



*Du'as* FOR  
**RELIEF** & **PROTECTION**

A COLLECTION OF PROPHETIC PRAYERS BROUGHT TO YOU BY

YAQREEN™



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

IN THE NAME OF ALLAH,  
THE MERCIFUL, THE BENEFICENT.



*Du'as* in the  
**Morning & the Evening**



## Du'a for general protection from evil

### IN THE MORNING

رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ  
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ

*Rabbi as'aluka khayra mā fi hādhā al-yawmi wa-khayra mā ba'dahu wa-a'ūdhu  
bika min sharri mā fi hādhā al-yawmi wa-sharri mā ba'dahu.*

My Lord, I ask You for the good in this day and what follows it, and  
I seek refuge in You from the evil in this day and what follows it.



### AT NIGHT

رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا  
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا

*Rabbi as'aluka khayra mā fi hādhīhi al-laylati wa-khayra mā ba'dahā wa-a'ūdhu  
bika min sharri mā fi hādhīhi al-laylati wa-sharri mā ba'dahā.*

My Lord, I ask You for the good in this night and what follows it, and  
I seek refuge in You from the evil in this night and what follows it.

Source: MUSLIM



## Du'a to avoid bringing harm to oneself or others

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ لَا إِلَهَ إِلَّا أَنْتَ  
رَبِّ كُلِّ شَيْءٍ وَمَلِيكُهُ أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ  
وَشَرِّكَهٖ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

*Allāhumma fātira as-samawāti wal-ardi 'ālīma al-ghaybi wash-shahādati lā ilāha illā anta rabbi kulli shay'in wa-malīkahu a'ūdhu bika min sharri nafsī wa-min sharri al-shaytāni wa-sharakihī wa-an aqtarifa 'alā nafsī sū'an aw ajurrahu ilā muslimin.*

O Allah, Creator of the heavens and the earth, Knower of the Unseen and Visible, Lord and Master of all things, there is no true god but You, I seek refuge in You from the evil of myself and the evil of Shaytan and his [encouragement to commit] shirk (idolatry), **and from bringing evil to myself or to another Muslim.**

Source: TIRMIDHI



## Du'a to avoid sudden afflictions

[Repeat 3 times]

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

*Bismillāhi al-ladhī lā yadurru ma'a ismihi shay'un fī al-ardi  
wa-lā fī as-samā'i wa-huwa al-samī'u al-'alīmu.*

In the Name of Allah, with Whose Name  
nothing is harmed on earth nor in heaven,  
and He is the All-Hearing, the All-Knowing.

Source: ABU DAWUD AND TIRMIDHI



## Du'a for well-being and divine protection

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ  
وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ  
رُوعَاتِي اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ  
شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

*Allāhumma innā as'aluka al-‘āfiya fī al-dunyā wal-ākhirā allāhumma  
innā as'aluka al-‘afwa wal-‘āfiya fī dīnī wa-dunyāya wa-ahlī wa-mālī  
allāhumma ustur ‘awrātī wa-āmin raw‘ātī allāhumma ihfaznī min  
bayni yadayya wa-min khalfī wa-‘an yamīnī wa-‘an shimālī wa-min  
fawqī wa-a‘ūdhu bi-‘azīmatika an ughtāla min tahtī.*

O Allah, I ask You for well-being in this world and the Hereafter.  
O Allah, I ask You for pardon and well-being in my religion, my  
worldly affairs, my family and my property. O Allah, conceal my  
faults and set at ease my dismay. O Allah, guard me from in  
front of me and behind me, on my right and on my left, and  
from above me. And I seek refuge in Your Magnificence  
from being swallowed up from beneath me.

Source: AHMAD, ABU DAWUD, AN-NASA'EE, IBN MAJAH



## Du'a for well-being of faculties

[Repeat 3 times in the morning and 3 times in the evening]

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي  
اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

*Allāhumma 'āfinī fī badanī allāhumma 'āfinī fī sam'ī  
allāhumma 'āfinī fī baṣarī lā ilāha illa anta*

O Allah! Grant me well-being in my  
body. O Allah! Grant me well-being  
in my hearing. O Allah! Grant me  
well-being in my sight. There  
is no true god but You.

Source: ABU DAWUD





## Du'a that protects from every harm

[Repeat each surah 3 times in the morning and 3 times in the evening]

قُلْ هُوَ اللَّهُ أَحَدٌ • اللَّهُ الصَّمَدُ • لَمْ يَلِدْ وَلَمْ يُولَدْ • وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

*Qul huwa Allāhu aḥadun. Allāhu aṣ-ṣamadu. Lam yalid wa-lam yūlad.  
Wa-lam yakun lahu kufūwan aḥadun.*

Say, “He is Allah, [who is] One, Allah, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent.”

