

Ruqyah رُقْيَة

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Blessings (ni'mah)

33 passages of the Quran, gathered for this purpose — Arabic, transliteration and Sahih International translation.

النعمة

"THESE VERSES EXPOSE THE ONE WHO ENVIES A BLESSING; THEY ARE RECITED FOR THE EVIL EYE, ENVY, SIHR AND MASS, AND THEIR EFFECT IS REMARKABLE."

How to use this set

Make wudū', sit somewhere quiet, and begin with *A'ūdhu billāhi minash-shayṭānir-rajīm* and *Bismillāh*.

Recite clearly and with presence of heart. You need not finish the whole set in one sitting — consistency over quantity.

Blow lightly into your palms and wipe over the head, face and body, or recite over water and oil.

Ruqyah runs alongside medical care, never instead of it. Not every illness is spiritual — please keep seeing your doctor.

Ruqyah itself is always free at Ruqyah with Nizam. Text of the Quran: Uthmani script; translation: Sahih International. Please report any typo to us so it can be corrected.

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ذَلِكَ بِأَنَّ اللَّهَ لَمْ يَكُ مُغَيِّرًا نِعْمَةً أَنْعَمَهَا عَلَى قَوْمٍ حَتَّى يُغَيِّرُوا مَا بِأَنْفُسِهِمْ ۚ وَأَنَّ اللَّهَ سَمِيعٌ عَلِيمٌ

﴿53﴾

Zaalika bi annal laaha lam yaku mughaiyiran ni matan an'amahaa 'alaa qawmin hattaa yughaiyiroo maa bianfusihim wa annallaaha samee un 'Aleem

That is because Allah would not change a favor which He had bestowed upon a people until they change what is within themselves. And indeed, Allah is Hearing and Knowing.

وَلَئِنْ أَذَقْنَاهُ نِعْمَاءَ بَعْدَ ضَرَاءٍ مَسَتْهُ لَيَقُولَنَّ ذَهَبَ السَّيِّئَاتُ عَنِّي ۚ إِنَّهُ لَفَرِحَ فَخُورٌ ﴿10﴾

Wala'in azaqnaahu na'maaa'a ba'da darraaa'a massat hu la yaqoolanna zahabas saiyyaatu 'anneee; innahoo lafarihun fakhoor

But if We give him a taste of favor after hardship has touched him, he will surely say, "Bad times have left me." Indeed, he is exultant and boastful -

وَأَتاكم مِّنْ كُلِّ مَا سَأَلْتُمُوهُ ۚ وَإِن تَعُدُّوا نِعْمَتَ اللَّهِ لَا تَحْصُوهَا ۚ إِنَّ الْإِنسَانَ لَظَلُومٌ كَفَّارٌ ﴿34﴾

Wa aataakum min kulli maa sa altumoooh; wa in ta'uddoo ni'matal laahi laa tuhsoohaa; innal insaana lazaloo mun kaffaar

And He gave you from all you asked of Him. And if you should count the favor of Allah, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful.

وَإِن تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا ۚ إِنَّ اللَّهَ لَغَفُورٌ رَّحِيمٌ ﴿18﴾

Wa in ta'uddoo ni'matal laahi laa tuhsoohaa; innal laaha la Ghafoorur Raheem

And if you should count the favors of Allah, you could not enumerate them. Indeed, Allah is Forgiving and Merciful.

وَمَا بِكُمْ مِنْ نِعْمَةٍ فَمِنَ اللَّهِ ثُمَّ إِذَا مَسَّكُمُ الضُّرُّ فَإِلَيْهِ تَجْرُونَ ﴿53﴾

Wa maa bikum minni'matin faminal laahi summa iza massakumud durru fa ilaihi taj'aroon

And whatever you have of favor - it is from Allah. Then when adversity touches you, to Him you cry for help.

