

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



QUR'ANIC VERSE COLLECTION — WITH ENGLISH MEANING

Ayat an-Ni'mah

Verses relating to blessings



Sheikh Khalid al-Habashi — alroqya.com

Raqi Faisal Ahmed Sabit

Al Quranic Ruqyah Healing Center

Introduction — when these verses are read

English rendering of Sheikh Khalid al-Habashi's Arabic introduction.

These verses expose the one who envies a blessing. They are recited in cases of ayn (evil eye), hasad (envy), sihr (magic) and athar (affliction by a possessing jinn), and their effect is astonishing.

In this collection:

35 passages

69 verses

The verses are kept in the order of the original compilation, unchanged. The Arabic is set in the Indo-Pak (Nurani) style. English translation: Saheeh International.

Important note: Ruqyah is a Shariah-based method of treatment. It runs alongside necessary medical examination and treatment, never in place of it. Matching a symptom is not proof of sihr (sorcery), the evil eye or jinn possession.

Ayat an-Ni'mah

69 verses in 35 passages.

1

Surah Al-Anfaal 8:53

ذَٰلِكَ بِأَنَّ اللَّهَ لَمْ يَكُ مُغَيِّرًا نِّعْمَةً أَنْعَمَهَا عَلَىٰ قَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا
بِأَنفُسِهِمْ ۗ وَأَنَّ اللَّهَ سَمِيعٌ عَلِيمٌ ﴿٥٣﴾

That is because Allāh would not change a favor which He had bestowed upon a people until they change what is within themselves. And indeed, Allāh is Hearing and Knowing.

2

Surah Hud 11:10

وَلَئِنْ أَذَقْنَاهُ نِعْمَاءَ بَعْدَ ضَرَاءٍ مَّسَّتْهُ لَيَقُولَنَّ ذَهَبَ السَّيِّئَاتُ عَنِّي ۚ إِنَّهُ
لَفَرِحٌ فَخُورٌ ﴿١٠﴾

But if We give him a taste of favor after hardship has touched him, he will surely say, "Bad times have left me." Indeed, he is exultant and boastful -

3

Surah Ibrahim 14:34

وَعَاتَيْنَاكُمْ مِنْ كُلِّ مَا سَأَلْتُمُوهُ ^ج وَإِنْ تَعُدُّوا نِعْمَتَ اللَّهِ لَا تَحْصُوهَا ^{قله} إِنَّ
الْإِنْسَانَ لَظَلُومٌ كَفَّارٌ ﴿٣٤﴾

And He gave you from all you asked of Him. And if you should count the favor [i.e., blessings] of Allāh, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful.

4

Surah An-Nahl 16:18

وَإِنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا ^{قله} إِنَّ اللَّهَ لَغَفُورٌ رَحِيمٌ ﴿١٨﴾

And if you should count the favors of Allāh, you could not enumerate them. Indeed, Allāh is Forgiving and Merciful.

وَمَا بِكُمْ مِّن نِّعْمَةٍ فَمِنَ اللَّهِ ثُمَّ إِذَا مَسَّكُمُ الضُّرُّ فَإِلَيْهِ

تَجْرُونَ ﴿٥٣﴾ ثُمَّ إِذَا كُشِفَ الضُّرُّ عَنْكُمْ إِذَا فَرِيقٌ مِّنكُمْ بِرَبِّهِمْ

يُشْرِكُونَ ﴿٥٤﴾

And whatever you have of favor - it is from Allāh. Then when adversity touches you, to Him you cry for help. Then when He removes the adversity from you, at once a party of you associates others with their Lord

وَإِذَا أَنْعَمْنَا عَلَى الْإِنْسَانِ أَعْرَضَ وَنَأَىٰ بِجَانِبِهِ ^{صَلَّى} وَإِذَا مَسَّهُ الشَّرُّ كَانَ

يُوسَىٰ ﴿٨٣﴾ قُلْ كُلٌّ يَعْمَلُ عَلَىٰ شَاكِلَتِهِ ^١ فَرَبُّكُمْ أَعْلَمُ بِمَنْ هُوَ أَهْدَىٰ

سَبِيلًا ﴿٨٤﴾

And when We bestow favor upon man [i.e., the disbeliever], he turns away and distances himself; and when evil touches him, he is ever despairing. Say, "Each works according to his manner, but your Lord is most knowing of who is best guided in way."

