

5112 - Du'aa's to remove depression

the question

Are there any duas to remove my depression?

Detailed answer

Praise be to Allah.

In al-Saheehayn it was reported from Ibn 'Abbaas that the Messenger of Allaah (peace and blessings of Allaah be upon him) used to say, when he felt distressed:

“La ilaaha ill-Allaah al-‘Azeem ul-Haleem, Laa ilaaha ill-Allaah Rabb il-‘arsh il-‘azeem, Laa ilaaha ill-Allaah Rabb is-samawaati wa Rabb il-ard wa Rabb il-‘arsh il-kareem (there is no god except Allaah, the All-Mighty, the Forbearing; there is no god except Allaah, the Lord of the Mighty Throne; there is no god except Allaah, Lord of the heavens, Lord of the earth and Lord of the noble Throne).”

And it was reported from Anas (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) used to say, when something upset him:

“Yaa Hayyu yaa Qayyoom, bi Rahmatika astagheeth (O Ever-Living One, O Everlasting One, by Your mercy I seek help).”

And it was reported that Asmaa' bint 'Umays (may Allaah be pleased with her) said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said to me: “Shall I not teach you some words to say when you feel distressed? ‘Allaah, Allaah, Rabbee laa ushriku bihi shay'an (Allaah, Allaah, my Lord, I do not associate anything with Him).”

It was reported from 'Abd-Allaah ibn Mas'ood that the Prophet (peace and blessings of Allaah be

Islam Question & Answer

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upon him) said: “No person suffers any anxiety or grief, and says:

‘Allaahumma innee ‘abduka wa ibn ‘abdika wa ibn amatika, naasiyati bi yadika, maadin fiyya hukmuka, ‘adlun fiyya qadaa’uka, as’aluka bi kulli ismin huwa laka sammayta bihi nafsaka aw anzaltahu fi kitaabika aw ‘allamtahu ahadan min khalqika aw ista’tarta bihi fi ‘ilm il-ghaybi ‘andak an taj’ala al-Qur’aana rabee’ qalbi wa noor sadri wa jalaa’a huzni wa dhahaaba hammi (O Allaah, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just. I ask You by every Name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Qur’aan the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety)’

- but Allaah will take away his sorrow and grief, and give him in their stead joy.”