



# DUA AGAINST AFFLICTIONS - I

By Basharith Alikhan

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي  
الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

In the Name of Allah, the One by whose Name nothing does  
harm neither in the earth nor in the heavens and He is

The All-Hearing, the All-Knowing

[Abu Dawud]

## DISCUSSION POINTS

- The Prophet (Allah bless him and give him peace) advised us to recite this supplication as a protection against afflictions.
- Trials and tribulations are an innate part of life, and are a test of our faith in Allah Most High and our dedication to Him [Qur'an 2:155; 29:2].
- Despite the inevitability of trials and tests, we should always seek protection from them, lest we fall upon one that is excessively difficult and challenging.
- This supplication highlights the blessing (barakah) and power of the Name of Allah Most High, as with it, nothing in the heavens or the earth can harm the one who takes it as a shield to protect against afflictions.
- As mentioned in Hadith, one should recite this supplication three times in the morning and three times in the evening.