Du’as for Relief & Protection

A Collection of Prophetic Prayers Brought to You by Yaqeen
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

رقب أَسْأَلْكَ خَيرَ مَا فِي هَذَا الْيَوْمِ وَخَيرَ مَا بَعْدَهُ
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ

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.

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AT NIGHT

رقب أَسْأَلْكَ خَيرَ مَا فِي هَذَا اللَّيْلَةِ وَخَيرَ مَا بَعْدَهَا
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا

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
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 شَيءٌ فِي
الأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

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
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 فِ بَدَنِ اللَّهُمَّ عَافِنِي فِ سَمْعِي
اللَّهُمَّ عَافِنِي فِ بَصَِي لاَ إِلَهَ إِلاَّ أَنْتَ

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)

قُلِّ اللَّهُ هُوَ الَّذِي أَحَدُ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُن لَّهُ كُفُوٌّ أَحَدٌ

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 مِن شَِّ مَا خَلَقَ وَمِن شَِّ غَاسِقٍ إِذَا وَقَبَ
وَمِن شَِّ النَّفَّاتِ فِ الْعُقَدِ وَمِن شَِّ حَاسِدٍ إِذَا حَسَدَ

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 إِلَـٰهِ النَّاسِ مِن شَِّ الْوَسْوَاسِ
الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِ صُدُورِ النَّاسِ مِنَ الْجِنَّةِ وَالنَّاسِ

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-Ikhlas 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 لاَ إِلَهَ إِلَّا هُوَ، عَلَيْهِ
تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

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 بِكِلَمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَِّ مَا خَلَقَ

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

بِسِّمِ اللَّهِ تَوَكَّلْتُ عَلَيِ اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

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

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.

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.”
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

 Diseem  al-lah

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

 Aghud bal-lah waqadarthe min shar ma ached waاخادر

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
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 إنِّي أَعُوذُ بِكَ مِنْ البََصِ، وَالْجُنُونِ، وَالْجُذَامِ، وَمِنْ وَسَيِّيءِ الأَْسْقَامِ

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

اللِّهَمْ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبَيْلِ، وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

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
اللَّهُمَّ اقْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا يَحُولُ بِيْتَنَا وَبَيْنَ مَعَاصِيكَ وَمِنْ طَاعَتِكَ مَا تُبَلِّغُنَا بِهِ جَنَّتَكَ وَمَتِّعْنَا بِأَسْمَعِنَا وَأَبْصَارِنَا وَقُوَّتِنَا مَا أَحْيَيْتَنَا وَمِنَ الْيَقِيِّ مَا تُهَوِّنُ بِهِ عَلَيْنَا مُصِيبَاتِ الدُّنْيَا وَلاَ تَجْعَلْ مُصِيبَتَنَا فِ دِينِنَا وَلاَ تَجْعَلِ الدُّنْيَا أَكْبََ هَمِّنَا وَلاَ مَبْلَغَ عِلْمِنَا وَلاَ تُسَلِّطْ عَلَيْنَا مَنْ لاَ يَرْحَمُنَا

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.
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One truth at a time.
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