

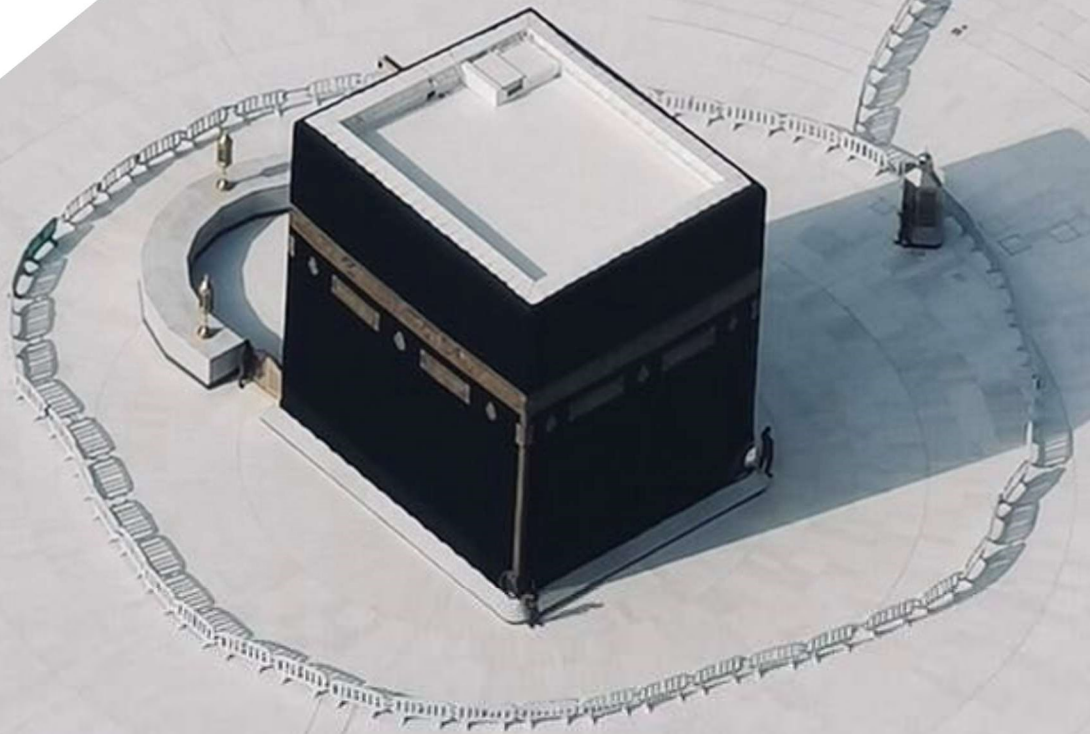


THE LEGACY INSTITUTE

مَوْسِسَّةُ التُّرَاثِ الْإِسْلَامِيِّ

Prophetic Prayers for Epidemics & Sickness

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Prophetic Prayers for Epidemics and Sickness

These are prophetic prayers that we seek divine protection from sickness from. Please memorize them, recite them on your loved ones, and teach children.

1. Aban ibn Uthman said: "I heard Uthman ibn Affan (his father) say: I heard the Messenger of Allah (ﷺ) say: If anyone says three times:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ
Bismillahi aladhi la yadurru ma'a ismihi shay'un fi alardhi wa la fis-samaa'i
wa huwa as-sami' al-'aleem

"In the name of Allah, when whose name is mentioned nothing on Earth nor in Heaven can cause harm, and He is the Hearer, the Knower" three times, nothing will harm them.}

Aban was afflicted by some paralysis and when a man who heard the narration began to look at him, he said to him: Why are you looking at me? I swear by Allah, I did not tell a lie about Uthman, nor did Uthman tell a lie about the Prophet (ﷺ), but that day when I was afflicted by it, I became angry and forgot to say it."¹

2. Anas ibn Malik narrates that the Prophet (ﷺ) used to say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُدَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ
Allahuma inni a'udhu bika min albarasi waljununi waljudhaami wa min
saway'i-l asqaami

"O Allah, I seek refuge in you from leucoderma, insanity, leprosy, and evil diseases."²