وَاذْكُرْ عَبْدَنَا أَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الشَّيْطَانُ بِنُصْبٍ

وَعَذَابٍ ۝٤١ ارْكُضْ بِرِجْلِكَ ۖ هَذَا مُغْتَسَلٌ بَارِدٌ وَشَرَابٌ ۝٤٢ وَوَهَبْنَا

لَهُ أَهْلَهُ ۖ وَمِثْلَهُم مَّعَهُمْ رَحْمَةً مِنَّا وَذِكْرَىٰ لِأُولَى الْأَلْبَابِ ۝٤٣ وَخُذْ

بِيَدِكَ ضِغْثًا فَاصْرِبْ بِهِ ۖ وَلَا تَحْنُتْ ۚ إِنَّا وَجَدْنَاهُ صَابِرًا ۖ نِعْمَ الْعَبْدُ ۖ

إِنَّهُ أَتَابٌ ۝٤٤

And remember Our servant Job, when he called to his Lord, "Indeed, Satan has touched me with hardship and torment." [So he was told], "Strike [the ground] with your foot; this is a [spring for a] cool bath and drink." And We granted him his family and a like [number] with them as mercy from Us and a reminder for those of understanding. [We said], "And take in your hand a bunch [of grass] and strike with it and do not break your oath." Indeed, We found him patient, an excellent servant. Indeed, he was one repeatedly turning back [to Allāh].

إِنْ تَكْفُرُوا فَإِنَّ اللَّهَ غَنِيٌّ عَنْكُمْ وَلَا يَرْضَىٰ لِعِبَادِهِ الْكُفْرَ وَإِنْ تَشْكُرُوا

يَرْضَهُ لَكُمْ وَلَا تَزِرُ وَازِرَةٌ وِزْرَ أُخْرَىٰ ثُمَّ إِلَىٰ رَبِّكُمْ مَرْجِعُكُمْ

فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ إِنَّهُ عَلِيمٌ بِذَاتِ الصُّدُورِ ﴿٧﴾ وَإِذَا

مَسَّ الْإِنْسَانَ ضُرٌّ دَعَا رَبَّهُ مُنِيبًا إِلَيْهِ ثُمَّ إِذَا خَوَّلَهُ نِعْمَةً مِّنْهُ نَسِيَ مَا

كَانَ يَدْعُوا إِلَيْهِ مِنْ قَبْلُ وَجَعَلَ لِلَّهِ أَنْدَادًا لِّيُضِلَّ عَنْ سَبِيلِهِ ﴿٨﴾ قُلْ

تَمَتَّعْ بِكُفْرِكَ قَلِيلًا إِنَّكَ مِنْ أَصْحَابِ النَّارِ ﴿٨﴾

If you disbelieve - indeed, Allāh is Free from need of you. And He does not approve for His servants disbelief. And if you are grateful, He approves [i.e., likes] it for you; and no bearer of burdens will bear the burden of another. Then to your Lord is your return, and He will inform you about what you used to do. Indeed, He is Knowing of that within the breasts. And when adversity touches man, he calls upon his Lord, turning to Him [alone]; then when He bestows on him a favor from Himself, he forgets Him whom he called upon before, and he attributes to Allāh equals to mislead [people] from His way. Say, "Enjoy your disbelief for a little; indeed, you are of the companions of the Fire."

إِنْ تَكْفُرُوا فَإِنَّ اللَّهَ غَنِيٌّ عَنْكُمْ وَلَا يَرْضَىٰ لِعِبَادِهِ الْكُفْرَ وَإِنْ تَشْكُرُوا

يَرْضَهُ لَكُمْ وَلَا تَزِرُ وَازِرَةٌ وِزْرَ أُخْرَىٰ ثُمَّ إِلَىٰ رَبِّكُمْ مَرْجِعُكُمْ

فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ۚ إِنَّهُ عَلِيمٌ بِذَاتِ الصُّدُورِ ﴿٧﴾ وَإِذَا

مَسَّ الْإِنْسَانَ ضُرٌّ دَعَا رَبَّهُ مُنِيبًا إِلَيْهِ ثُمَّ إِذَا خَوَّلَهُ نِعْمَةً مِّنْهُ نَسِيَ مَا

كَانَ يَدْعُوا إِلَيْهِ مِن قَبْلُ وَجَعَلَ لِلَّهِ أَنْدَادًا لِّيُضِلَّ عَن سَبِيلِهِ ۚ قُلْ

