

Supplication 61

Seeking Health and Expressing Gratitude for It

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَالْبِسْنِي عَافِيَتَكَ،
وَجَلِّلْنِي عَافِيَتَكَ،

O Allah, send Your blessings upon
Muhammad and his family. Clothe me
in Your well-being, encompass me with
Your well-being,

وَحَصِّنِي بِعَافِيَتِكَ، وَأَكْرِمْنِي بِعَافِيَتِكَ،

Protect me by Your well-being, honor
me with Your well-being,

وَأَغْنِنِي بِعَافِيَتِكَ، وَتَصَدَّقْ عَلَيَّ بِعَافِيَتِكَ،

Enrich me through Your well-being, bestow
it upon me as charity,

وَهَبْ لِي عَافِيَتَكَ، وَأَفْرِشْنِي عَافِيَتَكَ، وَأَصْلِحْ لِي
عَافِيَتَكَ،

Grant me Your well-being, extend Your
well-being to me, and make Your well-
being a blessing upon me,

وَلَا تُفَرِّقْ بَيْنِي وَبَيْنَ عَافِيَتِكَ فِي الدُّنْيَا وَالْآخِرَةِ.

And never separate me from Your well-being in this world and the Hereafter.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَعَافِنِي عَافِيَةً كَافِيَةً
شَافِيَةً عَالِيَةً نَامِيَةً،

O Allah, send Your blessings upon Muhammad and his family, grant me a well-being that is sufficient, healing, exalted, and growing,

عَافِيَةً تُؤَلِّدُ فِي بَدَنِي الْعَافِيَةَ، عَافِيَةَ الدُّنْيَا وَالْآخِرَةِ،

A well-being that generates well-being in my body, and well-being in both this world and the Hereafter,

وَأَمِّنْ عَلَيَّ بِالصِّحَّةِ وَالْأَمْنِ وَالسَّلَامَةِ فِي دِينِي وَ
بَدَنِي،

Bestow upon me health, safety, and security in my faith and my body,

وَالْبَصِيرَةِ فِي قَلْبِي، وَالنَّفَازِ فِي أُمُورِي،

Enlighten my heart with insight, give success in my affairs,

وَالْخُشْيَةَ لَكَ، وَالْخَوْفَ مِنْكَ،

Grant me awe and fear of You,

وَالْقُوَّةَ عَلَى مَا أَمَرْتَنِي بِهِ مِنْ طَاعَتِكَ،

Empower me to carry out Your commands,

وَالْإِجْتِنَابَ لِمَا نَهَيْتَنِي عَنْهُ مِنْ مَعْصِيَتِكَ.

And help me to avoid what You forbid.

اللَّهُمَّ وَاْمُنْ عَلَيَّ بِالْحَجِّ وَالْعُمْرَةِ، وَزِيَارَةِ قَبْرِ
رَسُولِكَ -صَلَوَاتُكَ عَلَيْهِ وَرَحْمَتُكَ وَبَرَكَاتُكَ عَلَيْهِ
وَعَلَى آلِهِ- وَآلِ رَسُولِكَ عَلَيْهِمُ السَّلَامُ أَبَدًا مَا
أَبْقَيْتَنِي، فِي عَامِي هَذَا وَفِي كُلِّ عَامٍ،

O Allah, bless me with the opportunity to perform the Hajj and Umrah, and to visit the grave of Your Messenger (Peace, mercy, and blessings be upon him and his family) and the graves of his family, as long as I live, this year and every year.

