

# THE DUA FOR ANXIETY AND SADNESS...

”The Prophet ﷺ said, “Say in the morning and evening:

O Allah, I seek refuge in you from worry and sadness. I seek refuge in you from weakness and laziness. I seek refuge in you from cowardice and miserliness. And I seek refuge in you from being overwhelmed by debt and the tyranny of men.”

Allāhumma 'innī 'a`ūdhu bika mina ‘l-ḥammi wa ‘l-ḥuzn, wa ‘l-`ajzi wa ‘l-kasal, wa ‘l-bukhli wa ‘l-jubn, wa ḍala`id-dayn, wa ghalabatir-rijāl.

Source: Sunan Abī Dāwūd 1555



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### Help in memorization of Quran

My 9 year says that it helped her memorize the surahs because when she writes over it, its like words are being saved in her mind and she can memorize the surahs more easily. One should know first how to read properly and fluently with tajweed then these tracing paper can help memorizing the surahs.

Highly recommended if you want to memorize the Quran.

Jazak Allah.

**S Hussain**



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