ثُمَّ إِذَا كُشِفَ الضُّرُّ عَنْكُمْ إِذَا فَرِيقٌ مِّنْكُمْ بِرَبِّهِمْ يُشْرِكُونَ ﴿54﴾

Summaa iza kashafad durra 'ankum iza fareequm minkum bi Rabbihim yushrikoon

Then when He removes the adversity from you, at once a party of you associates others with their Lord

وَإِذَا أَنْعَمْنَا عَلَى الْإِنْسَانِ أَعْرَضَ وَنَأَىٰ بِجَانِبِهِ وَإِذَا مَسَّهُ الشَّرُّ كَانَ يَئُوسًا ﴿83﴾

Wa izaan an'amnaa 'alal insaani a'rada wa na-aa bijaani bihee wa iza massahush sharu kaana ya'bosaa

And when We bestow favor upon the disbeliever, he turns away and distances himself; and when evil touches him, he is ever despairing.

قُلْ كُلٌّ يَعْمَلُ عَلَىٰ شَاكِلَتِهِ فَرَبُّكُمْ أَعْلَمُ بِمَنْ هُوَ أَهْدَىٰ سَبِيلًا ﴿84﴾

Qul kulluny ya'malu 'alaa shaakilatihee fa rabbukum a'lamu biman huwa ahdaa sabeelaa

Say, "Each works according to his manner, but your Lord is most knowing of who is best guided in way."

وَاذْكُرْ عَبْدَنَا أَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الشَّيْطَانُ بِنُصْبٍ وَعَذَابٍ ﴿41﴾

Wazkur 'abdanaaa Ayyoob; iz naada Rabbahooo annee massaniyash Shaitaanu binus binw wa 'azaab

And remember Our servant Job, when he called to his Lord, "Indeed, Satan has touched me with hardship and torment."

أَرْكُضْ بِرِجْلِكَ هَذَا مُغْتَسَلٌ بَارِدٌ وَشَرَابٌ ﴿42﴾

Urkud birijlika haaza mughtasalum baaridunw wa sharaab

[So he was told], "Strike [the ground] with your foot; this is a [spring for] a cool bath and drink."

وَوَهَبْنَا لَهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِنَّا وَذِكْرًا لِّأُولِي الْأَلْبَابِ ﴿٤٣﴾

Wa wahabnaa lahoo ahlahoo wa mislahum ma'ahum rahmatam minna wa zikraa li ulil albaab

And We granted him his family and a like [number] with them as mercy from Us and a reminder for those of understanding.

وَخُذْ بِيَدِكَ ضِغْثًا فَاضْرِبْ بِهِ ۖ وَلَا تَحْنُثْ ۚ إِنََّّا وَجَدْنَاهُ صَابِرًا ۚ نِعْمَ الْعَبْدُ ۚ إِنَّهُ أَوَّابٌ ﴿٤٤﴾

Wa khuz biyadika dighsan fadrib bihee wa laa tahnas, innaa wajadnaahu saabiraa; ni'mal 'abd; innahooo awwaab

[We said], "And take in your hand a bunch [of grass] and strike with it and do not break your oath." Indeed, We found him patient, an excellent servant. Indeed, he was one repeatedly turning back [to Allah].

* وَإِذَا مَسَّ الْإِنْسَانَ ضُرٌّ دَعَا رَبَّهُ مُنِيبًا إِلَيْهِ ثُمَّ إِذَا خَوَّلَهُ نِعْمَةً مِّنْهُ نَسِيَ مَا كَانَ يَدْعُوَ إِلَيْهِ مِن قَبْلُ وَجَعَلَ لِلَّهِ أَنْدَادًا لِّيُضِلَّ عَنْ سَبِيلِهِ ۚ قُلْ تَمَتَّعْ بِكُفْرِكَ قَلِيلًا ۚ إِنَّكَ مِنْ أَصْحَابِ النَّارِ ﴿٨﴾

Wa izaa massal insaana durrun da'aa Rabbahoo muneeban ilaihi summa izaa khawwalahoo ni'matam minhu nasiya maa kaana yad'ooo ilaihi min qablu wa ja'ala lillaahi andaadal liyudilla 'ansabeelih; qul tamatta' bikufrika qaleelan innaka min Ashaabin Naar;

And when adversity touches man, he calls upon his Lord, turning to Him [alone]; then when He bestows on him a favor from Himself, he forgets Him whom he called upon before, and he attributes to Allah equals to mislead [people] from His way. Say, "Enjoy your disbelief for a little; indeed, you are of the companions of the Fire."

