



# Children's National<sup>®</sup>

## Chaplaincy Services



**Prayers in the Muslim Tradition  
From the Qu'ran and Other Sources**



### *Du'a From the Quran*

Truly distress has seized me, but You are Most Merciful of those that are merciful.

Prayer of Prophet Ayyub (Job) - Quran 21:83-84

### *Bismillah and dua'*

It was narrated from Uthmaan ibn Abi l- Aas al-Thaqafi that he complained to the Messenger of Allah (peace and blessings of Allah be upon him) about some pain that he had felt in his body since he became Muslim. The Messenger of Allah (peace and blessings of Allah be upon him) said to him: "Put your hand on the part of your body that hurts and say: '*Bismillaah*' (in the name of Allah) three times, then say seven times: '*I seek refuge in Allah and His Power from the evil of what I find and I fear.*'"

- Narrated by Muslim (2202).

It was narrated from Ibn Abbaas (may Allah be pleased with him) that the Prophet (pbuh) said: *"The one who visits a sick person who is not dying, and says seven times in his presence, 'I ask Allah the Almighty, the Lord of the Mighty Throne, to heal you,' Allah will heal him from that sickness."*

- Narrated by Abu Dawood (3106); classed as saheeh by al-Nawawi in al-Adhkaar (p.180) and by al-Albaani in Saheeh Abi Dawood.

While reciting these ruqyahs over someone, for example your sick child, you should wipe your hand over his face, chest and stomach, as the Prophet (pbuh) used to do, and you should sit near your child's head so that you will be breathing over him as you recite the page. There is nothing wrong with blowing lightly onto his face with a little saliva while doing that.

Ibn al-Qayyim said: *"The ruqyah comes from the heart and mouth of the one who is reciting ruqyah, so if it is accompanied with some of his saliva and breath, that will have a stronger effect."* - Zaad al-Ma'ad (4/164).

Whenever the early Muslims became sick, they sought the advice of the Prophet Muhammad himself. It is related that when someone fell ill, the Prophet would recite one of these du'as for them.

**Allahuma rabbi-nas adhhabal ba'sa, ashfi wa entashafi, la shifa' illa shifa'uka shifa' la yughadiru saqama.**

*Oh Allah! The Sustainer of Mankind! Remove the illness, cure the disease. You are the One Who cures. There is no cure except Your cure. Grant us a cure that leaves no illness.* (Recommended to touch the area of pain with the right hand while reciting this supplication.)

**'As'alu Allah al 'azim rabbil 'arshil azim an yashifika.**

*I ask Allah, the Mighty, the Lord of the Mighty Throne, to cure you.* (Recommended to repeat seven times.)

**Rabbana 'atinaa fid dunyaa hasanat wafil aakhirati hasana taw wa qinaa azaaban naar.**

*Oh Allah! Our Lord and Sustainer! Grant us good in this world and good in the Hereafter, and save us from the Fire of Jahannam (Hell).*

**A'oozu bi'izzatillaahi wa qudratihi min sharri maa ajidu wa uhaaziru.**

*I seek protection in the might of Allah and His power from the evil of what I am experiencing and of what I fear.* (Recommended for the sick person to place right hand on area of pain, say Bismillah three times, then recite this supplication seven times.)

## **“Lord of the Magnificent Throne”**

The following dua’ is given in “Fortress of the Muslim”, to be recited for one who is ill:

Dua for sickness and ill health

### **‘As’alullaahal-‘Adheema Rabbal-‘Arshil-‘Adheemi ‘an yashfiyaka.**

*I ask Almighty Allah , Lord of the Magnificent Throne, to make you well. (Recite seven times in Arabic)*

Reference: At-Tirmithi, Abu Dawud. See also Al-Albani, Sahih At-Tirmithi 2/210 and Sahihul-Jami’ As-Saghir 5/180.



## **“You are the Healer”**

It was narrated from Aa'ishah (may Allah be pleased with her) that when any of us fell sick, the Messenger of Allah (peace and blessings of Allah be upon him) would wipe him with his right hand then say:

**“Adhib il-ba's, Rabbi l-naas washfi anta al-Shaafi laa shifaa ailla shifaa uka shifaa an laa yughaadir saqaman.**

*Remove the harm, O Lord of humankind and heal him, for You are the Healer and there is no healing except Your healing, with a healing which does not leave any disease behind.”*

Narrated by al-Bukhaari (5675) and Muslim (2191).



## **“Allah Who is in heaven”**

It was narrated that Abul-Darda (may Allah be pleased with him) said:

I heard the Messenger of Allah (peace and blessings of Allah be upon him) say:

*“Whoever among you suffers some sickness, or his brother suffers some sickness, let him say: ‘Our Lord Allah Who is in heaven, hallowed be Your name, Your will is done in heaven and on earth; as Your mercy is in heaven, bestow it upon the earth. Forgive us our sins. You are the Lord of the good. Send down Your mercy and healing upon this pain’; and he will be healed.”*



## **God is the Light**

**God is the light  
of the heavens and the earth.**

**The smile of God's light  
is like a niche in which is a lamp,  
the lamp in a globe of glass,  
the globe of glass as if it were a shining star,  
lit from a blessed olive tree  
neither of the East nor of the West,  
its light nearly luminous  
even if fire did not touch it.**

**Light upon light!**

**- The Qur'an (24:35)- al 'nuur - the light**

Please call Chaplaincy Services for other resources: 202-476-3321/202-476-3073. Nights and weekends call 202-476-5000 and ask to have a chaplain paged.