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Illness, fear and hardship

Fear of people, pain, visiting the sick, debt, and visiting the graves.

6 duas | Bahishti Zewar

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When fearing harm from a group of people

1

اَللّٰهُمَّ إِنَّا نَجْعَلُكَ فِيْ نُحُوْرِهِمْ، وَنَعُوْذُ بِكَ مِنْ شُرُوْرِهِمْ

Allâhumma innâ naj'aluka fi nuhûrihim wa na'ûdhu bika min shurûrihim.

O Allah (SWT), we place you in our front against them and seek Your protection against their mischief.

Behesti Zewar (Part 6, p. 276), citing Abu Dawud

Place hand on the painful area and recite

2

بِسْمِ اللهِ (3×) · أَعُوْذُ بِعِزَّةِ اللهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ (7×)

Bismillâh (3×) · A'ûdhu bi-izzatillahi wa qudratihi min shar-ri ma ajidu wa uhadhir. (7×)

In the name of Allah (3×) · I seek refuge in the honour and power of Allah (SWT), from the mischief of the pain which I feel and fear. (7×)

Behesti Zewar (Part 6, p. 276), citing Muslim

Said to the sick person you are visiting

3

لَا بَأْسَ طَهُوْرٌ إِنْ شَاءَ اللهُ

La ba'sa tahûrun inshâ allah.

No need to worry. It (this illness) is a means of cleansing from sins, if Allah wills.

Behesti Zewar (Part 6, p. 277), citing Bukhari

When performing ruqyah on a sick person

4

اَللّٰهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَأْسَ، وَاشْفِ أَنْتَ الشَّافِيْ، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً لَّا يُغَادِرُ سَقَمًا

Allâhumma rabban-nâsi adhhibil-ba'sa washfi antash-shâfi lâ shifâ-a illâ shifâ'uka, shifâ-an lâ yughadiru saqamâ.

O Allah, Lord of the people, remove all harm, give cure, for you are the one who cures. There is no curing except Your curing - a curing that leaves no illness

Behesti Zewar (Part 6, p. 277), citing Bukhari

When burdened by debt or financial difficulty

5

اَللّٰهُمَّ اكْفِنِيْ بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِيْ بِفَضْلِكَ عَمَّنْ سِوَاكَ

Allâhummakfini bihalalika an harâmika wa aghnini bifadlika amman siwâk.

O Allah (SWT), suffice me with lawful livelihood adequate to my needs instead of ill-gotten livelihood, and graciously grant me freedom from needing anything from anyone besides Yourself.

Behesti Zewar (Part 5, p. 261), citing Tirmidhi

When visiting the cemetery

6

اَلسَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِيْنَ وَالْمُسْلِمِيْنَ، وَإِنَّا إِنْ شَاءَ اللهُ بِكُمْ لَلَاحِقُوْنَ، أَسْأَلُ اللهَ لَنَا وَلَكُمُ الْعَافِيَةَ

As-salâmu alaykum ahlad-diyyari minal-mu'minina wa muslimina, wa inna inshâ allâhu bikum la-lâhiqûna, as'alullâha lana walakumul-afiyah.

Peace be upon you, O dwellers of this place - Believers and Muslims. Verily, when Allah wills, we will join you. I ask Allah for our and your safety.

Behesti Zewar (Part 6, p. 277), citing Muslim