فَإِذَا مَسَّ الْإِنْسَانَ ضُرٌّ دَعَانَا ثُمَّ إِذَا خَوَّلَهُ نِعْمَةً مِّنَّا قَالَ إِنَّمَا أُوتِيتُهُ عَلَىٰ عِلْمٍ ۚ بَلْ هِيَ فِتْنَةٌ وَلَكِنَّ أَكْثَرَهُمْ لَا يَعْلَمُونَ ﴿٤٩﴾

Fa izaa massal insaana durrun da'aanaa summa izaa khawwalnaahu ni'matam minna qaala innamaaa ootee tuhoo 'alaa 'ilm; bal hiya fitna tunw wa laakinna aksarahum laa ya'lamoona

And when adversity touches man, he calls upon Us; then when We bestow on him a favor from Us, he says, "I have only been given it because of [my] knowledge." Rather, it is a trial, but most of them do not know.

لَا يَسْتُمُ الْإِنْسَانُ مِنْ دُعَاءِ الْخَيْرِ وَإِنْ مَسَّهُ الشَّرُّ فَيُوسِسُ قَنُوطٌ ﴿٤٩﴾

Laa yas'amul insaanu min du'aaa'il khairi wa im massa hush sharru fa ya'boosun qanoot

Man is not weary of supplication for good [things], but if evil touches him, he is hopeless and despairing.

وَلَئِنْ أَذَقْنَاهُ رَحْمَةً مِّنَّا مِنْ بَعْدِ ضَرَاءٍ مَسَّاهُ لَيَقُولَنَّ هَذَا لِي وَمَا أَظُنُّ السَّاعَةَ قَائِمَةً وَلَئِنْ رُجِعْتُ إِلَىٰ رَبِّي إِنَّ لِي عِندَهُ لَاحْسَنَٰٓةً ۖ فَلَنُنَبِّئَنَّ الَّذِينَ كَفَرُوا بِمَا عَمِلُوا وَلَنُذِيقَنَّهُمْ مِّنْ عَذَابٍ غَلِيظٍ ﴿٥٠﴾

Wa la in azaqnaahu rahmatam minnaa mim ba'di dar raaa'a massat hu la yaqoolanna haazaa lee wa maaa azunnus Saa'ata qaaa'imatanw wa la'in ruji'tu ilaa Rabbeee inna lee 'indahoo lalhusnaa; falanu nabbi'annal lazeena kafaroo bima'a 'amiloo wa lanuzeeqan nahum min 'azaabin ghaleez

And if We let him taste mercy from Us after an adversity which has touched him, he will surely say, "This is [due] to me, and I do not think the Hour will occur; and [even] if I should be returned to my Lord, indeed, for me there will be with Him the best." But We will surely inform those who disbelieved about what they did, and We will surely make them taste a massive punishment.

وَإِذَا أَنْعَمْنَا عَلَى الْإِنْسَانِ أَعْرَضَ وَنَأَىٰ بِجَانِبِهِ ۖ وَإِذَا مَسَّهُ الشَّرُّ فَذُو دُعَاءٍ عَرِيضٍ ﴿٥١﴾

Wa izaana an'amnaa 'alal insaani a'rada wa na-aa bijaani bihee wa iza massahush sharru fazoo du'aaa'in 'areed

And when We bestow favor upon man, he turns away and distances himself; but when evil touches him, then he is full of extensive supplication.

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تَكُن كَصَاحِبِ الْحُوتِ إِذْ نَادَىٰ وَهُوَ مَكْظُومٌ ﴿٤٨﴾

Fasbir lihkm rabbika wa laa takun kasaahibil boot; iz naadaa wa huwa makzoom

Then be patient for the decision of your Lord, [O Muhammad], and be not like the companion of the fish when he called out while he was distressed.

لَوْلَا أَن تَدْرَكَهُ نِعْمَةٌ مِّن رَّبِّهِ ۖ لَنُبِذَ بِالْعَرَاءِ وَهُوَ مَذْمُومٌ ﴿٤٩﴾

Law laaa an tadaara kahoo ni'matum mir rabbihee lanubiza bil'araaa'i wa huwa mazmoom

If not that a favor from his Lord overtook him, he would have been thrown onto the naked shore while he was censured.

فَاجْتَبَاهُ رَبُّهُ وَجَعَلَهُ مِنَ الصَّالِحِينَ ﴿50﴾

Fajtabaahu rabbuhoo faja'alahoo minas saaliheen

And his Lord chose him and made him of the righteous.

