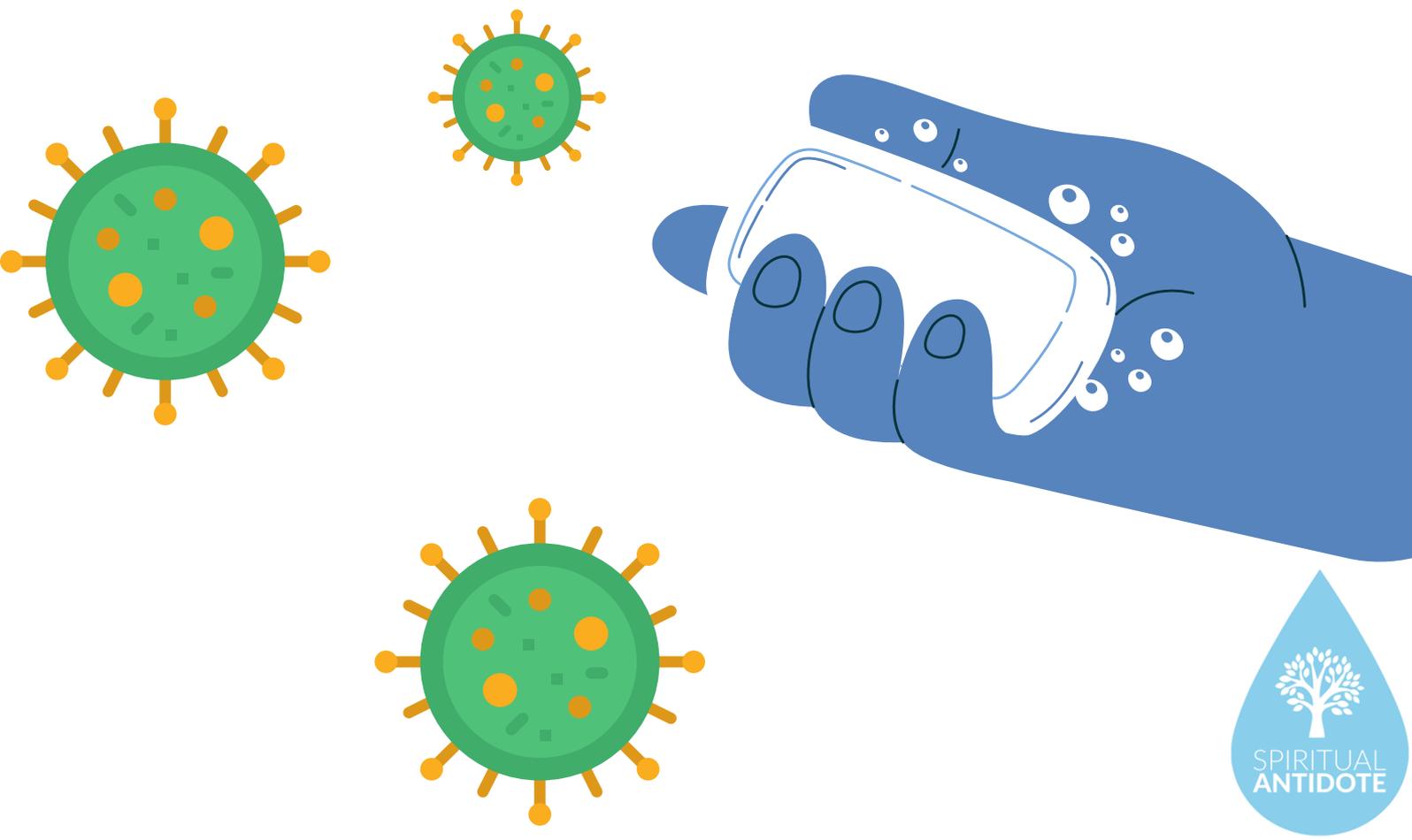


COVID-19 DUA BOOKLET

PREVENTION AND TREATMENT DU'AS



SPIRITUAL
ANTIDOTE

PREVENTION DU'AS

Praying Fajr on time

The Prophet ﷺ said:
"Whoever prays Fajr is in the protection of Allah."

[Saheeh Muslim (657)]

Praying Duha

Allah said: "O Son of Adam: Perform four rak'ah (Duha prayer) for Me in the beginning of the day; I will suffice you for the latter part of it."

[At-Tirmidhi (475) and authenticated by Adh-Dhahabi in As-Siyar (8/323)]

NB: The time for Duha begins after sunrise and ends 10 minutes before Dhuhr time starts. It is prayed in two or four units.

Prophetic du'a to recite before leaving the house

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaahi tawak'altu 'alAllaah, wa laa hawla wa laa quwwata illaa billaah

With the Name of Allah, I place my trust in Allah and I rely on Him, There is no strength to do good nor any power to resist evil except by the assistance of Allah and what He enables one to do

"Whoever recites this du'a (supplication), it will be said to him, 'You have been guided, you have been sufficed (i.e. your needs have been taken care of), you have been protected' and Shaytan will go far away from him."

