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## TRUST IN ALLAH: DUAS IN TIME OF DISTRESS

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Uncertainty has continued to mount in the past week as the world faces off with its current Coronavirus pandemic. Many are worried for their health and that of their families. Some are in a complete state of panic. And for others, the risk of a new illness is compounded by the extreme challenges they already face as they struggle with poverty, war, and persecution.

No matter what our situation in times of distress, we have to trust in Allah. We may not know the answers, but truly Allah is all knowing and when we reach out to Him, in both times of hardship and ease, we have the strongest foothold. He reminds us *"Whoever puts his trust in Allah, He will be sufficient for him."* (Surah At-Talaq 65:3)

As we know, the Prophet (saw) and the prophets and messengers before him, were subjected to many trials and tribulations. Their utmost reliance on Allah is what provided ease and hope even in the darkest of moments. Trials are part and parcel of our belief, but Allah, Most High, asks us to put our trust in Him and reminds us that, "Indeed Allah loves the Muttawakileen." (Surah Al-Imran 3:159) - May He make us among them. *"And why should we not rely upon Allah while He has guided us to our [good] ways. And we will surely be patient against whatever harm you should cause us. And upon Allah let those who would rely [indeed] rely."* (Surah Ibrahim 14:12)

Below are a few authentic duas that the Prophet (saw) would say in times of distress and worry. We ask Allah to ease the path for us and continue to protect us in the midst of this current crisis and beyond.

O Allah, I am Your slave and the son of Your male slave and the son of your female slave. My forehead is in Your Hand (i.e. you have control over me). Your Judgment upon me is assured and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with , revealed in Your Book, taught any one of Your creation or kept unto Yourself in the knowledge of the unseen that is with You, to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness and the reliever of my distress.

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أُمَّتِكَ  
نَاصِيَتِي بِيَدِكَ ، مَاضٍ فِي حُكْمِكَ ،  
عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ  
هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ  
فِي كِتَابِكَ ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ  
خَلْقِكَ أَوْ اسْتَأْذَنْتَ بِهِ فِي عِلْمِ  
الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رِيْعَ  
قَلْبِي ، وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي  
وَذَهَابَ هَمِّي .

اللَّهُمَّ رَحْمَتِكَ أَرْحُو فَلَا تَكِلْنِي إِلَى  
نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي  
كَلَّهُ ، لَا إِلَهَ إِلَّا أَنْتَ .

اللَّهُمَّ لَأَسْهَلُ إِلَّا مَا جَعَلْتَهُ سَهْلًا  
وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا .

O Allah , I hope for Your mercy . Do not leave me to myself even for the blinking of an eye (i.e. a moment). Correct all of my affairs for me. There is none worthy of worship but You.

"O Allah! There is nothing easy except that which You make easy; and You make the difficult, if You wish, easy."

## DR SALAH AL-SAWY: TAFSIR OF SURAH AN NISAA AND WEEKLY FATAWA

This week Dr Salah Al-Sawy explained ayat 171 from Surah Al-Nisaa, where Allah Subhanahu wa Taala tells us: "O People of the book, do not commit excess in your religion or say about Allah except the truth. The Messiah, Jesus, the son of Mary, was but a messenger of Allah and His word which He directed to Mary and a soul [created at a command] from Him. So believe in Allah and His messengers. And do not say, "Three"; desist - it is better for you. Indeed, Allah is but one God. Exalted is He above having a son. To Him belongs whatever is in the heavens and whatever is on the earth. And sufficient is Allah as Disposer of affairs."

In his weekly fatawa session he addressed a question on insurance among other things. Watch both videos below and visit our [Facebook page](#) to see other lectures. In addition to the tafsir of Surah Nisaa, Dr Salah has also been conducting a short tafsir on Surah Az-Zumar every week, the tafseer of Juz 28, as well as khatiras after fajr almost daily.



الدكتور صلاح الصاوي - بث مباشر  
Weekly Fatawa - March 10, 2020



محاضرة التفسير للدكتور صلاح الصاوي - أواخر سورة النساء 171  
Surah An-Nisaa 171

## AYAT OF THE WEEK



## GUIDE TO GOOD: SPONSOR A STUDENT

The Prophet, saw, said, "Whoever guides someone to goodness will have a reward like one who did it." (Reported in Muslim)

There are many students who wish to set out on the path of knowledge but do not have the financial means. At Mishkah, we are always working hard to help students from all backgrounds reach their full potential. We recognize that finances can

be the impediment holding back brilliant brothers and sisters from studying Islam intensively. **Our Sponsorship Program seeks to address this issue by connecting generous donors with deserving students in need.**

When you help to sponsor a student, you are indeed guiding to good for what greater pursuit is there than to seek Allah's knowledge? **Consider giving a student of knowledge the opportunity to further their goals, and eventually to contribute to the greater Muslim community.** With Allah's permission, you will share in their reward of life-changing education even if you are not a student of knowledge yourself.



Learn more about our [SPONSORSHIP PROGRAM HERE](#) and make a difference.

## INVEST IN AUTHENTIC ILM

The cost for exemplary online Islamic education is high, so we invite you to increase your support to Mishkah by spreading the word about us and by donating generously.

Remember you can also double your impact by checking if your employer matches donations.



## ACADEMIC CALENDAR 2020

Spring Classes Resume	March 14
Summer 2020 Registration Opens	April 1

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