¹ Abu Dawud 5088 -

عَنْ أَبِي بَنٍ عُثْمَانَ، قَالَ سَمِعْتُ عُثْمَانَ بْنَ عَفَّانَ، رَضِيَ اللَّهُ عَنْهُ يَقُولُ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " مَا مِنْ عِنْدِي يَقُولُ فِي صَبَاحِ كُلِّ يَوْمٍ وَمَسَاءٍ كُلِّ لَيْلَةٍ بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ ثَلَاثَ مَرَّاتٍ فَيَضُرُّهُ شَيْءٌ ". وَكَانَ أَبُو بَنٍ قَدْ أَصَابَتْهُ ظَرْفٌ فَالْحِجَ فَجَعَلَ الرَّجُلُ يَنْظُرُ إِلَيْهِ فَقَالَ لَهُ أَبُو بَنٍ مَا تَنْظُرُ أَمَا إِنَّ الْحَدِيثَ كَمَا حَدَّثْتُكَ وَلَكِنِّي لَمْ أَقُلْهُ يَوْمَئِذٍ لِيَمُضِيَ اللَّهُ عَلَيَّ قَدْرَهُ . قَالَ هَذَا حَدِيثٌ حَسَنٌ صَحِيحٌ غَرِيبٌ

² Abu Dawud 1554

3. Ziyad ibn 'Alaqah narrated from his uncle, that the Prophet peace be on him used to pray

اللَّهُمَّ جَنِّبْنِي مُنْكَرَاتِ الْأَخْلَاقِ، وَالْأَهْوَاءِ، وَالْأَعْمَالِ، وَالْأَدْوَاءِ
Allahuma jannibni munkaraati alakhlaaqi wa alahwaa-i wal'amaali
wal-adwaa

“O Allah, keep me away from evil character, desires, (evil) deeds, and diseases.”³

4. Khaula bint Hakim Sulamiyya narrated :I heard Allah's Messenger (ﷺ) as saying: When anyone lands at a place, and then says:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ
A'uthu bi-kalimaat illahi at-taamaati min sharri ma khala

‘I seek refuge in the Perfect Word of Allah from the evil of what He has created,’

nothing would harm them until they move from that place.”⁴

³ Mustadrak Hakim 1949

⁴ Muslim 2708 -

عَنْ حَوْلَةَ بِنْتِ حَكِيمِ السُّلَمِيَّةِ، أَنَّهَا سَمِعَتْ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " إِذَا نَزَلَ أَحَدُكُمْ مَنَزِلًا فَلْيَقُلْ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ . فَإِنَّهُ لَا يَضُرُّهُ شَيْءٌ حَتَّى يَرْتَجِلَ مِنْهُ "

5. Abdullah ibn Umar narrated that the Messenger of Allah (ﷺ) never failed to utter these prayers in the evening and in the morning:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ
 اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي
 اللَّهُمَّ اسْتُرْ عَورَاتِي وَآمِنْ رَوْعَاتِي
 اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ
 بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Allahuma inni as'aluka alaafiyat fid-dunya wal-aakhirati

Allahuma inni as'aluka al'afwa wal-'afiyata fi deeni wa dunyaya wa ahli wa maali

Allahuma ihfadhni min bayni yadayya wa min khalif wa 'an yameeni wa 'an shimaali wa min fawqi wa 'audhu bi-'adhamatika an ughtaala min tahti

O Allah, I ask You for security & well-being, preservation in this world and in the Hereafter
 O Allah! I ask You for forgiveness and well-being, preservation in my religion and my worldly affairs, in my family and my property
 O Allah! conceal my hidden faults, and keep me safe from the things which I fear;
 O Allah! guard me in front of me and behind me, on my right hand and on my left, and from above me: and I seek in Your greatness from unexpected harm from below me."⁵

6. Ibn 'Umar (May Allah be pleased with them) narrated that the Messenger of Allah (ﷺ) used to supplicate:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ
 سَخَطِكَ

"Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

O Allah! I seek refuge in You from the removal of Your blessings, change (sudden loss) of well-being, the suddenness of Your punishment, and from all that which displeases You"⁶

⁵ Ibn Majah 3871 , Musnad Ahmad, others -

حَدَّثَنَا جُبَيْرُ بْنُ أَبِي سُلَيْمَانَ بْنِ جُبَيْرِ بْنِ مُطْعِمٍ، قَالَ سَمِعْتُ ابْنَ عُمَرَ، يَقُولُ لَمْ يَكُنْ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَدْعُ هَؤُلَاءِ الدَّعَوَاتِ حِينَ يُمَسِّي وَحِينَ يُصْبِحُ " اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَورَاتِي وَآمِنْ رَوْعَاتِي وَاحْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي " . قَالَ وَكَيْفَ يَغْنِي الْخُسْفُ