فَإِذَا مَا ابْتَلَاهُ رَبُّهُ فَأَكْرَمَهُ وَنَعَّمَهُ فَيَقُولُ رَبِّي أَكْرَمَنِ ﴿15﴾

Fa ammal insaanu izaab mab talaahu Rabbuhoo fa akramahoo wa na' amahoo fa yaqoolu Rabbeee akraman

And as for man, when his Lord tries him and [thus] is generous to him and favors him, he says, "My Lord has honored me."

وَأِذَا مَا ابْتَلَاهُ فَقَدَرَ عَلَيْهِ رِزْقَهُ فَيَقُولُ رَبِّي أَهْنَنِ ﴿16﴾

Wa ammaaa izaab mabtalaahu faqadara 'alaihi rizqahoo fa yaqoolu Rabbeee ahaanan

But when He tries him and restricts his provision, he says, "My Lord has humiliated me."

* وَيُوبِ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ ﴿83﴾

Wa Ayyooba iz naadaa Rabbahooo annee massaniyyad durru wa Anta arhamur raahimeen

And [mention] Job, when he called to his Lord, "Indeed, adversity has touched me, and you are the Most Merciful of the merciful."

فَاسْتَجَبْنَا لَهُ وَفَكَشَفْنَا مَا بِهِ مِنْ ضُرٍّ وَآتَيْنَاهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِنَّا وَعِندَنَا وَذَكَرْنَا لِلْعَبِيدِ ﴿84﴾

Fastajabnaa lahoo fakashaf naa maa bihee min durrinw wa aatainaahu ahlahoo wa mislahum ma'ahum rahmatam min 'indinaa wa zikraa lil'aabideen

So We responded to him and removed what afflicted him of adversity. And We gave him [back] his family and the like thereof with them as mercy from Us and a reminder for the worshippers [of Allah].

وَإِسْمَاعِيلَ وَإِدْرِيسَ وَذَا الْكِفْلِ كُلٌّ مِنَ الصَّابِرِينَ ﴿85﴾

Wa Ismaa'eela wa Idreesa wa Zal Kifli kullum minas saabireen

And [mention] Ishmael and Idrees and Dhul-Kifl; all were of the patient.

وَأَدْخَلْنَاهُمْ فِي رَحْمَتِنَا إِنَّهُمْ مِنَ الصَّالِحِينَ ﴿٨٦﴾

Wa adkhalnaahum fee rahmatinaa innahum minas saaliheen

And We admitted them into Our mercy. Indeed, they were of the righteous.

وَذَا النُّونِ إِذْ ذَهَبَ مُغْضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَىٰ فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ
سُبْحَنَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾

*Wa Zan Noonu iz zahaba mughaadiban fazaanna al lan naqdira 'alaihi fanaanna al lan naqdira 'alaihi fanaadaa fiz
zulumaati al laaa ilaaha illaaa Anta Subhaanaka innee kuntu minaz zaalimeen*

And [mention] the man of the fish, when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers."

فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُجِي الْمُؤْمِنِينَ ﴿٨٨﴾

Fastajabnaa lahoo wa najjainaahu minal ghamm; wa kazaalika nunjil mu'mineen

So We responded to him and saved him from the distress. And thus do We save the believers.

وَزَكَرِيَّا إِذْ نَادَىٰ رَبَّهُ رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ ﴿٨٩﴾

Wa Zakariyyaaa iz naadaa Rabbahoo Rabbi laa tazarneef fardanw wa Anta khairul waariseen

And [mention] Zechariah, when he called to his Lord, "My Lord, do not leave me alone [with no heir], while you are the best of inheritors."

فَاسْتَجَبْنَا لَهُ وَوَهَبْنَا لَهُ يَحْيَىٰ وَأَصْلَحْنَا لَهُ زَوْجَهُ إِنَّهُمْ كَانُوا يُسْرِعُونَ فِي الْخَيْرَاتِ وَيَدْعُونَنَا
رَغَبًا وَرَهَبًا وَكَانُوا لَنَا خُشْعِينَ ﴿٩٠﴾

*Fastajabnaa lahoo wa wahabnaa lahoo Yahyaa Wa aslahnaa lahoo zawjah; innahum kaanoo yusaari'oona fil
khairaati wa yad'oonanaa raghabanw wa rahabaa; wa kaanoo lanaa khaashi'een*

So We responded to him, and We gave to him John, and amended for him his wife. Indeed, they used to hasten to good deeds and supplicate Us in hope and fear, and they were to Us humbly submissive.

