

Supplication for Removal of Anxiety and Sadness

In the Name of Allāh, all praise is due to Allāh, may the praise and security be upon the Messenger of Allāh.

To proceed:

Below is a mighty supplication our beloved Messenger ﷺ taught his noble Companions in order to remove any form of sadness or worries with which one is afflicted. What you will notice from the translation of its meaning below is that the wording indicates that one is completely submitting oneself to the decree of Allāh by humbling oneself and removing all pride and arrogance. It is an open and unabashed acknowledgement of how powerless we are and how much in need we are of Allāh's infinite and abundant mercy in dealing with the trials of everyday life which affect the state of our emotional balance.

It is a firm recognition of all three aspects of Allāh's Oneness or tawḥīd. One begins by affirming Allāh's Ulūhiyyah or the fact that He alone is the One deserving of worship. This is then followed up by a confirmation of Allāh's Rubūbiyyah or Lordship and Sovereignty in that He alone is the One Who owns and controls our affairs which is why we turn to Him alone in times like these. Finally, one affirms Allāh's al-Asmā' al-Ḥusnā wa al-Ṣifāt al-'Ulā or His Beautiful Names and Lofty Attributes by seeking nearness to Him through those Names and Attributes we have knowledge of and those we do not.

The supplication ends with the actual request for removal of the sadness and anxiety. One begs Allāh to make the Qur'ān, the Word of Allāh, the means by which one's sadness and anxiety is removed. This is an indication that whenever we feel in such a negative state we should always resort to reading the Qur'ān and contemplating over its meanings with the intent of pleasing Allāh and implementing its dictates which will serve to remove any emotional anguish we may be feeling.

What do we get out reciting this supplication? The Prophet ﷺ informed us that whatever sadness or anxiety we might be feeling will be removed. Not only will that negative emotional feeling be removed, which would have been enough of a blessing but Allāh, out of His extreme generosity, will also replace that with comfort, relief and happiness.

The ḥadīth then ends with the Prophet ﷺ informing us that whoever hears this supplication should learn it. This clearly indicates the importance and immense virtue of learning this supplication; accordingly, we should seize this opportunity and enact the advice of the Prophet ﷺ who only advises us with what is good for us in both this life and the next.

So, let us begin...

Translation:

On the authority of 'Abd Allāh [b. Mas'ūd] رضي الله عنه who said: the Messenger of Allāh ﷺ said:

“No one is ever afflicted by anxiety or sadness and then says...:

O Allāh! Surely I am Your slave, the son of Your male slave, the son of Your female slave, my forelock is in Your Hand, Your judgement has been executed on me, Your decree over me is just, I ask You by every Name that You have with which You have named Yourself, or which You have taught one of Your creation, or which You have revealed in Your Book, or which You have kept exclusively to Yourself in the knowledge of the unseen; that you make the Qur'ān the spring of my heart, the light of my chest, the removal of my sadness and the departure of my anxiety

...except that Allāh will remove his anxiety and sadness and replace it with happiness”.

The Arabic Text

The supplication is in red (or whatever colour that is!):

عَنْ عَبْدِ اللَّهِ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ((مَا أَصَابَ أَحَدًا قَطُّ هَمٌّ وَلَا

حُزْنٌ فَقَالَ:

اللَّهُمَّ إِنِّي عَبْدُكَ، وَابْنُ عَبْدِكَ وَابْنُ أُمَّتِكَ، نَاصِيَتِي بِيَدِكَ، مَاضٍ فِيَّ حُكْمُكَ، عَدْلٌ فِيَّ

قَضَاؤُكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ، سَمَّيْتَ بِهِ نَفْسَكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوْ

أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ، أَنْ تَجْعَلَ الْقُرْآنَ رِيعَ قَلْبِي وَنُورَ

صَدْرِي وَجِلَاءَ حُزْنِي وَذَهَابَ هَمِّي

إِلَّا أَذْهَبَ اللَّهُ هَمَّهُ وَحُزْنَهُ وَأَبْدَلَهُ مَكَانَهُ فَرَجًا)). قَالَ: فَقِيلَ: يَا رَسُولَ اللَّهِ أَلَا نَتَعَلَّمُهَا

فَقَالَ: ((بَلَى يَنْبَغِي لِمَنْ سَمِعَهَا أَنْ يَتَعَلَّمَهَا))

Reference:

Reported in:

- I. *Musnad* Imām Aḥmad, no. 3712 and others.

Grading:

The ḥadīth is sound (*ṣaḥīḥ*). Refer to *al-Ṣaḥīḥah*, vol. 1, pp. 383 – 387, no. 199.

Notes:

As paraphrased from al-Sindī:

- ‘...my forelock is in Your Hand...’: meaning the perfection of His Ability over command and control.
- ‘...Your judgement has been executed on me...’: meaning that His judgement has been executed and there is no retraction from what He has decreed.
- ‘...Your decree over me is just...’: meaning that You are the Owner and Master in every sense of the word thus the concept of oppression and transgression is inconceivable in your Decree which is always just and fair.
- ‘...in Your Book...’: meaning from the heavenly Books that have been revealed. Thus the word ‘Book’ is being used in the generic sense.
- ‘...or which You have kept exclusively to Yourself...’: meaning those You have chosen for Yourself in Your infinite knowledge and have kept treasured away with You.
- ‘...spring of my heart...’: meaning the place in which it can benefit in terms of comprehensive knowledge and the different rulings and subtleties.

I ask Allāh to allow every Muslim to implement this Sunnah, for Him to remove our worries, anxieties and sadness and to replace it with comfort and relief. I also ask Allāh to make this action sincerely for His sake alone.

All that is correct is from Allāh and any errors are from me and the accursed shayṭān.

The one in desperate need of Allāh’s infinite and intimate mercy,

Salal Ahmed Haque

Day of Jumū‘ah, 2nd Dhul-Qa‘dah 1432/ Friday, 30th September 2011.