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ • مِنْ شَرِّ مَا خَلَقَ • وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ •  
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ • وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

*Qul ‘aūdhu bi-rabbi al-falaqi. Min sharri mā khalaqa. Wa-min sharri ghāsiqin idhā waqaba.  
Wa-min sharri an-naffāthāti fī al-‘uqadi. Wa-min sharri ḥāsidi idhā ḥasada.*

Say, “I seek refuge in the Lord of daybreak, From the evil of that which He created, And from the evil of darkness when it settles, And from the evil of the blowers in knots, And from the evil of an envier when he envies.”

قُلْ أَعُوذُ بِرَبِّ النَّاسِ • مَلِكِ النَّاسِ • إِلَهِ النَّاسِ • مِنْ شَرِّ الْوَسْوَاسِ  
الْخَنَّاسِ • الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ • مِنَ الْجِنَّةِ وَالنَّاسِ

*Qul ‘aūdhu bi-rabbi an-nāsi. Maliki an-nāsi. Ilāhi an-nāsi. Min sharri al-waswāsi  
al-khannāsi. Al-ladhī yuwaswisu fī ṣudūri an-nāsi. Min al-jinnati wan-nāsi.*

Say, “I seek refuge in the Lord of mankind, The Sovereign of mankind. The God of mankind, From the evil of the retreating whisperer—Who whispers [evil] into the breasts of mankind— From among the jinn and mankind.”

Source: “Recite Surah Al-Ikhlās and the Mu’awwidhatayn (Surah Al-Falaq and Surah An-Nas) three times in the morning and three times in the evening. This will suffice you in all respects.” - ABU DAWUD AND TIRMIDHI



## Du'a that removes anxiety

[Repeat 7 times]

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

*Ḥasbiya Allāhu lā ilāha illa huwa ‘alayhi tawakkaltu  
wa-huwa rabbu al-‘arshi al-‘azīmi*

Allah is enough for me. There is no true  
god but Him, in Him I put my trust, and He  
is the Lord of the Great Throne.

Source: ABU DAWUD



## Du'a for protection in the evening

أَعُوذُ بِكَلِمَاتِ اللَّهِ  
التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

*A'ūdhu bi-kalimāti Allāhi at-tāmmāti  
min sharri mā khalaqa*

I seek refuge in the Perfect  
Word of Allah from the evil of  
what He has created.

Source: MUSLIM



*Du'as* made on  
**specific occasions**



## Du'a for guidance and protection before leaving the home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا  
حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Bismillāhi tawakkaltu 'alā Allāhi lā ḥawla wa-la quwwata illā billāhi*

In the Name of Allah, I place my trust in Allah. There is no might nor power except with Allah.

Source: ABU DAWUD, TIRMIDHI, AN-NASA'EE



## Reciting these two ayahs at night is a protection from *all* harm

آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا  
نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

*Āmana ar-rasūlu bi-mā unzila ilayhi min rabbihī wal-mu'minūna. Kullun āmana billāhi wa-malā'ikatihi wa-kutubihī wa-rasulihī lā nufarriqu bayna ḥadin min rusulihī wa-qālū sami'nā wa-ṭa'nā ghufrānaka rabbanā wa-ilayka al-maṣīru.*

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], “We make no distinction between any of His messengers.” And they say, “We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination.

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا  
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ  
عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

*Lā yukallifu Allāhu nafsān illā wus'ahā lahā mā kasabat wa-'alayhā maktasabat. Rabbanā lā tū'akhidhnā in nasīnā aw akḥṭā'nā. Rabbanā wa-lā taḥmil 'alaynā iṣrān kamā ḥamaltahu 'alā al-ladhīna min qablinā. Rabbanā wa-lā tuḥammilnā mā lā ṭāqata lanā bihi wa fu 'annā waghfir lanā warḥamanā anta mawlānā fanṣurnā 'alā al-qawmi al-kāfirīna.*

Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. “Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people.”

Source: QUR'AN AL-BAQARAH •285 & 286

“Whoever recites the last two verses of Surat al-Baqarah at night will be sufficed by them.” BUKHARI AND MUSLIM



## Du'a for well-being and protection

[Extracted from *Du'a Qunut* recited during *Witr* prayer]

اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ وَ عَافِنِي فِيمَنْ عَافَيْتَ وَ تَوَلَّيْنِي فِيمَنْ  
تَوَلَّيْتَ وَ بَارِكْ لِي فِي مَا أَعْطَيْتَ وَ قِنِي شَرَّ مَا قَضَيْتَ إِنَّكَ تَقْضِي وَ لَا  
يُقْضَى عَلَيْكَ إِنَّهُ لَا يَدُّ مَنْ وَ أَلَيْتَ تَبَارَكْتَ وَ تَعَالَيْتَ

*Allāhumma ihdinī fī-man hadayta wa-āfinī fī-man āfayta wa-  
tawallanī fī-man tawwalayta wa-bārik lī fī-mā aṭayta wa-qinī  
sharra mā qadayta innaka taqḍī wa-lā yuqḍā 'alayka innahu lā  
yadhīlu man wālayta tabārakta wa-ta'ālayta*

O Allah, guide me among those whom You have guided, grant me well-being among those whom You have granted well-being, turn to me in friendship among those on whom You have turned in friendship, bless me in what You have bestowed, and save me from the evil of what You have decreed. Truly, You decree and none can decree against You; one whom You have befriended is not humiliated. Blessed are You (O Allah) and Exalted.

