

Ruqyah رُقْيَة

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Healing and tranquillity (shifa and sakinah)

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

الشفاء والسكينة

RECITE WITH PRESENCE — HEALING IS BY ALLAH'S PERMISSION.

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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قَاتِلُوهُمْ يُعَذِّبُهُمُ اللَّهُ بِأَيْدِيكُمْ وَيُخْزِيهِمْ وَيُنْصِرْكُمْ عَلَيْهِمْ وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ ﴿١٤﴾

Qaatiloohum yu'az zibhumul laahu bi aideekum wa yukhzihim wa yansurkum 'alaihim wa yashfi sudoora qawmim mu'mineen

Fight them; Allah will punish them by your hands and will disgrace them and give you victory over them and satisfy the breasts of a believing people

وَيُذْهِبْ غَيْظَ قُلُوبِهِمْ ۚ وَيَتُوبُ اللَّهُ عَلَىٰ مَنْ يَشَاءُ ۚ وَاللَّهُ عَلِيمٌ حَكِيمٌ ﴿١٥﴾

Wa yuzhib ghaiza quloobihim; wa yatoobullaahu 'alaa mai yashaaa'; wallaahu 'Aleemun Hakeem

And remove the fury in the believers' hearts. And Allah turns in forgiveness to whom He wills; and Allah is Knowing and Wise.

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾

Yaaa aiyuhan naasu qad jaaa'atkum maw 'izatun 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 مِن كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا ۚ يَخْرُجُ مِنْ بَطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَنُهُ فِيهِ شِفَاءٌ لِّلنَّاسِ ۚ إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ 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.

وَنَزَّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۖ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا ﴿٨٢﴾

Wa nunazzilu minal quraani maa huwa shifaaa'unw wa rahmatul lilmu; mineena wa laa yazeeduz zaalimeena illaa khasaaraa

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 قُرْآنًا عَجَمِيًّا لَّقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ ۖ أَعْرَبِيَ وَاعْرَبِيَ ۚ بَلْ هُوَ لَدِّينَ ءَامَنُوا ۖ هُدًى وَشِفَاءٌ ۚ وَالَّذِينَ لَا يُؤْمِنُونَ فِي ءَاذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى ۚ أُولَٰئِكَ يُنَادُونَ مِن 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.

وَقُلْنَا يٰٓأَدَمُ اسْكُنْ أَنْتَ وَزَوْجُكَ الْجَنَّةَ وَكُلَا مِنْهَا رَغَدًا حَيْثُ شِئْتُمَا وَلَا تَقْرَبَا هَذِهِ الشَّجَرَةَ فَتَكُونَا مِنَ الظَّالِمِينَ ﴿٣٥﴾

Wa qulnaa yaaa Adamus kun anta wa zawjukal jannata wa kulaa minhaa raghadan haisu shi'tumaa wa laa taqabaa haazihish shajarata fatakoona minaz zaalimeen

And We said, "O Adam, dwell, you and your wife, in Paradise and eat therefrom in [ease and] abundance from wherever you will. But do not approach this tree, lest you be among the wrongdoers."

وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ يَأْتِيَكُمُ التَّابُوتُ فِيهِ سَكِينَةٌ مِّن رَّبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ ءَالُ
مُوسَىٰ وَءَالُ هَارُونَ تَحْمِلُهُ الْمَلَائِكَةُ ۚ إِنَّ فِي ذَلِكَ لَآيَةً لَّكُمْ إِن كُنتُمْ مُّؤْمِنِينَ ﴿248﴾

*Wa qaala lahum Nabiyyuhum inna Aayata mulkiheeee ai yaatiyakumut Taabootu feei sakeenatummir Rabbikum
wa baqiyyatummimmaa taraka Aalu Moosa wa Aalu Haaroona tahmiluhul malaaa'ikah; inna fee zaalika la
Aayatal lakum in kuntum mu'mineen*

And their prophet said to them, "Indeed, a sign of his kingship is that the chest will come to you in which is assurance from your Lord and a remnant of what the family of Moses and the family of Aaron had left, carried by the angels. Indeed in that is a sign for you, if you are believers."

