

MORNING AND EVENING DU‘Ā’ - UNIT TWO

On the authority of the father of Sa‘īd, al-Khudriyy [from the sons of Khudrah] (may Allāh be pleased with him), who said: The Messenger of Allāh, may Allāh’s blessings and peace be upon him, entered the mosque one day when a man from the ‘Anṣār, called “The Father of ‘Umāmah,” was present. He said: “**O ‘Abū ‘Umāmah, why do I see you sitting in the mosque in a time other than that of prayer?**” He said: “Worries and debts, O Messenger of Allāh.” He said: “**Shall I not teach you some words, which, when you say them, Allāh will remove your worries and pay your debt?**” I said: “Yes, O Messenger of Allāh.” He said: **Say, when you enter upon the morning and enter upon the evening,:**

al-lāhumma ‘innī ‘a‘ūdhu bika mina l-hammi wa l-ḥazan, wa ‘a‘ūdhu bika mina l-‘ajzi wa l-kasal, wa ‘a‘ūdhu bika mina l-jubni wa l-bukhl, wa ‘a‘ūdhu bika min ghalabati d-dayni wa qahri r-rijāl.

O Allāh, I take refuge in You from worry and sadness. I take refuge in you from inability and laziness. I take refuge in you from cowardliness and miserliness. I take refuge in you from being overwhelmed by debt and being oppressed by men.”

He said, “I did that, and Allāh removed my worries and paid my debt.”

It was related by ‘Abū Dāwūd.