Allāh has granted His servants such tools through which they can alleviate any problem, big or small:

1. **Tawbah & Istighfār (Repentance & Seeking Forgiveness)** - Sincerely asking Allāh for forgiveness of sins will not only erase the sins from ones book of deeds but will also remove the negative effects that these sins have caused in this world. Nabī has mentioned, ‘Whoever holds fast to istighfār, Allāh creates a way out for him from every difficulty, grants him relief from every worry and provides for him from sources he does not even imagine.’ (Abū Dāwūd)

2. **Taqwā (Obedience to Allāh)** - Carry out all the Commands of Allāh and refrain from those things which have been prohibited by Him. Allāh has mentioned, ‘Whoever adopts taqwā, He brings forth a way out for him and provides for him from where he does not even imagine.’ (65:2-3)

3. **Du‘ā (Supplication)** - Allāh has the power to remove the greatest difficulty. Therefore, it is imperative that we turn towards Him and ask for His Help. Nabī has mentioned, ‘Indeed, du‘ā benefits (a person) with regards to what has already befallen and with regards to what has not yet befallen. So hold fast to du‘ā, O servants of Allāh.’ (At-Tirmidhī)

4. **Ṣadaqah (Charity)** - Ṣadaqah is an effective method of preventing and removing adversities. Nabī has mentioned, ‘Hasten in giving Ṣadaqah, for tribulations cannot get past Ṣadaqah. Treat your sick through Ṣadaqah.’ (Aṭ-Ṭabarānī)

5. **Ṣabr (Patience)** - Exercising patience shows submission to the Will of Allāh which brings His Assistance. Allāh has mentioned, ‘Surely, Allāh is with those who are patient.’ (2:153)

6. **Ṣalah** - Ṣalāh becomes even more important at times of distress and difficulty. Allāh has mentioned, ‘Seek help through patience and ṣalāh.’ (2:45)

7. **Dhikr (Remembrance of Allāh)** - Dhikr of Allāh attracts His Help and Mercy like a magnet. Allāh says, ‘I am with my servant wherever he remembers Me and his lips move with My remembrance.’ (Al-Bukhārī)

Recite in abundance the following:

a) Ḥumūdā Allāha wa τιμός τοῦ κυρίου
b) ἀλλαχ ἐλατοῦσι μεγάλα ἐπὶ τῶν ἀνθρώπων

c) ἀλλαχ ἔπαινεν τοὺς ἀνθρώπους καὶ τὰς ἀνθρώπους καὶ τοὺς μουσουλμάνους καὶ τοὺς μουσουλμάνους

Individuals who carry out these points will experience peace and tranquility in their individual lives and if the Ummah collectively was to carry out these points, it will experience peace and tranquility collectively.