Source: ABU DAWUD, TIRMIDHI, AND AN-NASA'EE



## Du'a made when afflicted with illness or pain #1

بِسْمِ اللَّهِ

*Bismillāhi*

Place your hand where you feel pain  
and say 'Bismillah ' three times.

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

*A'ūdhu billāhi wa-qudratihi min sharri mā ajidu wa-uḥādhiru*

Then repeat seven times, "I seek refuge in  
Allah and in His power from the evil of what  
I am experiencing and what I fear."

Source: MUSLIM





## Du'a made when afflicted with illness or pain #2

اللَّهُمَّ رَبَّ النَّاسِ ، اذْهَبِ الْبَاسَ ، اشْفِ أَنْتَ  
الشَّافِي ، لَا شَافِيَ إِلَّا أَنْتَ ، شِفَاءً لَا يُغَادِرُ سَقَمًا

*Allāhumma rabbi al-nās adhhibi al-ba'sa ishfi anta al-shāfi lā  
shāfiya illa anta shifā'an lā yughādiru saqaman*

O Allah, Lord of mankind, remove the difficulty  
and heal (the patient), for You are the Healer.  
There is no healing but yours, a cure  
that leaves behind no ailment.

Source: BUKHARI AND MUSLIM



*Du'as* **not specific**  
to time or occasion



## Du'a for protection from illnesses

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ،  
وَالْجَذَامِ، وَمِنْ وَسَائِلِ الْأَسْقَامِ

*Allāhumma innī a'ūdhu bika min al-baraṣi wal-  
junūni wal-judhāmi wa-min sayī'i al-aṣqāmi*

Oh Allah! I seek refuge in you  
from vitiligo, madness, leprosy,  
and evil diseases.

Source: ABU DAWUD, AN-NASA'EE



## Du'a for protection from grief and anxiety

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

*Allāhumma innī a'ūdhu bika min al-hammi wal-  
ḥazani wal-ʿajzi wal-kasali wal-bukhli wal-jubni  
wa-dalā'i ad-dayni wa-ghalabati ar-rijāli*

Oh Allah, I seek refuge in you from anxiety  
and grief; from inability and laziness; from  
stinginess and cowardice; and from the  
burden of debt and oppression of men.

Source: BUKHARI



## A comprehensive du'a for certainty and protection of faith

اللَّهُمَّ اقْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا يَحُولُ بَيْنَنَا وَبَيْنَ مَعَاصِيكَ وَمِنْ طَاعَتِكَ مَا تُبَلِّغُنَا بِهِ جَنَّتَكَ  
وَمِنَ الْيَقِينِ مَا تُهَوِّنُ بِهِ عَلَيْنَا مُصِيبَاتِ الدُّنْيَا وَمَتِّعْنَا بِأَسْمَاعِنَا وَأَبْصَارِنَا وَقُوَّتِنَا مَا أَحْيَيْتَنَا  
وَاجْعَلْهُ الْوَارِثَ مِنَّا وَاجْعَلْ ثَأْرَنَا عَلَى مَنْ ظَلَمْنَا وَانصُرْنَا عَلَى مَنْ عَادَانَا وَلَا تَجْعَلْ مُصِيبَتَنَا فِي  
دِينِنَا وَلَا تَجْعَلِ الدُّنْيَا أَكْبَرَ هَمِّمْنَا وَلَا مَبْلَغَ عِلْمِنَا وَلَا تُسَلِّطْ عَلَيْنَا مَنْ لَا يَرْحَمُنَا

*Allāhumma iqsim lanā min khashyatika mā yaḥūl baynanā wa-bayna ma'āṣika wa-min ṭā'atika mā tublighūnā bihi jannataka wa-min al-yaqīn mā tuhawwīnu bihi 'alaynā muṣībātī al-dunyā wa-mati'nā bi-asmā'inā wa-abṣārinā wa-quwwatinā mā ahyaytanā waj'alhu al-wāritha minnā waj'al tha'ranā 'alā man zalamanā wanṣurnā 'alā man 'ādānā wa-lā taj'al muṣibatānā fī dīninā wa-lā taj'al ad-dunyā akbara hamminā wa-lā mablagha 'ilmīnā wa-lā tusallīta 'alaynā man lā yarḥamunā*

**O Allah, apportion us fear of you that will stop us from disobeying you, apportion us obedience to you that will allow us to reach Paradise, and apportion us conviction that will make calamities in the world easier for us to endure.** Let us enjoy our hearing, our sight, and our power, as long as you let us live, and leave them to inherit us. Let retaliation be upon those who oppress us, and support us against those who are hostile to us. **Let no calamity afflict our religion. Let not the world be our greatest worry, nor the extent of our knowledge.** And let not rule over us those who are unmerciful to us.



Dismantling doubt  
& nurturing conviction.  
**One truth at a time.**

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