وَالَّتِي أَحْصَنَتْ فَرْجَهَا فَنَفَخْنَا فِيهَا مِنْ رُوحِنَا وَجَعَلْنَاهَا وَابْنَهَا آيَةً لِلْعَالَمِينَ ﴿٩١﴾

Wallateeee ahsanat farjahaa fanafakhnaa feehaa mir roohinaa wa ja'alnaahaa wabnahaaa Aayatal lil'aalameen

And [mention] the one who guarded her chastity, so We blew into her [garment] through Our angel [Gabriel], and We made her and her son a sign for the worlds.

إِنَّ هَذِهِ أُمَّتُكُمْ أُمَّةً وَاحِدَةً وَأَنَا رَبُّكُمْ فَاعْبُدُونِ ﴿٩٢﴾

Inna haaziheeee ummatukum ummatanw waahidatanw wa Ana Rabbukum fa'budoon

Indeed this, your religion, is one religion, and I am your Lord, so worship Me.

أَلَيْسَ اللَّهُ بِكَافٍ عَبْدَهُ وَيُخَوِّفُونَكَ بِالَّذِينَ مِنْ دُونِهِ ۚ وَمَنْ يُضْلِلِ اللَّهُ فَمَا لَهُ مِنْ هَادٍ ﴿٣٦﴾

Alaisal laahu bikaafin 'abdahoo wa yukhawwi foonaka billazeena min doonih; wa mai yudlilil laahu famaa lahoo min haad

Is not Allah sufficient for His Servant [Prophet Muhammad]? And [yet], they threaten you with those [they worship] other than Him. And whoever Allah leaves astray - for him there is no guide.

وَمَنْ يَهْدِ اللَّهُ فَمَا لَهُ مِنْ مُضِلٍّ أَلَيْسَ اللَّهُ بِعَزِيزٍ ذِي انْتِقَامٍ ﴿٣٧﴾

Wa mai yahdil laahu famalahoo mim mudlil; alai sal laahu bi'azeezin zin tiqaam

And whoever Allah guides - for him there is no misleader. Is not Allah Exalted in Might and Owner of Retribution?

وَلَئِنْ سَأَلْتَهُمْ مَنْ خَلَقَ السَّمَوَاتِ وَالْأَرْضَ لَيَقُولُنَّ اللَّهُ ۚ قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ ۚ أَوْ أَرَادَنِي بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَتُ رَحْمَتِهِ ۚ قُلْ حَسْبِيَ اللَّهُ ۚ عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ ﴿٣٨﴾

Wa la'in sa altahum man khalaqas samaawaati wal arda la yaqoolunal laah; qul afara'aitum maa tad'oon min doonil laahi in araadaniyal laahu bidurriin hal hunna kaashi faatu durriheeee aw araadaneer birahmatin hal hunna mumsikaatu rahmatih; qul hasbiyal laahu 'alaihi tatawakkalul mutawakkiloon

And if you asked them, "Who created the heavens and the earth?" they would surely say, "Allah." Say, "Then have you considered what you invoke besides Allah? If Allah intended me harm, are they removers of His harm; or if He intended me mercy, are they withholders of His mercy?" Say, "Sufficient for me is Allah; upon Him [alone] rely the [wise] reliers."

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ ﴿153﴾

Yaaa ayyuhal laazeena aamanus ta'eenoo bissabri was Salaah; innal laaha ma'as-saabireen

O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.

وَلَا تَقُولُوا لِمَن يُقْتَلُ فِي سَبِيلِ اللَّهِ أَمُوتَ ۚ بَلْ أَحْيَاءٌ وَلَكِن لَّا تَشْعُرُونَ ﴿154﴾

Wa laa taqooloo limai yuqtalu fee sabeelil laahi amwaat; bal ahyaaa'unw wa laakil laa tash'uroon

And do not say about those who are killed in the way of Allah, "They are dead." Rather, they are alive, but you perceive [it] not.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرِ ۚ وَبَشِّرِ الصَّابِرِينَ ﴿155﴾

Wa lanablu wannakum bishai'im minal khawfi waljoo'i wa naqsim minal amwaali wal anfusi was samaraat; wa bashshiris saabireen

And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient,

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿156﴾

Allazeena izaana asaabathum museebatun qaalooo innaa lillaahi wa innaaa ilaihi raaji'oon

Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return."

أُولَٰئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ وَأُولَٰئِكَ هُمُ الْمُهْتَدُونَ ﴿157﴾

Ulaaa'ika 'alaihim salawaatun mir Rabbihim wa rahma; wa ulaaa'ika humul muhtadoon

Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي
لَعَلَّهُمْ يَرْشُدُونَ ﴿١٨٦﴾

*Wa izaa sa alaka 'ibaadee 'annnee fa innee qareebun ujeebu da'wataddaa'i izaa da'aani falyastajeeboo lee
walyu minoo beela 'allahum yarshudoon*

And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.

وَإِن يَمَسُّكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ وَإِن يَمَسُّكَ بِخَيْرٍ فَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿١٧﴾

*Wa iny-yamsaskal laahu bidurrin falaaa kaashifa lahoo illaa Huwa wa iny-yamsaska bikhairin fa Huwa 'alaa kulli
shai'in Qadeer*

And if Allah should touch you with adversity, there is no remover of it except Him. And if He touches you with good - then He is over all things competent.

وَإِذَا مَسَّ الْإِنْسَانَ الضُّرُّ دَعَانَا لِجَنبِهِ أَوْ قَاعِدًا أَوْ قَائِمًا فَلَمَّا كَشَفْنَا عَنْهُ ضُرَّهُ مَرَّ كَأَن لَّمْ يَدْعُنَا
إِلَىٰ ضُرِّ مَسَّهُ ۚ كَذَٰلِكَ زِينٌ لِّلْمُسْرِفِينَ مَا كَانُوا يَعْمَلُونَ ﴿١٢﴾

*Wa izaa massal insaanad durru da'aanaa lijambiheeee aw qaa'idan aw qaaa'iman falammaa kashafnaa 'anhu
durrahoo marra ka al lam yad'unaaa ilaa durrim massah; kazaalika zuyyina lilmusrifeena maa kaanoo ya'maloon*

And when affliction touches man, he calls upon Us, whether lying on his side or sitting or standing; but when We remove from him his affliction, he continues [in disobedience] as if he had never called upon Us to [remove] an affliction that touched him. Thus is made pleasing to the transgressors that which they have been doing

وَأِنْ يَّمْسَسْكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ وَإِنْ يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ لِفَضْلِهِ ۚ يُصِيبُ بِهِ مَنْ يَشَاءُ مِنْ عِبَادِهِ ۚ وَهُوَ الْغَفُورُ الرَّحِيمُ ﴿107﴾

Wa iny yamsaskal laahu bidurriin falaa kaashifa lahoo illaa Huwa wa iny yuridka bikhairin falaa raaadda lifadlih; yuseebu bihee man yashaaa'u min 'ibaadih; wa huwal Ghafoorur Raheem

And if Allah should touch you with adversity, there is no remover of it except Him; and if He intends for you good, then there is no repeller of His bounty. He causes it to reach whom He wills of His servants. And He is the Forgiving, the Merciful

أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ وَيَجْعَلُكُمْ خُلَفَاءَ الْأَرْضِ ۗ أَلَيْسَ اللَّهُ بِقَلِيلًا مَّا تَذَكَّرُونَ ﴿62﴾

Ammany-yujeebul mud tarra iza da'aahu wa yakshifussoo'a wa yaj'alukum khula faaa'al ardi 'a-ilaahum ma'al laahi qaleelam maa tazak karoon

Is He [not best] who responds to the desperate one when he calls upon Him and removes evil and makes you inheritors of the earth? Is there a deity with Allah? Little do you remember.

