

149276 - Du'aa's for relief from worry and stress

the question

Is it permissible for me to recite du'aa's (supplications) from the book *Abwaab al-Faraj* by Muhammad 'Alawi al-Hasani al-Maaliki? Are there any du'aa's narrated from the Messenger for relief from worry and stress?

Detailed answer

Praise be to Allah.

We have not read the book *Abwaab al-Faraj* in its entirety, but we have come across some paragraphs of it which contained innovated prayers such as "salaat al-faatih", "as-salaah an-naariyyah", "as-salaah al-munjiyah" and others which contain odd phrases and blameworthy exaggeration. We have discussed some of these prayers previously. Please see the answers to questions no. [108382](#), [7505](#) and [123459](#)

With regard to du'aa's for relief from worry and stress, they include:

~1~

That which was narrated by Ahmad (3528) from 'Abdullah ibn Mas'ood, who said: The Messenger of Allah (blessings and peace of Allah be upon him) said: "No person suffers any anxiety or grief, and says: 'Allaahumma innee 'abduka wa ibn 'abdika wa ibn amatika, naasiyati bi yadika, maadin fiyya hukmuka, 'adlun fiyya qadaa'uka, as'aluka bi kulli ismin huwa laka sammayta bihi nafsaka aw anzaltahu fi kitaabika aw 'allamtahu ahadan min khalqika aw ista'tharta bihi fi 'ilm il-ghaybi 'andak an taj'ala al-Qur'aana rabee' qalbi wa noor sadri wa jalaa'a huzni wa dhahaaba hammi (O Allah, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand,

Islam Question & Answer

General Supervisor:

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Your command over me is forever executed and Your decree over me is just. I ask You by every Name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Qur'an the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety)' but Allah will take away his sorrow and grief, and give him in their stead joy." It was said: O Messenger of Allah, should we not learn them (these words)? He said: Yes indeed; whoever hears them should learn them."

Classed as saheeh by al-Albaani in as-Silsilah as-Saheehah, 199.

~2~

That which was narrated by Abu Dawood (5090) and Ahmad (27898) from Abu Bakrah, that the Messenger of Allah (peace and blessings of Allah be upon him) said: "The du'aa' of the person who is in distress is: 'Allaahumma rahmataka arjoo fa laa takilni ilaa nafsi tarfat 'ayn wa aslih li sha'ni kullahu laa ilaaha illa anta (O Allaah, for Your mercy I hope, so do not leave me in charge of my affairs even for the blink of an eye; rectify all my affairs. There is no god except You)'"

Classed as hasan by al-Albaani in Saheeh Abi Dawood.

~3~

That which was narrated by Muslim (2730) from Ibn 'Abbaas, that the Prophet of Allah (blessings and peace of Allah be upon him) used to say, when he felt distressed:

"La ilaaha ill-Allaah al-'Azeem ul-Haleem, Laa ilaaha ill-Allaah Rabb il-'arsh il-'azeem, Laa ilaaha ill-Allaah Rabb is-samawaati wa Rabb il-ard wa Rabb il-'arsh il-kareem (there is no god except Allah, the All-Mighty, the Forbearing; there is no god except Allah, the Lord of the Mighty Throne; there is no god except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne)."

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An-Nawawi (may Allah have mercy on him) said in Sharh Muslim: This is a great hadeeth that one should pay attention to and recite a great deal at times of distress and calamity. At-Tabari said: The early generations used to offer this supplication and they called it du'aa' al-karb (the supplication of distress). If it is said that this is dhikr (remembrance of Allah) and there is no supplication in it, that may be answered in two well-known points: (i) that the supplication may begin with this dhikr, then one may offer supplication as one wishes; (ii) the response of Sufyaan ibn 'Uyaynah who said: Do you not know the words of Allah, may He be exalted [in a hadeeth qudsi]: "Whoever is distracted by remembrance of Me from asking of Me, I shall give him the best of that which I give to those who ask ." The poet said: If a man praises you, then that is enough and there is no need for him for state that he needs help [because his praise of you is a signal that he needs help." End quote.

Please see the essay "Dealing with Worries" on our website.

And Allah knows best.