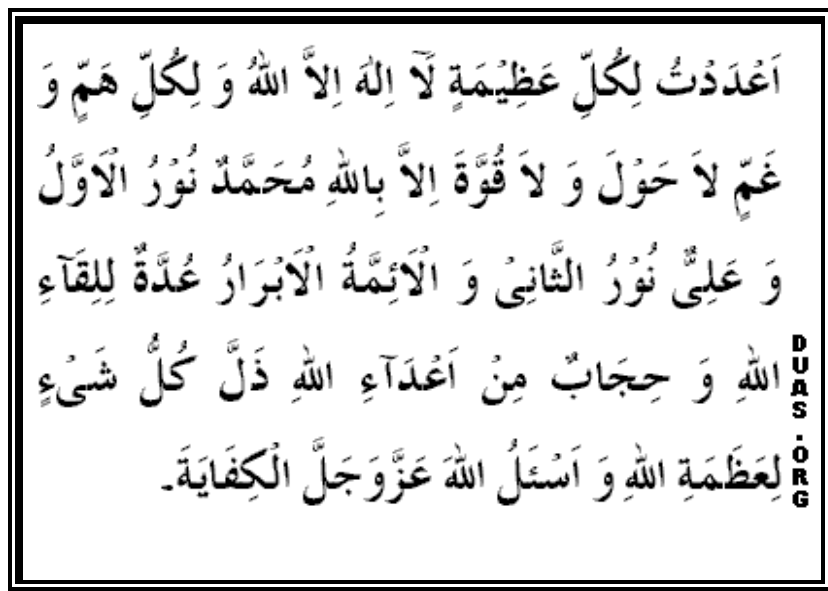


## بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

### Du'a to Overcome Worries

Imam Ja'far Shadiq (as) advised his followers to recite the following du'a to remove worries:



a'dadtu likulli 'adhiimatin laa ilaaha illallaahu  
walikullihamin waghamin laa haula wala quwwata illa abillaahi  
muhammadun nuurul awwalu  
wa 'aliyyun nuuruttsaanii wal aimmatul abraaru 'uddatun liliqaa illaahi  
wahijaabun min a'daa illaahi dzalla kullu syai in li'adhomatillaahi  
wa as alullaaha 'azza wa jallalkifaayah

(Source://www.duas.org/)

*I enumerate the merits of all that which are glorious and magnificent (to know that) there is no god except Allah; and for (removal of) pains and sorrows there is neither power nor strength (in any) except in Allah. Muhammad is the first light, Ali the second light; and all the immaculate Imams (of the Ahlul Bayt) are a means to reach the presence of Allah and a protection from the enemies of Allah. All things are dwarfed in presence of the greatness of Allah. I seek sufficient (support) from Allah, the mighty, the glorious.*