* وَلَهُ مَا سَكَنَ فِي اللَّيْلِ وَالنَّهَارِ ۚ وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿13﴾

Wa lahoo maa sakana fillaili wannahaar; wa Huwas Samee'ul Aleem

And to Him belongs that which reposes by night and by day, and He is the Hearing, the Knowing.

فَالِقُ الْإِصْبَاحِ وَجَعَلَ اللَّيْلَ سَكَنًا وَالشَّمْسَ وَالْقَمَرَ حُسْبَانًا ۚ ذَلِكَ تَقْدِيرُ الْعَزِيزِ الْعَلِيمِ ﴿96﴾

*Faaliqul isbaahi wa ja'alal laila sakananw washh shamsa walqamara husbaanaa; zaalika taqdeerul 'Azeezil
Aleem*

[He is] the cleaver of daybreak and has made the night for rest and the sun and moon for calculation. That is the determination of the Exalted in Might, the Knowing.

* هُوَ الَّذِي خَلَقَكُمْ مِّن نَّفْسٍ وَاحِدَةٍ وَجَعَلَ مِنْهَا زَوْجَهَا لِيَسْكُنَ إِلَيْهَا ۚ فَلَمَّا تَغَشَّاهَا حَمَلَتْ حَمْلًا
خَفِيفًا فَمَرَّتْ بِهِ ۚ فَلَمَّا أَثْقَلَتْ دَعَوَا اللَّهَ رَبَّهُمَا لَئِنْ ءَاتَيْتَنَا صَالِحًا لَّنُكُونَنَّ مِنَ الشَّاكِرِينَ ﴿189﴾

*Huwal lazee khalaqakum min nafsinnw waahidatinw wa ja'ala minhaa zawjahaa liyas kuna ilaihaa falammaa
taghash shaahaa hamalat hamlan khafeefan famarrat bihee falammaa asqalad da'awal laaha Rabbahumaa
la'in aayaitanaa saaliha lanakoo nanna minash shaakireen*

It is He who created you from one soul and created from it its mate that he might dwell in security with her. And when he covers her, she carries a light burden and continues therein. And when it becomes heavy, they both invoke Allah, their Lord, "If You should give us a good [child], we will surely be among the grateful."

ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ ۖ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا لَمْ تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا ۚ
وَذَلِكَ جَزَاءُ الْكَافِرِينَ ﴿٢٦﴾

Summa anzalal laahu sakeenatahoo 'alaa Rasoolihee wa 'alalmu 'mineena wa anzala junoodal lam tarawhaa wa azzabal lazeena kafaroo; wa zaalika jazaaa'ul kaafireen

Then Allah sent down His tranquillity upon His Messenger and upon the believers and sent down soldiers angels whom you did not see and punished those who disbelieved. And that is the recompense of the disbelievers.

إِلَّا تَتَصَرَّوهُ فَقَدْ نَصَرَهُ اللَّهُ إِذْ أَخْرَجَهُ الَّذِينَ كَفَرُوا ثَانِيَ اثْنَيْنِ إِذْ هُمَا فِي الْغَارِ إِذْ يَقُولُ لِصَاحِبِهِ
لَا تَحْزَنْ إِنَّ اللَّهَ مَعَنَا ۖ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ وَأَيَّدَهُ بِجُنُودٍ لَمْ تَرَوْهَا وَجَعَلَ كَلِمَةَ الَّذِينَ كَفَرُوا
السُّفْلَى ۚ وَكَلِمَةُ اللَّهِ هِيَ الْعُلْيَا ۚ وَاللَّهُ عَزِيزٌ حَكِيمٌ ﴿٤٠﴾

Illaa tansuroohu faqad nasarahul laahu iz akhrajahul lazeena kafaroo saaniyasnaini iz humaa filghaari iz yaqoolu lisaahibihee la tahzan innal laaha ma'anaa fa anzalallaahu sakeenatahoo 'alaihi wa aiyadahoo bijunoodil lam tarawhaa wa ja'ala kalimatal lazeena kafarus suflaa; wa Kalimatul laahi hiyal 'ulyaa; wallaahu 'Azeezun Hakeem;

If you do not aid the Prophet - Allah has already aided him when those who disbelieved had driven him out [of Makkah] as one of two, when they were in the cave and he said to his companion, "Do not grieve; indeed Allah is with us." And Allah sent down his tranquillity upon him and supported him with angels you did not see and made the word of those who disbelieved the lowest, while the word of Allah - that is the highest. And Allah is Exalted in Might and Wise.

ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ ۖ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا لَمْ تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا ۚ
وَذَلِكَ جَزَاءُ الْكَافِرِينَ ﴿٢٦﴾

Summa anzalal laahu sakeenatahoo 'alaa Rasoolihee wa 'alalmu 'mineena wa anzala junoodal lam tarawhaa wa azzabal lazeena kafaroo; wa zaalika jazaaa'ul kaafireen

Then Allah sent down His tranquillity upon His Messenger and upon the believers and sent down soldiers angels whom you did not see and punished those who disbelieved. And that is the recompense of the disbelievers.

خُذْ مِنْ أَمْوَالِهِمْ صَدَقَةً تُطَهِّرُهُمْ وَتُزَكِّيهِمْ بِهَا وَصَلِّ عَلَيْهِمْ إِنَّ صَلَاتَكَ سَكَنٌ لَهُمْ وَاللَّهُ سَمِيعٌ عَلِيمٌ

﴿103﴾

Khuz min amwaalihim sadaqtan tutahhiruhum wa tuzakkeehim bihaa wa salli 'alaihim inna salaataka sakanul lahum; wallaahu Samee'un 'Aleem

Take, [O, Muhammad], from their wealth a charity by which you purify them and cause them increase, and invoke [Allah's blessings] upon them. Indeed, your invocations are reassurance for them. And Allah is Hearing and Knowing.

هُوَ الَّذِي جَعَلَ لَكُمُ اللَّيْلَ لِتَسْكُنُوا فِيهِ وَالنَّهَارَ مُبْصِرًا إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يَسْمَعُونَ ﴿67﴾

Huwal lazee ja'ala lakumul laila litaskunoo feehi wannahaara mubsiraa; inna fee zaalika la Aayaatil liqawmai yasma'oon

It is He who made for you the night to rest therein and the day, giving sight. Indeed in that are signs for a people who listen.

وَاللَّهُ جَعَلَ لَكُم مِّنْ بُيُوتِكُمْ سَكَنًا وَجَعَلَ لَكُم مِّنْ جُلُودِ الْأَنْعَامِ بُيُوتًا تَسْتَخِفُّونَهَا يَوْمَ ظَعْنِكُمْ وَيَوْمَ إِقَامَتِكُمْ وَمِنْ أَصْوَابِهَا وَأَوْبَارِهَا وَأَشْعَارِهَا أَثِمًا وَمَتَاعًا إِلَىٰ حِينٍ ﴿80﴾

Wallaahu ja'ala lakum min juloodil an'aami buyootan tastakhif foonahaa yawma za'nikum wa yawma iqaamatikum wa min aswaafihaa wa awbaarihaa wa ash'aarihaaa asaasanw wa mataa'an ilaa been

And Allah has made for you from your homes a place of rest and made for you from the hides of the animals tents which you find light on your day of travel and your day of encampment; and from their wool, fur and hair is furnishing and enjoyment for a time.

أَلَمْ تَرَ إِلَىٰ رَبِّكَ كَيْفَ مَدَّ الظِّلَّ وَلَوْ شَاءَ لَجَعَلَهُ سَاكِنًا ثُمَّ جَعَلْنَا الشَّمْسَ عَلَيْهِ دَلِيلًا ﴿45﴾

Alam tara ilaa Rabbika kaifa maddaz zilla wa law shaaa'a laja'alahoo saakinan summa ja'alnash shamsa 'alaihe daleelaa

Have you not considered your Lord - how He extends the shadow, and if He willed, He could have made it stationary? Then We made the sun for it an indication.

أَلَمْ يَرَوْا أَنَّا جَعَلْنَا اللَّيْلَ لِيَسْكُنُوا فِيهِ وَالنَّهَارَ مُبْصِرًا ۚ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ ﴿٨٦﴾

Alam yaraw annaa ja'alnal laila li yaskunoo feehi wannahaara mubsiraa; inna fee zaalika la Aayaatil liqaw miny-yu'minoon

Do they not see that We made the night that they may rest therein and the day giving sight? Indeed in that are signs for a people who believe.