تَمَتَّعْ بِكُفْرِكَ قَلِيلًا ۚ إِنَّكَ مِنْ أَصْحَابِ النَّارِ ﴿٨﴾

If you disbelieve - indeed, Allāh is Free from need of you. And He does not approve for His servants disbelief. And if you are grateful, He approves [i.e., likes] it for you; and no bearer of burdens will bear the burden of another. Then to your Lord is your return, and He will inform you about what you used to do. Indeed, He is Knowing of that within the breasts. And when adversity touches man, he calls upon his Lord, turning to Him [alone]; then when He bestows on him a favor from Himself, he forgets Him whom he called upon before, and he attributes to Allāh equals to mislead [people] from His way. Say, "Enjoy your disbelief for a little; indeed, you are of the companions of the Fire."

فَإِذَا مَسَّ الْإِنْسَانَ ضُرٌّ دَعَانَا ثُمَّ إِذَا خَوَّلْنَاهُ نِعْمَةً مِنَّا قَالَ إِنَّمَا أُوتِيتُهُ^{دَقْفَةً}

عَلَى عِلْمٍ^ج بَلْ هِيَ فِتْنَةٌ وَلَكِنَّ أَكْثَرَهُمْ لَا يَعْلَمُونَ ﴿٤٩﴾

And when adversity touches man, he calls upon Us; then when We bestow on him a favor from Us, he says, "I have only been given it because of [my] knowledge." Rather, it is a trial, but most of them do not know.

لَا يَسْتَمُ الْإِنْسَانُ مِنْ دُعَاءِ الْخَيْرِ وَإِنْ مَسَّهُ الشَّرُّ فَيَئُوسٌ قَنُوطٌ ﴿٤٩﴾

وَلَئِنْ أَذَقْنَاهُ رَحْمَةً مِنَّا مِنْ بَعْدِ ضَرَاءٍ مَسَّتْهُ لَيَقُولَنَّ هَذَا لِي وَمَا أَظُنُّ

السَّاعَةَ قَائِمَةً وَلَئِنْ رُجِعْتُ إِلَىٰ رَبِّي إِنَّ لِي عِنْدَهُ لَلْحُسْنَىٰ فَلَنُنَبِّئَنَّ ج

الَّذِينَ كَفَرُوا بِمَا عَمِلُوا وَلَنُذِيقَنَّهُمْ مِنْ عَذَابٍ غَلِيظٍ ﴿٥٠﴾ وَإِذَا أَنْعَمْنَا

عَلَى الْإِنْسَانِ أَعْرَضَ وَنَأَىٰ بِجَانِبِهِ ۚ وَإِذَا مَسَّهُ الشَّرُّ فَذُو دُعَاءٍ

عَرِيضٍ ﴿٥١﴾

Man is not weary of supplication for good [things], but if evil touches him, he is hopeless and despairing. And if We let him taste mercy from Us after an adversity which has touched him, he will surely say, "This is [due] to me, and I do not think the Hour will occur; and [even] if I should be returned to my Lord, indeed, for me there will be with Him the best." But We will surely inform those who disbelieved about what they did, and We will surely make them taste a massive punishment. And when We bestow favor upon man, he turns away and distances himself; but when evil touches him, then he is full of extensive supplication.

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تَكُنْ كَصَاحِبِ الْحُوتِ إِذْ نَادَىٰ وَهُوَ

مَكْظُومٌ ﴿٤٨﴾ لَوْلَا أَن تَدْرَكَهُ نِعْمَةٌ مِّن رَّبِّهِ لَنُبِذَ بِالْعَرَاءِ وَهُوَ

مَذْمُومٌ ﴿٤٩﴾ فَاجْتَبَاهُ رَبُّهُ فَجَعَلَهُ مِّنَ الصَّالِحِينَ ﴿٥٠﴾

Then be patient for the decision of your Lord, [O Muḥammad], and be not like the companion of the fish [i.e., Jonah] when he called out while he was distressed. If not that a favor [i.e., mercy] from his Lord overtook him, he would have been thrown onto the naked shore while he was censured. And his Lord chose him and made him of the righteous.

