECREE

قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا  
وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

[SURAH TAWBAH, 9: 51]

SAY, "NEVER WILL WE BE STRUCK EXCEPT BY WHAT ALLAH HAS DECREED FOR US; HE IS OUR PROTECTOR." AND UPON ALLAH LET THE BELIEVERS RELY.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ  
وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ  
الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

AND WE WILL SURELY TEST YOU WITH SOMETHING OF FEAR  
AND HUNGER AND A LOSS OF WEALTH AND LIVES AND  
FRUITS, BUT GIVE GOOD TIDINGS TO THE PATIENT,  
WHO, WHEN DISASTER STRIKES THEM, SAY, "INDEED WE  
BELONG TO ALLAH, AND INDEED TO HIM WE WILL RETURN."

[SURAH AL-BAQARA, 2: 155-156]

# DU'A FOR EASE

“O ALLAH, THERE IS NO EASE EXCEPT  
IN THAT WHICH YOU HAVE MADE  
EASY, AND YOU MAKE THE DIFFICULTY,  
IF YOU WISH, EASY.”

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا،  
وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

ALLÂHUMMA LÂ SAHLA ILLÂ MÂ JA'ALTAHU  
SAHLAN, WA ANTA TAJ'ALU-L-HAZANA IDHÂ  
SHI'TA SAHLAN

# DU'A FOR EASE AND CURE

“ALLAH IS SUFFICIENT FOR ME, NONE HAS THE RIGHT TO BE WORSHIPPED EXCEPT HIM, UPON HIM I RELY AND HE IS THE LORD OF THE EXALTED THRONE.”

[SEVEN TIMES MORNING AND EVENING]

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ  
وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

HASBIYA L-LÂHU LÂ ILÂHA ILLÂ HUWA 'ALAYHI  
TAWAKKALTU, WA HUWA RABBU-L-CARSHI-L-'AZÎMI.

# DU'A WHEN LEAVING HOME FOR PROTECTION

“IN THE NAME OF ALLAH, I PLACE MY TRUST IN ALLAH, AND THERE IS NO MIGHT NOR POWER EXCEPT WITH ALLAH.”

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا

قُوَّةَ إِلَّا بِاللَّهِ

BISMI L-LÂHI, TAWAKKALTU 'ALÂ L-LÂHI,  
WA LÂ HAWLA WA LÂ QUWWATA ILLÂ  
BI-L-LÂHI.



# DU'A FOR PROTECTION FROM HARM

“IN THE NAME OF ALLAH WITH WHOSE  
NAME NOTHING IS HARMED ON  
EARTH NOR IN THE HEAVENS AND  
HE IS THE ALL-SEEING, THE ALL-KNOWING.”

[THREE TIMES MORNING AND EVENING]

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ  
وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

BISMI L-LÂHI L-LADHÎ LÂ YADURRÛ MA'Â SMIHI SHAY'UN  
FI-L ARDI WA LÂ FI S-SAMÂ'I, WA HUWA S-SAMI'-UL-'ALÎM.

# DU'A OF YUNUS (AS)

“THERE IS NO DEITY WORTHY OF  
WORSHIP BUT YOU, GLORY TO BE TO  
YOU, INDEED, I HAVE BEEN OF THE  
WRONGDOERS.”

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

LAA ILAAHA ILLAA ANTA SUBHAANAKA INNEE KUNTU  
MINAZ-ZAALIMEEN

THE PROPHET ﷺ SAID THAT “THERE IS NO MUSLIM WHO SAYS THIS  
SUPPLICATION, FOR ANY SITUATION, EXCEPT THAT ALLAH MOST HIGH  
ANSWERS HIS CALL.”

# DU'A FOR BODILY PAIN

“IN THE NAME OF ALLAH. (3 TIMES)  
I TAKE REFUGE IN ALLAH AND WITHIN  
HIS OMNIPOTENCE FROM THE EVIL THAT  
I FEEL AND AM WARY OF. (7 TIMES)”

بِسْمِ اللَّهِ (ثَلَاثًا)

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ. (سَبْعَ مَرَّاتٍ)

BISMI LLÂH (3 TIMES)

A'ÛDHU BI-L-LÂHI WA QUDRATIHI MIN SHARRI MÂ

AJIDU WA UHÂDHIRU (7 TIMES)

# DU'A BEFORE SLEEPING FOR PROTECTION

## 1. THE 3 QULS, 3 TIMES EACH

THE DRY BLOWING INTO THE PALMS OF ONE'S HAND AND PASSING THEM OVER AS MUCH OF THE BODY AS CAN BE REACHED.

## 2. AAYATUL KURSI

WHOEVER READS THIS WHEN HE LIES DOWN TO SLEEP WILL HAVE A GUARDIAN FROM ALLAH REMAIN WITH HIM.