قُلْ أَرَأَيْتُمْ إِنْ جَعَلَ اللَّهُ عَلَيْكُمُ اللَّيْلَ سَرْمَدًا إِلَى يَوْمِ الْقِيَمَةِ مَنْ إِلَهٌ غَيْرُ اللَّهِ يَأْتِيكُم بِضِيَاءٍ ۖ أَفَلَا تَسْمَعُونَ ﴿٧١﴾

Qul ara'aitum in ja'alal laahu 'alaikumul laila sarmadan ilaa Yawmil Qiyaamati man ilaahun ghairul laahi yaa teekum bidiyaaa'in afalaa tasma'oon

Say, "Have you considered: if Allah should make for you the night continuous until the Day of Resurrection, what deity other than Allah could bring you light? Then will you not hear?"

قُلْ أَرَأَيْتُمْ إِنْ جَعَلَ اللَّهُ عَلَيْكُمُ النَّهَارَ سَرْمَدًا إِلَى يَوْمِ الْقِيَمَةِ مَنْ إِلَهٌ غَيْرُ اللَّهِ يَأْتِيكُم بِلَيْلٍ ۚ تَسْكُنُونَ فِيهِ ۖ أَفَلَا تُبْصِرُونَ ﴿٧٢﴾

Qul ara'aitum in ja'alal laahu 'alaikumun nahaara sarmadan ilaa Yawmil Qiyaamati man ilaahun ghairul laahi yaateekum bilailin taskunoona feehi afalaa tubsiroon

Say, "Have you considered: if Allah should make for you the day continuous until the Day of Resurrection, what deity other than Allah could bring you a night in which you may rest? Then will you not see?"

وَمِنْ رَحْمَتِهِ ۖ جَعَلَ لَكُمُ اللَّيْلَ وَالنَّهَارَ لِتَسْكُنُوا فِيهِ وَلِتَبْتَغُوا مِنْ فَضْلِهِ ۚ وَلِعَلَّكُمْ تَشْكُرُونَ ﴿٧٣﴾

Wa mir rahmatihee ja'ala lakumul laila wannahaara litaskunoo feehi wa litabtaghoo min fadlihee wa la'allakum tashkuroon

And out of His mercy He made for you the night and the day that you may rest therein and [by day] seek from His bounty and [that] perhaps you will be grateful.

وَمِنْ ءَايَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴿21﴾

Wa min Aayaatiheeee an khalaqa lakum min anfusikum azwaaajal litaskunooo ilaihaa wa ja'ala bainakum mawad datanw wa rahmah; inna fee zaalika la Aayaatil liqawminy yatafakkaroon

And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.

إِنْ يَشَأْ يُسْكِنِ الرِّيحَ فَيَظْلَلْنَ رَوَاكِدَ عَلَى ظَهْرِهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِكُلِّ صَبَّارٍ شَكُورٍ ﴿33﴾

Iny yashaaa yuskinir reeha fa yazlalna rawaakida 'alaa zahirh; inna fee zaalika la Aayaatil likulli sabbaarin shakoor

If He willed, He could still the wind, and they would remain motionless on its surface. Indeed in that are signs for everyone patient and grateful.

هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَعَ إِيمَانِهِمْ وَلِلَّهِ جُنُودُ السَّمَوَاتِ وَالْأَرْضِ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا ﴿4﴾

Huwal lazeeee anzalas sakeenata fee quloobil mu'mineena liyazdaadooo eemaanamma'a eemaanihim; wa lillaahi junoodus samawaati wal ard; wa kaanal laahu 'Aleeman Hakeemaa

It is He who sent down tranquillity into the hearts of the believers that they would increase in faith along with their [present] faith. And to Allah belong the soldiers of the heavens and the earth, and ever is Allah Knowing and Wise.

لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَبَهُمْ فَتْحًا قَرِيبًا ﴿١٨﴾

Laqad radiyal laahu 'anil mu'mineena iz yubaayi 'oonaka tahtash shajaratil fa'alima maa fee quloobihim fa anzasal sakeenata 'alaihim wa asaa bahum fat han qareebaa

Certainly was Allah pleased with the believers when they pledged allegiance to you, [O Muhammad], under the tree, and He knew what was in their hearts, so He sent down tranquillity upon them and rewarded them with an imminent conquest

إِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي قُلُوبِهِمُ الْحَمِيَّةَ حَمِيَّةَ الْجَاهِلِيَّةِ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَلْزَمَهُمْ كَلِمَةَ التَّقْوَى وَكَانُوا أَحَقَّ بِهَا وَأَهْلَهَا وَكَانَ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمًا ﴿٢٦﴾

Iz ja'alal lazeena kafaroo fee quloobihimul hamiyyata hamiyyatal jaahiliyyati fa anzalal laahu sakeenatahoo 'alaa Rasoolihee wa 'alal mu mineena wa alzamahum kalimatat taqwaa wa kaanooo ahaqqa bihaa wa ahlaha; wa kaanal laahu bikulli shai'in Aleema

When those who disbelieved had put into their hearts chauvinism - the chauvinism of the time of ignorance. But Allah sent down His tranquillity upon His Messenger and upon the believers and imposed upon them the word of righteousness, and they were more deserving of it and worthy of it. And ever is Allah, of all things, Knowing.

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.

فَاسْتَجَابَ لَهُ رَبُّهُ فَصَرَفَ عَنْهُ كَيْدَهُمْ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ ﴿34﴾

Fastajaaba lahooh rabbuhoo fasarafa 'anhu kaidahunn; innahoo Huswas_Samee'ul 'Aleem

So his Lord responded to him and averted from him their plan. Indeed, He is the Hearing, the Knowing.

* وَيُوبَ 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 وَذِكْرًا لِلْعَبِيدِ ﴿84﴾

Fastajabnaa lahooh 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].

وَذَا النُّونِ إِذْ ذَهَبَ مُغْضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَىٰ فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿87﴾

Wa Zan Nooni 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 نُنْجِي الْمُؤْمِنِينَ ﴿88﴾

Fastajabnaa lahooh 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.

أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ وَيَجْعَلُكُمْ خُلَفَاءَ الْأَرْضِ ۗ أَإِلَٰهٌ مَّعَ اللَّهِ ۚ قَلِيلًا مَّا تَذَكَّرُونَ ﴿٦٢﴾

Ammany-yujeebul mud tarra iza da'aahu wa yakshifussooo'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.

وَلَقَدْ نَادَيْنَا نُوْحًا فَلَنِعْمَ الْمُجِيبُونَ ﴿٧٥﴾

Wa laqad naadaanaa Noohun falani'mal mujeeboon

And Noah had certainly called Us, and [We are] the best of responders.

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ ۚ إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي سَيَدْخُلُونَ جَهَنَّمَ دَاخِرِينَ ﴿٦٠﴾

Wa qaala Rabbukumud 'boneee astajib lakum; innal lazeena yastakbiroona an 'ibaadatee sa yadkhuloona jahannama daakhireen

And your Lord says, "Call upon Me; I will respond to you." Indeed, those who disdain My worship will enter Hell [rendered] contemptible.

وَإِنْ يَمْسَسْكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ ۚ وَإِنْ يَمْسَسْكَ 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.

وَإِنْ يَمَسُّكَ 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

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 ﴿38﴾

Wa la'in sa altahum man khalaqas samaawaati wal arda la yaqoolunal laah; qul afara'aitum maa tad'oona min doonil laahi in araadaniyal laahu bidurriin hal hunna kaashi faatu durriheee aw araadane 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."

إِنَّمَا النَّجْوَى مِنَ الشَّيْطَانِ لِيَحْزُنَ الَّذِينَ ءَامَنُوا وَلَيْسَ بِضَرِّهِمْ شَيْءٌ إِلَّا بِإِذْنِ اللَّهِ ۚ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿10﴾

Innaman najwaa minash shaitaani liyahzunal lazeena aamanoo wa laisa bidaaarrihim shai'an illaa bi-iznil laah; wa 'alal laahi falyatawakkalil mu'minoon

Private conversation is only from Satan that he may grieve those who have believed, but he will not harm them at all except by permission of Allah. And upon Allah let the believers rely.