⁶ Muslim 2739

7. Ibn 'Umar narrated that the Messenger of Allah peace be on him said,
"Whoever sees someone afflicted and prays

الحمدُ لله الذي عافاني مما ابتلاك به ، و فضّلني على كثيرٍ ممن خلق تفضيلاً
Alhamdulillah aladhi 'afaani mimmaa ibtalaaka bihi wa faddalani ala
kathirin mimman khalaqa tafdila

All praise is due to Allah who has protected me from what he has tested you with and blessed me greatly over many who He has created."

will be kept safe from that calamity, no matter what it is." 7

8. Sa'd narrated that the Messenger of Allah (ﷺ) said: "The supplication of Dhun-Nun (Prophet Yunus, Jonah) when he prayed, while in the belly of the whale was:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ
La ilaha illa anta subhanaka inni kuntu min adh-dhalimin

'There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors.'

No muslim supplicates with it for anything, ever, except Allah responds to them." 8

⁷ Ibn Majah 3892 -

عَنِ ابْنِ عُمَرَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ . " مَنْ فَجِئَهُ صَاحِبُ بَلَاءٍ فَقَالَ الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلاً - عُوْفِي مِنْ ذَلِكَ الْبَلَاءِ كَأَيْنًا مَا كَانَ

⁸ Tirmidhi, 3505 & Musnad Ahmad -

عَنْ سَعْدٍ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " دَعْوَةُ ذِي النُّونِ إِذْ دَعَا وَهُوَ فِي بَطْنِ الْحُوتِ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ . " فَإِنَّهُ لَمْ يَدْعُ بِهَا رَجُلٌ مُسْلِمٌ فِي شَيْءٍ قَطُّ إِلَّا اسْتَجَابَ اللَّهُ لَهُ

9. Abu Hurayrah narrated that Allah's messenger said: seek refuge in Allah from four

(اللهم إِنَّا نَعُدُّ بِكَ) مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ
Allahuma inna na'udhu bika min jahdi al balaa-i wa daraki ash-shaqaa-i wa
soo-i al-qadhaa-i wa shamaatati al'adaa-i

(O Allah we seek refuge in you) from the difficulties of severe calamities, having an evil end, a bad fate, and from the malicious joy of your enemies ⁹

10. Umm Salama reported Allah's Messenger (ﷺ) as saying:

If any Muslim who suffers some calamity says what Allah has commanded him,

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ
اللَّهُمَّ أَجْرِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا
Inna lillahi wa inna ilaihi rajiun
Allahuma ajurni fi musibati wa akhlif li khairan minha

" We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it,"

Allah will give them something better than it (what they lost) in exchange. ...¹⁰

11. Anas reported that Allah's messenger (ﷺ) said: When a person goes out of their house and says:

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ
Bismillahi tawakkaltu 'ala Allahi wa la wala wala quwwata illa billah

"In the name of Allah, I trust in Allah; there is no might and no power but in Allah,"

the following will be said to him at that time: "You are guided, defended and protected." The devils will go far from him and another devil will say: How can you deal with a man who has been guided, defended and protected?"¹¹

⁹ Bukhari 6616 -

عَنْ أَبِي هُرَيْرَةَ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " تَعَوَّذُوا بِاللَّهِ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

¹⁰ Muslim 918 -

ابْنِ سَفِينَةَ، يُحَدِّثُ أَنَّهُ سَمِعَ أُمَّ سَلَمَةَ، زَوْجَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ تَقُولُ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " مَا مِنْ عَبْدٍ نُصِيبُهُ مُصِيبَةً فَيَقُولُ إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أَجْرِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا إِلَّا أَجْرَهُ اللَّهُ فِي مُصِيبَتِي وَأَخْلَفْتُ لَهُ خَيْرًا مِنْهَا " . قَالَتْ فَلَمَّا تَوَقَّعْتُ أَبُو سَلَمَةَ قُلْتُ كَمَا أَمَرَنِي رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَأَخْلَفْتُ اللَّهُ لِي خَيْرًا مِنْهُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