# DU'A BEFORE SLEEPING FOR PROTECTION

## 1. THE 3 QULS, 3 TIMES EACH

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ \* اللّٰهُ الصَّمَدُ \* لَمْ يَلِدْ وَلَمْ يُولَدْ

\* وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ

قُلْ اَعُوذُ بِرَبِّ الْفَلَقِ \* مِنْ شَرِّ مَا خَلَقَ \* وَمِنْ شَرِّ غَاسِقٍ

اِذَا وَقَبَ \* وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ \* وَمِنْ شَرِّ حَاسِدٍ

اِذَا حَسَدَ

قُلْ اَعُوذُ بِرَبِّ النَّاسِ \* مَلِكِ النَّاسِ \* اِلٰهِ النَّاسِ \* مِنْ

شَرِّ الْوَسْوَاسِ الْخَنَّاسِ \* الَّذِي يُوَسْوِسُ فِي صُدُوْرِ النَّاسِ \*

مِنَ الْجِنَّةِ وَالنَّاسِ

# DU'A BEFORE SLEEPING FOR PROTECTION

## 2. AAYATUL KURSI

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ  
مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ  
إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ  
مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا  
يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

# DU'A AT MORNING & EVENING

O ALLAH, GRANT MY BODY HEALTH, O ALLAH, GRANT MY HEARING HEALTH, O ALLAH, GRANT MY SIGHT HEALTH. NONE HAS THE RIGHT TO BE WORSHIPPED EXCEPT YOU.

O ALLAH, I SEEK REFUGE WITH YOU FROM DISBELIEF AND POVERTY, AND I SEEK REFUGE WITH YOU FROM THE PUNISHMENT OF THE GRAVE. NONE HAS THE RIGHT TO BE WORSHIPPED EXCEPT YOU. (THREE TIMES)

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي ، لَا إِلَهَ إِلَّا أَنْتَ  
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ ، وَالْفَقْرِ ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لَا إِلَهَ إِلَّا أَنْتَ

ALLAAHUMMA 'AAFINEE FEE BADANEE, ALLAAHUMMA 'AAFINEE FEE SAM'EE,  
ALLAAHUMMA 'AAFINEE FEE BAŞAREE, LAA ILAAHA ILLAA ANT  
ALLAAHUMMA INNEE A'OODHU BIKA MINAL-KUFRI, WAL-FAQRI, WA  
A'OODHU BIKA MIN 'ADHAABIL-QABRI, LAA ILAAHA ILLAA ANT (3 TIMES)

# DU'A AT MORNING & EVENING

O ALLAH, I ASK YOU FOR WELL-BEING IN THIS LIFE AND THE NEXT. O ALLAH, I ASK YOU FOR PARDON AND WELL-BEING IN MY RELIGIOUS AND WORLDLY AFFAIRS, AND MY FAMILY AND MY WEALTH. O ALLAH, VEIL MY WEAKNESSES AND SET AT EASE MY DISMAY.

O ALLAH, PRESERVE ME FROM THE FRONT AND FROM BEHIND AND FROM MY RIGHT AND FROM MY LEFT AND FROM ABOVE, AND I SEEK REFUGE WITH YOU LEST I BE SWALLOWED UP BY THE EARTH.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي ، اللَّهُمَّ اسْتُرْ

عَوْرَاتِي وَأَمِنْ رَوْعَاتِي

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ ، وَمِنْ خَلْفِي ، وَعَنْ يَمِينِي ، وَعَنْ شِمَالِي ، وَمِنْ فَوْقِي ، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ

تَحْتِي

ALLAAHUMMA INNEE AS'ALUK-AL-'AAFIYATA FID-DUNYAA WAL-AAKHIRAH, ALLAAHUMMA  
INNEE AS'ALUK-AL-'AFWA WAL-'AAFIYATA FEE DEENEE WA DUNYAAYA WA AHLEE WA  
MAALEE,

ALLAAHUMM-ASTUR 'AWRAATEE WA AAMIN RAW'AATEE

ALLAAHUMMAH-FAZNEE MIN BAYNI YADAYYA, WA MIN KHALFEE, WA 'AN YAMEENEE,  
WA 'AN SHIMAALEE, WA MIN FAWQEE, WA A'OODHU BI-'AZAMATIKA AN UGHTAALA  
MIN TAHTEE



# DU'A AT MORNING & EVENING

O EVER LIVING, O SELF-SUBSISTING AND  
SUPPORTER OF ALL, BY YOUR MERCY I SEEK  
ASSISTANCE, RECTIFY FOR ME ALL OF MY AFFAIRS  
AND DO NOT LEAVE ME TO MYSELF, EVEN FOR  
THE BLINK OF AN EYE.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ  
شَأْنِيْ كُلَّهُ ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

YAA HAYYU YAA QAYYOOMU BI RAHMATIKA ASTAGHEETH,

ASLIH LEE SHA'NEE KULLAHU, WA LAA TAKILNEE ILAA

NAFSEE TARFATA 'AYN