

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Supplication for anxiety and sorrow

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الهمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ
الدَّيْنِ وَعَلْبَةِ الرِّجَالِ

Allāhumma innī a'udhu bika minal-hammi wal-Ḥazani wal-'ajazi wal-kasli
.wal-bukhli wal-jubni wa ḍala'id-dayni wa ghalabatir-rijāl

'O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.'

Word for Word Translation

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|-------------------|-------------------|-------------------|---------------------|--------------------|
| اللَّهُمَّ | إِنِّي | أَعُوذُ | بِكَ | مِنْ |
| <i>Allāhumma</i> | innī | a'udhu | bika | min |
| O Allah | Indeed I | I seek refuge | With You | from |
| الهمِّ | وَالْحَزَنِ | وَالْعَجْزِ | وَالْكَسَلِ | وَالْبُخْلِ |
| <i>al-hammi</i> | <i>wal-Ḥazani</i> | <i>wal-'ajazi</i> | <i>wal-kasli</i> | <i>wal-bukhli</i> |
| the anxiety | and the sorrow | and the weakness | and the laziness | and the stinginess |
| وَالْجُبْنِ | وَضَلَعِ | الدَّيْنِ | وَعَلْبَةِ | الرِّجَالِ |
| <i>wal-jubni</i> | <i>wa ḍala'i</i> | <i>ad-dayni</i> | <i>wa ghalabati</i> | <i>rijāl</i> |
| and the cowardice | and burden | (of) the debt | and being overtaken | (by) men |