فَأَمَّا الْإِنْسُنُ إِذَا مَا ابْتَلَاهُ رَبُّهُ وَقَفَّهٗ فَأَكْرَمَهُ وَقَفَّهٗ وَنَعَّمَهُ وَقَفَّهٗ فَيَقُولُ رَبِّي

أَكْرَمَنِي ﴿١٥﴾ وَأَمَّا إِذَا مَا ابْتَلَاهُ فَقَدَرَ عَلَيْهِ رِزْقَهُ فَيَقُولُ رَبِّي

أَهْنَنِي ﴿١٦﴾

And as for man, when his Lord tries him and [thus] is generous to him and favors him, he says, "My Lord has honored me." But when He tries him and restricts his provision, he says, "My Lord has humiliated me."

﴿٨٣﴾ وَيُؤَيِّبُ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

فَاسْتَجَبْنَا لَهُ فَكَشَفْنَا مَا بِهِ ^{صَلِّ} مِنْ ضُرٍّ ^{وَقَفَّ} وَعَآتَيْنَاهُ أَهْلَهُ ^{وَقَفَّ} وَمِثْلَهُم مَّعَهُمْ

رَحْمَةً مِّنْ عِنْدِنَا وَذِكْرَىٰ لِلْعَبِيدِينَ ﴿٨٤﴾ وَإِسْمَاعِيلَ وَإِدْرِيسَ وَذَا الْكِفْلِ

كُلٌّ مِّنَ الصَّابِرِينَ ﴿٨٥﴾ وَأَدْخَلْنَاهُمْ فِي رَحْمَتِنَا ^{صَلِّ} إِنَّهُمْ مِّنْ

الصَّالِحِينَ ﴿٨٦﴾ وَذَا النُّونِ إِذْ ذَهَبَ مُغْضِبًا فَظَنَّ أَن لَّنْ نَّقْدِرَ عَلَيْهِ

فَنَادَىٰ فِي الظُّلُمَاتِ أَن لَا إِلَهَ إِلَّا أَنْتَ سُبْحَنكَ إِنِّي كُنْتُ مِنَ

الظَّالِمِينَ ﴿٨٧﴾ فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ ^ج وَكَذَلِكَ نُجِي

الْمُؤْمِنِينَ ﴿٨٨﴾ وَزَكَرِيَّا إِذْ نَادَىٰ رَبَّهُ ^{وَقَفَّ} رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ

الْوَارِثِينَ ﴿٨٩﴾ فَاسْتَجَبْنَا لَهُ وَوَهَبْنَا لَهُ ^{وَقَفَّ} يَحْيَىٰ وَأَصْلَحْنَا لَهُ ^{وَقَفَّ} زَوْجَهُ ^ج

إِنَّهُمْ كَانُوا يُسْرِعُونَ فِي الْخَيْرِ وَيَدْعُونَنَا رَغَبًا وَرَهَبًا ^{صَلِّ} وَكَانُوا لَنَا
 خُشِعِينَ ﴿٩٠﴾ وَالَّتِي أَحْصَنْتُ فَرْجَهَا فَنَفَخْنَا فِيهَا مِنْ رُوحِنَا وَجَعَلْنَاهَا
 وَابْنَهَا آيَةً لِلْعَالَمِينَ ﴿٩١﴾ إِنَّ هَذِهِ أُمَّتُكُمْ أُمَّةً وَاحِدَةً وَأَنَا رَبُّكُمْ
 فَاعْبُدُونِ ﴿٩٢﴾

And [mention] Job, when he called to his Lord, "Indeed, adversity has touched me, and You are the most merciful of the merciful." So We responded to him and removed what afflicted him of adversity. And We gave him [back] his family and the like thereof with them as mercy from Us and a reminder for the worshippers [of Allāh]. And [mention] Ishmael and Idrees and Dhul-Kifl; all were of the patient. And We admitted them into Our mercy. Indeed, they were of the righteous. And [mention] the man of the fish [i.e., Jonah], when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers. And [mention] Zechariah, when he called to his Lord, "My Lord, do not leave me alone [with no heir], while You are the best of inheritors." So We responded to him, and We gave to him John, and amended for him his wife. Indeed, they used to hasten to good deeds and supplicate Us in hope and fear, and they were to Us humbly submissive. And [mention] the one who guarded her chastity [i.e., Mary], so We blew into her [garment] through Our angel [i.e., Gabriel], and We made her and her son a sign for the worlds. Indeed this, your religion, is one religion, and I am your Lord, so worship Me.

