

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ ، وَأَعُوذُ بِكَ
مِنَ الْجُبْنِ وَالْبُخْلِ ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ .

Translation

O Allah, I seek Your protection from anxiety and grief. I seek Your protection from inability and laziness. I seek Your protection from cowardice and miserliness, and I seek Your protection from being overcome by debt and being overpowered by men.

Transliteration

Allāhumma innī a'ūdhu bika min-l-hammi wa-l-ḥazan, wa a'ūdhu bika min-l-'ajzi wa-l-kasal, wa a'ūdhu bika min-l-jubni wa-l-bukhl, wa a'ūdhu bika min ghalabati-d-dayni wa qahri-r-rijāl.

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