

PRESCRIPTION FOR SAFETY FROM ALL AFFLICTIONS

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Allāh ﷻ 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 ﷻ 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 ﷺ 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 ﷻ) - Carry out all the Commands of Allāh ﷻ and refrain from those things which have been prohibited by Him. Allāh ﷻ 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 ﷻ has the power to remove the greatest difficulty. Therefore, it is imperative that we turn towards Him and ask for His Help. Nabī ﷺ 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 ﷺ 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 ﷻ which brings His Assistance. Allāh ﷻ 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 ﷻ has mentioned, 'Seek help through patience and ṣalāh.' (2:45)

7 Dhikr (Remembrance of Allāh ﷻ) - Dhikr of Allāh ﷻ attracts His Help and Mercy like a magnet. Allāh ﷻ 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) لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ، إِيَّيْكَ كُنْتُ مِنَ الظَّالِمِينَ b) حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

c) اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، وَصَلِّ عَلَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ

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.

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