[Abu Dawood, (5095) & authenticated by Ibn Al Qayyim in Zad Al-Ma'ad (2/335)]

Prophetic du'a to preserve blessings

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ ، وَتَحَوُّلِ عَافِيَتِكَ ، وَفُجَاءَةِ نِقْمَتِكَ
وَجَمِيعِ سَخَطِكَ

Allaahumma innee a'oodhu bika min zawaali ni'matik, wa tahaw-wuli 'aafiyatik, wa fujaa'ati niqmatik, wa jamee'i sakhatik

O Allah, I seek Your protection from removal of Your blessings, the safety and well-being that You granted me turning into affliction and illness, an unexpected punishment, and anything that may lead to Your displeasure.

[Saheeh Muslim (2739)]

Prophetic du'a for protection against diseases

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُدَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

Allaahumma innee a'oodhu bika minal barasi wal-junooni wal-judhaami wa min say'yi' il-asqaam

O Allah, I seek Your protection from leukoderma, insanity, leprosy and from evil diseases.

[Abu Dawood (1554) & authenticated by An-Nawawi in Al-Adhkar (p.483)]

Prophetic du'a for protection against calamities

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

Allaahumma innee a'oodhu bika min jahdil balaa', wa darakish'shaqaa', wa soo-il qadaa', wa shamaatatil 'a-daa'

O Allah, I seek Your protection from the hardship of afflictions, being overtaken by misery or destruction, from a negative outcome and from the malicious joy of enemies.

[Saheeh Al-Bukhari (6347)]

PREVENTION DU'AS

Du'a of Yunus

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Laa ilaaha illaa anta subhaanaka innee kuntu min adh'dhaalimeen

There is none worthy of worship but You, You are perfect and above any deficiency, surely I was from the wrongdoers.

The Prophet ﷺ said: "No Muslim says this du'a concerning anything, but Allah will answer his prayer."

[Surah Al-Anbiya:87] & [At-Tirmidhi (3505) & authenticated by Ibn Hajr in Al-Futuhaat Ar-Rabaaniyah (4/11)]

Prophetic du'as to recite in the morning and evening

The time for the morning remembrance is between Fajr and sunrise, and the time for the evening remembrance is between 'Asr and Maghrib

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

Bismillaahil ladhi la yadur'ru ma'asmihi shay'un fil-ardi wa la fis'samaa'i wa huwas-samee'ul 'aleem

In the Name of Allah when Whose Name is mentioned nothing on earth or in the heaven can cause harm and He is the Hearer, the Knower.

"The one who recites it three times in the morning and evening, nothing will harm him."

[At-Tirmidhi (3388) & authenticated by him]

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

Allaahumma innee as-alukal 'aafiyata fid'dunyaa wal aakhirah, Allaahumma innee as-alukal 'afwa wal'aafiyata fee deenee wa dunyaaya wa ahlee wa maalee, Allaahum'mastur 'awraatee wa aamin raw'aatee, Allaahumma hfa dh nee min bayni yaday'ya, wa min khalfee wa 'an yameenee wa 'an shimaalee, wa min fawqee, wa a'oodhu bi'adhamatika an ughtaala min tahtee

O Allah, I ask You to grant me safety, security, well-being and protection in this world and in the Hereafter. O Allah, I ask You to overlook my shortcomings, to forgive me, to grant me safety, security, well-being and protection in my faith, my worldly affairs, my family and my wealth. O Allah, conceal my faults and deficiencies and protect me from that which causes me to worry. O Allah, protect me from what is in front of me, from what is behind me, from my right, from my left, from above me and I seek protection in Your Greatness from being attacked or taken away unexpectedly from beneath me.

To be recited once in the morning and once in the evening.

[Abu Dawood (5074) & authenticated by An-Nawawi in Al-Adhkar (p.111)]

PROPHETIC DU'AS AND RUQYA TO RECITE WHEN SICK

Recite Surah Al-Fatihah

Surah Al-Fatihah is a spiritual and physical treatment and cure.

[Saheeh Al-Bukhari (2276)]

Du'a for curing an illness

اللَّهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَاسَ، وَاشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءَ لَا
يُغَادِرُ سَقَمًا

Allaahumma Rabban-naasi adh-hibil bas, washfi antash-shaafi, laa shifaa-a illaa shifaa-uk,
shifaa-an laa yughaadiru saqamaa

Remove the pain, remove the discomfort, O Lord of mankind! Cure this pain for You are the
One who provides the cure. There is no cure except the one that is provided by You, grant a
cure that does not leave behind any pain or any discomfort.

[Saheeh Al-Bukhari, (5351)]

Du'a for relief from pain

بِسْمِ اللَّهِ

Bismillaah

In the name of Allah.

NB: Place your hand where you feel pain and recite 3 times in Arabic.

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

A'oodhu billaahi wa qudratihi min sharri maa ajidu wa uhaadhir

I seek protection with Allah and with His power from the harm that I feel and
that worries me.

NB: Place your hand where you feel pain and recite 7 times in Arabic.

[Saheeh Muslim, (2202)]