وَاجْعَلْ ذَلِكَ مَقْبُولًا مَشْكُورًا، مَذْكُورًا لَدَيْكَ،
مَذْخُورًا عِنْدَكَ،

Make these acts accepted, appreciated, recorded, and stored with You,

وَأَنْطِقْ بِحَمْدِكَ وَشُكْرِكَ وَذِكْرِكَ وَحُسْنِ الثَّنَاءِ
عَلَيْكَ لِسَانِي، وَأَشْرَحْ لِمَرَاشِدِ دِينِكَ قَلْبِي،

Let my tongue praise, thank, remember, and
glorify You, open my heart to understand
the guidance of Your religion,

وَأَعِزَّنِي وَذُرِّيَّتِي مِنَ الشَّيْطَانِ الرَّجِيمِ، وَمِنْ شَرِّ
السَّامَةِ وَالْهَامَةِ وَالْعَامَةِ وَاللَّامَةِ،

And protect me and my descendants
from Satan the accursed, from the harm
of every venomous and non-venomous
creature, from deadly afflictions and
widespread calamities,

وَمِنْ شَرِّ كُلِّ شَيْطَانٍ مَرِيدٍ، وَمِنْ شَرِّ كُلِّ
سُلْطَانٍ عَنِيدٍ، وَمِنْ شَرِّ كُلِّ مُتْرَفٍ حَفِيدٍ،

From every rebellious devil, from every
tyrannical ruler, from the arrogance of
the wealthy,

وَمِنْ شَرِّ كُلِّ ضَعِيفٍ وَشَدِيدٍ، وَمِنْ شَرِّ كُلِّ
شَرِيفٍ وَوَضِيعٍ،

From the harm of the weak and the strong,
the noble and the lowly,

وَمِنْ شَرِّ كُلِّ صَغِيرٍ وَكَبِيرٍ، وَمِنْ شَرِّ كُلِّ قَرِيبٍ
وَبَعِيدٍ،

The young and the old, the near and the far,

وَمِنْ شَرِّ كُلِّ مَنْ نَصَبَ لِرَسُولِكَ وَلِأَهْلِ بَيْتِهِ
حَرْباً مِنَ الْجِنِّ وَالْإِنْسِ،

And from who have waged war against
Your Messenger and his family, from
among both the jinn and humankind,

وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا، إِنَّكَ
عَلَى صِرَاطٍ مُسْتَقِيمٍ.

And from every being whose forelock
is in Your hand. Truly, You are on the
Straight Path.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ، وَمَنْ أَرَادَنِي بِسُوءٍ
فَاصْرِفْهُ عَنِّي،

O Allah, send Your blessings upon
Muhammad and his family. Repel from
me whoever intends me harm,

وَادْحَرْ عَنِّي مَكْرَهُ، وَادْرَأْ عَنِّي شَرَّهُ، وَرُدَّ كَيْدَهُ
فِي نَحْرِهِ،

Frustrate their schemes, deflect their evil,
and return their plots back upon them.

وَاجْعَلْ بَيْنَ يَدَيْهِ سَدًّا حَتَّى تُعْمِيَ عَنِّي بَصَرَهُ،
وَتُصِمَّ عَنْ ذِكْرِي سَمْعَهُ،

Place a barrier before them so that they
are blinded to me, make them deaf to
my mention,

وَتُقْفَلَ دُونَ إِحْطَارِي قَلْبَهُ، وَتُخْرَسَ عَنِّي لِسَانُهُ،
وَتَقْمَعَ رَأْسُهُ،

Lock their hearts from pondering over
me, and silence his tongue from [speaking
of] me, and crush his head,

وَتُذِلَّ عِزُّهُ، وَتَكْسِرَ جَبْرُوتُهُ، وَتُذِلَّ رَقَبَتُهُ، وَتَفْسَخَ
كِبَرُهُ،

Crush their pride, break their arrogance,
and humble their necks, shatter their
conceit,

وَتُؤَمِّنِي مِنْ جَمِيعِ ضَرِّهِ وَشَرِّهِ، وَغَمِّهِ وَهَمِّهِ،
وَلَمَزِهِ وَحَسَدِهِ وَعَدَاوَتِهِ، وَحَبَائِلِهِ وَمَصَائِدِهِ،
وَرَجْلِهِ وَخَيْلِهِ، إِنَّكَ عَزِيزٌ قَدِيرٌ.

Keep me safe from all their harm, evil, attacks, whispers, envy, enmity, traps, snares, cavalry, and foot soldiers. Surely, You are the Almighty, the All-Powerful.