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ أَرِنِي كَيْفَ تُحْيِي الْمَوْتَىٰ قَالَ أَوَلَمْ تُؤْمِنْ قَالَ بَلَىٰ وَلَكِن لِّيَطْمَئِنَّ قَلْبِي
 قَالَ فَخُذْ أَرْبَعَةً مِّنَ الطَّيْرِ فَصُرْهُنَّ إِلَيْكَ ثُمَّ أَجْعَلْ عَلَىٰ كُلِّ جَبَلٍ مِّنْهُنَّ جُزْءًا ثُمَّ أَدْعُهُنَّ يَأْتِينَكَ
 سَعْيًا وَاعْلَمْ أَنَّ اللَّهَ عَزِيزٌ حَكِيمٌ ﴿260﴾

*Wa iz qaala Ibraaheemu Rabbi arinee kaifa tuhyil mawtaa qaala awa lam tu'min qaala balaa wa laakil liyatma'inna
 qalbee qaala fakhuz arab'atam minal tairi fasurhunna ilaika summaj 'al a'ala kulli jabalim minhunna juz'an
 sumaad 'uhunna yaateenaka sa'yaa; wa'lam annal laaha 'Azeezun Hakeem*

And [mention] when Abraham said, "My Lord, show me how You give life to the dead." [Allah] said, "Have you not believed?" He said, "Yes, but [I ask] only that my heart may be satisfied." [Allah] said, "Take four birds and commit them to yourself. Then [after slaughtering them] put on each hill a portion of them; then call them - they will come [flying] to you in haste. And know that Allah is Exalted in Might and Wise."

وَمَا جَعَلَهُ اللَّهُ إِلَّا بُشْرَىٰ لَكُمْ وَلِتَطْمَئِنَّ قُلُوبُكُم بِهِ ۖ وَمَا النَّصْرُ إِلَّا مِنْ عِندِ اللَّهِ الْعَزِيزِ الْحَكِيمِ

﴿126﴾

*Wa maa ja'alahul laahu illaa bushraa lakum wa litatma'inna quloobukum bih' wa man-nasru illaa min 'indillaaheel
 'Azeezil Hakeem*

And Allah made it not except as [a sign of] good tidings for you and to reassure your hearts thereby. And victory is not except from Allah, the Exalted in Might, the Wise -

قَالُوا نُرِيدُ أَنْ نَأْكُلَ مِنْهَا وَتَطْمَئِنَّ قُلُوبُنَا وَنَعْلَمَ أَنَّ قَدْ صَدَقْتَنَا وَنَكُونُ عَلَيْهَا مِنَ الشَّاهِدِينَ ﴿113﴾

*Qaaloo nureedu an naakula minhaa wa tatam'inna quloo bunaa wa na'lama an qad sadaqtana wa nakoona
 'alaihaa minash shaahideen*

They said, "We wish to eat from it and let our hearts be reassured and know that you have been truthful to us and be among its witnesses."

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۚ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

Allazeena aamanoo wa tatma'innu quloobuhum bizikril laah; alaa bizikril laahi tatma'innul quloob

Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured."

مَنْ كَفَرَ بِاللَّهِ مِنْ بَعْدِ إِيمَانِهِ ۖ إِلَّا مَنْ أُكْرِهَ وَقَلْبُهُ مُطْمَئِنٌّ بِالْإِيمَانِ وَلَكِنْ مَنْ شَرَحَ بِالْكُفْرِ صَدْرًا فَعَلَيْهِمْ غَضَبٌ مِّنَ اللَّهِ وَلَهُمْ عَذَابٌ عَظِيمٌ ﴿١٠٦﴾

*man kafara billaahi mim ba'di eemaanihee illaa man ukriha wa qalbuho mutmma'innul bil eemaani wa laakim
man sharaha bilkufri sadran fa'alaihim ghadabum minal laahi wa lahum 'azaabun 'azeem*

Whoever disbelieves in Allah after his belief... except for one who is forced [to renounce his religion] while his heart is secure in faith. But those who [willingly] open their breasts to disbelief, upon them is wrath from Allah, and for them is a great punishment;

قُلْ لَوْ كَانَ فِي الْأَرْضِ مَلَائِكَةٌ يَمْشُونَ مُطْمَئِنِّينَ لَنَزَّلْنَا عَلَيْهِم مِّنَ السَّمَاءِ مَلَكًا رَسُولًا ﴿٩٥﴾

*Qul law kaana fil ardi malaaa 'ikatuny yamshoona mutma'inneena lanazzalnaa 'alaihim minas samaaa'i malakar
Rasoolaa*

Say, "If there were upon the earth angels walking securely, We would have sent down to them from the heaven an angel [as a] messenger."

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