وَكَايْنٍ مِّنْ نَّبِيِّ قُتِلَ مَعَهُ رَبِّيُونَ كَثِيرٌ فَمَا وَهَنُوا لِمَا أَصَابَهُمْ فِي سَبِيلِ اللَّهِ وَمَا ضَعُفُوا وَمَا اسْتَكَانُوا ۗ وَاللَّهُ يُحِبُّ الصَّابِرِينَ ﴿146﴾

Wa ka aiyim min Nabiyyin qaatala ma'ahoo ribbiyyoona kaseerun fama wahanoo limaaa Asaabahum fee sabeelil laahi wa maa da'ufoo wa mas takaanoo; wallaahu yuhibbus saabireen

And how many a prophet [fought and] with him fought many religious scholars. But they never lost assurance due to what afflicted them in the cause of Allah, nor did they weaken or submit. And Allah loves the steadfast.

وَمَا أَصَابَكُمْ يَوْمَ التَّتَقَى الْجَمْعَانِ فَبِإِذْنِ اللَّهِ وَلِيَعْلَمَ الْمُؤْمِنِينَ ﴿166﴾

Wa maa asaabakum yawmal taqal jam'aani fabiiznil laahi wa liya'lamal mu'mineen

And what struck you on the day the two armies met was by permission of Allah that He might make evident the [true] believers.

وَلِكُلِّ أُمَّةٍ جَعَلْنَا مَنْسَكًا لِيَذْكُرُوا اللَّهَ عَلَىٰ مَا رَزَقَهُمْ مِّنْ بَهِيمَةِ الْأَنْعَامِ ۚ فَإِلَهُكُمْ إِلَهُ وَاحِدٌ فَلَهُ أَسْلُمُوا ۚ وَبَشِّرِ الْمُخْبِتِينَ ﴿٣٤﴾

*Wa likulli ummatin ja'alnaa mansakal liyazkurush mal laahi 'alaa maa razaqahum mim baheematil an'aam;
failaahukum ilaahunw Waahidun falahooo aslimoo; wa bashshiril mukhbiteen*

And for all religion We have appointed a rite [of sacrifice] that they may mention the name of Allah over what He has provided for them of [sacrificial] animals. For your god is one God, so to Him submit. And, [O Muhammad], give good tidings to the humble [before their Lord]

الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَالصَّابِرِينَ عَلَىٰ مَا أَصَابَهُمُ وَالْمُقِيمِي الصَّلَاةِ وَمِمَّا رَزَقْنَاهُمْ يُنفِقُونَ ﴿٣٥﴾

*Allazeena izaa zukiral laahu wajilat quloobuhum wassaabireena 'alaa maaa asaabahum walmuqeemis Salaati
wa mimmaa razaqnaahum yunfiqoon*

Who, when Allah is mentioned, their hearts are fearful, and [to] the patient over what has afflicted them, and the establishers of prayer and those who spend from what We have provided them.

وَإِذَا أَذَقْنَا النَّاسَ رَحْمَةً فَرِحُوا بِهَا ۖ وَإِن تُصِبْهُمْ سَيِّئَةٌ بِمَا قَدَّمَتْ أَيْدِيهِمْ إِذَا هُمْ يَقْنَطُونَ ﴿٣٦﴾

*Wa izaana azaqnan naasa rahmatan farihoo bihaa wa in tusibhum sayyi'atum bimaa qaddamat aydeehim izaa
hum yaqnatoon*

And when We let the people taste mercy, they rejoice therein, but if evil afflicts them for what their hands have put forth, immediately they despair.

وَمَا أَصَابَكُمْ مِّنْ مُّصِيبَةٍ فَبِمَا كَسَبَتْ أَيْدِيكُمْ وَيَعْفُوا عَنْ كَثِيرٍ ﴿٣٠﴾

Wa maaa asaabakum mim museebatin fabimaa kasabat aydeekum wa ya'foo 'an kaseer

And whatever strikes you of disaster - it is for what your hands have earned; but He pardons much.