¹¹ Abu Dawud 5095 -

عَنْ أَنَسِ بْنِ مَالِكٍ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِذَا خَرَجَ الرَّجُلُ مِنْ بَيْتِهِ فَقَالَ بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ " . قَالَ " يُقَالُ جَيَّبْتُ هُدَيْتَ وَكُفَيْتَ وَوُقَيْتَ فَتَنَّتَنِي لَهُ الشَّيَاطِينُ فَيَقُولُ لَهُ شَيْطَانُ آخِرُ كَيْفَ لَكَ بِرَجُلٍ قَدْ هُدِيَ وَكُفِيَ وَوُقِيَ

12. Abu Umamah (Allah be pleased with him) narrated that the Messenger (ﷺ) said, Whoever recites Ayat Al Kursi after every prayer, nothing stops them from entering paradise except death.¹²

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي
السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ
مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا
شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ
الْعَلِيُّ الْعَظِيمُ

Allahu la ilaha illahuwalhayyu-lqayyumu la ta'khuthuhu sinatun wala
nawmun lahu ma fis-samaawaati wa maa fil-l-ardi man tha-l-lathee yashfa'u
'indahu illa bi-ithnihi ya'lamu maa bayna aydeehim wa maa khalfahum wala
yuheetoona bishay-in min 'ilmihillaa bi maa shaa wasi'a kursiyyuhus-
samaawaati wal-ardha wa laa yaooduhu hifthuhuma wa huwa al'Aleeyyu-
l'Adheem

Allah - there is no god except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.
Quran 2:255

¹² Al Nasa'i in 'Amal Al Yawm wa Al Laylah 100, Al Tabarani in Mu'jam Al Kabir 7532, Al Daraqtuni in Al Afrad 4529
عن أبي أمامة رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: ((مَنْ قَرَأَ آيَةَ الْكُرْسِيِّ فِي دُبُرِ كُلِّ صَلَاةٍ مَكْتُوبَةٍ لَمْ يَمْنَعْهُ مِنْ دُخُولِ الْجَنَّةِ إِلَّا أَنْ يَمُوتَ))

13. Shaddad bin Aus (May Allah be pleased with him) said: The Prophet (ﷺ) said, "The best supplication for seeking forgiveness (Sayid Al-Istighfar) is to say:

اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي، فَاعْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ
Allahumma anta Rabbi la ilaha illa anta, Khalaqtani wa ana `Abduka, wa ana `ala `ahdika wa wa`dika mastata`tu, A`udhu bika min Sharri ma sana`tu, abu'u Laka bini`matika `alaiya, wa abu'u laka bidhanbi faghfir lee fa innahu
la yaghfiru adhdhunuba illa anta

The Prophet (ﷺ) added. "If somebody recites it during the day with firm faith in it, and passes away on the same day before the evening, he will be from the people of Paradise; and if somebody recites it at night with firm faith in it, and passes away before the morning, he will be from the people of Paradise."¹³

14. 'Uthman may Allah be pleased with him when he was injured and bleeding to death, said,

لا إله إلا أنت سبحانك إني كنت من الظالمين. اللهم إني أستعديك و أستعينك على جميع أموري و أسألك الصبر على بليتي

"There is no deity other than You, Exalted are You. Indeed, I have been of the wrongdoers. O Allah, I seek help from You against them and for all matters. I ask You to grant me patience for what You have afflicted me with."¹⁴

¹³ Bukhari 6306

عَنْ بُشَيْرِ بْنِ كَعْبِ الْعَدَوِيِّ، قَالَ حَدَّثَنِي شَدَادُ بْنُ أَوْسٍ . رَضِيَ اللَّهُ عَنْهُ . عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " سَيِّدُ الْإِسْتِغْفَارِ أَنْ تَقُولَ اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي، فَاعْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ " . قَالَ " وَمَنْ قَالَهَا مِنَ النَّهَارِ مُوقِنًا بِهَا، قَمَاتَ مِنْ يَوْمِهِ قَبْلَ أَنْ يُمِيتَ، فَهُوَ مِنْ أَهْلِ الْجَنَّةِ، وَمَنْ قَالَهَا مِنَ اللَّيْلِ وَهُوَ مُوقِنٌ بِهَا، قَمَاتَ قَبْلَ أَنْ يُصْبِحَ، فَهُوَ مِنْ أَهْلِ الْجَنَّةِ " .

¹⁴ Tarikh Damishq 39/401