



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

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

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.



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

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.**



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

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.



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
رَوْعَاتِي اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ
شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

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.



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

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.



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

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

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

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."



Du'a that removes anxiety

[Repeat 7 times]

حَسْبِيَ اللَّهُ لَا 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.



Du'a for protection in the evening

أَعُوذُ بِكَلِمَاتِ اللَّهِ
التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

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

A decorative corner element in the top right corner, featuring a blue background with intricate floral and vine patterns in white, pink, and gold.

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

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



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

أَمَنَ 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

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 تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ
عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

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 تَوَلَّنِي 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

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.



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

بِسْمِ اللَّهِ

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

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

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."



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

اللَّهُمَّ رَبَّ النَّاسِ ، أَدْهِبِ الْبَأْسَ ، اشْفِ أَنْتَ
الشَّافِي ، لَا شَافِيَ إِلَّا أَنْتَ ، شِفَاءً لَا يُعَادِرُ سَقَمًا

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.

A decorative floral pattern in the top right corner, featuring a blue background with gold and white floral motifs, including small flowers and leaves.

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



Du'a for protection from illnesses

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

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



Du'a for protection from grief and anxiety

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ،
وَالْبُخْلِ وَالْجُبْنِ، وَصَلَعِ الدِّينِ، وَغَلْبَةِ 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.



A comprehensive du'a for certainty and protection of faith

اللَّهُمَّ اقْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا يَحُولُ بَيْنَنَا وَبَيْنَ مَعَاصِيكَ وَمِنْ طَاعَتِكَ مَا تَبْلُغُنَا بِهِ جَنَّتَكَ
وَمِنَ الْيَقِينِ مَا تَهْوُونَ 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 هَمِّنَا وَلَا مَبْلَغَ عِلْمِنَا وَلَا تُسَلِّطْ عَلَيْنَا مَنْ لَا 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.



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

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