فَإِنْ أَعْرَضُوا فَمَا أَرْسَلْنَاكَ عَلَيْهِمْ حَفِيظًا ۖ إِنَّ عَلَيْكَ إِلَّا الْبَلْغُ ۚ وَإِنَّا إِذَا أَذَقْنَا الْإِنْسَانَ مِنَّا رَحْمَةً فَرحَ بِهَا ۖ وَإِنْ تُصِيبْهُمُ سَيِّئَةٌ بِمَا قَدَّمَتْ أَيْدِيهِمْ فَإِنَّ الْإِنْسَانَ كَفُورٌ ﴿٤٨﴾

Fa-in a'radoo famaarsalnaaka 'alaihim hafeezan in 'alaika illal balaagh; wa innaaa izaana azaqnal insaana minnaa rahmatan fariha bihaa wa in tusibhum saiyy'atum bimaa qaddamat aydeehim fa innal insaana kafoor

But if they turn away - then We have not sent you, [O Muhammad], over them as a guardian; upon you is only [the duty of] notification. And indeed, when We let man taste mercy from us, he rejoices in it; but if evil afflicts him for what his hands have put forth, then indeed, man is ungrateful.

مَا أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَلَا فِي أَنْفُسِكُمْ إِلَّا فِي كِتَابٍ مِّن قَبْلِ أَنْ نَبْرَأَهَا ۚ إِنَّ ذَلِكَ عَلَى اللَّهِ يَسِيرٌ ﴿٢٢﴾

Maaa asaaba mim musee batin fil ardi wa laa feee anfusikum illaa fee kitaabim min qabli an nabra ahaa; innaa zaalika 'alal laahi yaseer

No disaster strikes upon the earth or among yourselves except that it is in a register before We bring it into being - indeed that, for Allah, is easy -

لِكَيْلَا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ وَلَا تَفْرَحُوا بِمَا ءَاتَكُمْ ۚ وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ ﴿٢٣﴾

Likailaa taasaw 'alaa maa faatakum wa laa tafrahoo bimaaa aataakum; wallaahu laa yuhibbu kulla mukhtaalin fakhoor

In order that you not despair over what has eluded you and not exult [in pride] over what He has given you. And Allah does not like everyone self-deluded and boastful -

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ ۚ وَمَنْ يُؤْمِنْ بِاللَّهِ يَهْدِ اللَّهُ قَلْبَهُ ۚ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ ﴿١١﴾

Maaa asaaba mim musee batin illaa bi-iznil laah; wa many yu'mim billaahi yahdi qalbah; wallaahu bikulli shai; in Aleem

No disaster strikes except by permission of Allah. And whoever believes in Allah - He will guide his heart. And Allah is Knowing of all things.

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِلْمُؤْمِنِينَ ﴿٥٧﴾

Yaaa aiyuhan naasu qad jaaa'atkum maw 'izatum mir Rabbikum wa shifaaa'ul limaa fis sudoori wa hudanw wa rahmatul lilmu'mineen

O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلَالًا يَخْرُجُ مِنْ بَطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَنُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ ﴿٦٩﴾

Summma kulee min kullis samaraati faslukee subula Rabbiki zululaa; yakhruju mim butoonihaa sharaabum mukh talifun alwaanuhoo feehi shifaaa'ul linnaas, innna fee zaalika la Aayatal liqawminy yatafakkaroon

Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought.

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا ﴿٨٢﴾

Wa nunazzilu minal quraani maa huwa shifaaa'unw wa rahmatul lilmu'mineen wa laa yazeeduz zaalimeena illaa khasaraa

And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨٠﴾

Wa izaa mardtu fahuwa yashfeen

And when I am ill, it is He who cures me

وَلَوْ جَعَلْنَاهُ قُرْءَانًا أَعْجَمِيًّا لَقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ أَأَتِيهِمْ وَعَرَبِيٌّ قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى
وَشِفَاءٌ وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى أُولَٰئِكَ يُنَادُونَ مِنْ مَّكَانٍ بَعِيدٍ ﴿٤٤﴾

*Wa law ja'alnaahu Qur-aanan A'jamiyyal laqaaloo law laa fussilat Aayaatuhoo 'a A'jamiyyunw wa 'Arabiyy; qul
huwa lillazeena aamanoo hudanw wa shifaaa'unw wallazeena la yu'minoona feee azaanihim waqrunw wa
huwa 'alaihim 'amaa; ulaaa'ika yunaadawna mim maakaanim ba'eed*

And if We had made it a non-Arabic Qur'an, they would have said, "Why are its verses not explained in detail [in our language]? Is it a foreign [recitation] and an Arab [messenger]?" Say, "It is, for those who believe, a guidance and cure." And those who do not believe - in their ears is deafness, and it is upon them blindness. Those are being called from a distant place.

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