

# DUA FOR ANXIETY, SORROW, LAZINESS, MISERLINESS, COWARDICE, DEBT, PROTECTION FROM ENEMIES

*Anas ibn Maalik reported:  
Prophet Muhammad (peace & blessing be upon him) used to say:*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ،  
وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

**(O ALLAH, I SEEK REFUGE IN YOU FROM GRIEF AND SADNESS, FROM WEAKNESS AND FROM LAZINESS, FROM MISERLINESS AND FROM COWARDICE, FROM BEING OVERCOME BY DEBT AND OVERPOWERED BY MEN (I.E. OTHERS)).**

AL-BUKHARI 7/158. SEE ALSO AL-ASQALANI, FATHUL-BARI 11/173



**MONTH:  
NAME:**

**TICK (/) IN THE BOX IF YOU HAVE READ THE DUA TODAY**

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