أَلَيْسَ اللَّهُ بِكَافٍ عَبْدَهُ^{صَلَّى} وَيُخَوِّفُونَكَ بِالَّذِينَ مِنْ دُونِهِ^ج وَمَنْ يُضِلِلِ

اللَّهُ فَمَا لَهُ^{قَفَّ} مِنْ هَادٍ^{٣٦} وَمَنْ يَهْدِ اللَّهُ فَمَا لَهُ^{قَفَّ} مِنْ مُضِلٍّ^{قَلَّ} أَلَيْسَ اللَّهُ

بِعَزِيزٍ ذِي انْتِقَامٍ^{٣٧} وَلَئِنْ سَأَلْتَهُمْ مَنْ خَلَقَ السَّمَوَاتِ وَالْأَرْضَ

لَيَقُولَنَّ اللَّهُ^ج قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ

هَلْ هُنَّ كُشِفَتْ ضُرُّهُ^ج أَوْ أَرَادَنِيَ بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَتُ رَحْمَتِهِ^ج قُلْ

حَسْبِيَ اللَّهُ^{صَلَّى} عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ^{٣٨}

Is not Allāh sufficient for His Servant [i.e., Prophet Muḥammad (peace be upon him)]? And [yet], they threaten you with those [they worship] other than Him. And whoever Allāh leaves astray - for him there is no guide. And whoever Allāh guides - for him there is no misleader. Is not Allāh Exalted in Might and Owner of Retribution? And if you asked them, "Who created the heavens and the earth?" they would surely say, "Allāh." Say, "Then have you considered what you invoke besides Allāh? If Allāh intended me harm, are they removers of His harm; or if He intended me mercy, are they withholders of His mercy?" Say, "Sufficient for me is Allāh; upon Him [alone] rely the [wise] reliers."

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ^ج

الصَّابِرِينَ ﴿١٥٣﴾ وَلَا تَقُولُوا لِمَنْ يُقْتَلُ فِي سَبِيلِ اللَّهِ أَمُوتٌ بَلْ أَحْيَاءُ^ج

وَلَكِنْ لَا تَشْعُرُونَ ﴿١٥٤﴾ وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ

مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ^{قل} وَبَشِّرِ الصَّابِرِينَ ﴿١٥٥﴾ الَّذِينَ إِذَا

أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٦﴾ أُولَٰئِكَ عَلَيْهِمْ

صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ ^{صل} وَأُولَٰئِكَ هُمُ الْمُهْتَدُونَ ﴿١٥٧﴾

O you who have believed, seek help through patience and prayer. Indeed, Allāh is with the patient. And do not say about those who are killed in the way of Allāh, "They are dead." Rather, they are alive, but you perceive [it] not. And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, Who, when disaster strikes them, say, "Indeed we belong to Allāh, and indeed to Him we will return." Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.

17

Surah Al-Baqara 2:186

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ۚ

فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ ﴿١٨٦﴾

And when My servants ask you, [O Muḥammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.

18

Surah Al-An'aam 6:17

وَإِن يَمَسُّكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ ۚ وَإِن يَمَسُّكَ بِخَيْرٍ فَهُوَ

عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿١٧﴾

And if Allāh should touch you with adversity, there is no remover of it except Him. And if He touches you with good - then He is over all things competent.

دَعْوُهُمْ فِيهَا سُبْحَانَكَ اللَّهُمَّ وَتَحِيَّتُهُمْ فِيهَا سَلَامٌ ۖ وَآخِرُ دَعْوَاهُمْ أَنِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١٠﴾ وَلَوْ يُعَجِّلُ اللَّهُ لِلنَّاسِ الشَّرَّ

اسْتِعْجَالَهُمْ بِالْخَيْرِ لَقُضِيَ إِلَيْهِمْ أَجْلُهُمْ ۚ فَنَذَرُ الَّذِينَ لَا يَرْجُونَ لِقَاءَنَا

فِي طُغْيَانِهِمْ يَعْمَهُونَ ﴿١١﴾

Their call therein will be, "Exalted are You, O Allāh," and their greeting therein will be, "Peace." And the last of their call will be, "Praise to Allāh, Lord of the worlds!" And if Allāh was to hasten for the people the evil [they invoke] as He hastens for them the good, their term would have been ended for them. But We leave the ones who do not expect the meeting with Us, in their transgression, wandering blindly.

وَأِنْ يَّمْسَسْكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ ^{صَلِّ} وَإِنْ يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ
لِفَضْلِهِ ^ج يُصِيبُ بِهِ ^ج مَنْ يَشَاءُ مِنْ عِبَادِهِ ^ج وَهُوَ الْغَفُورُ الرَّحِيمُ ﴿١٠٧﴾

And if Allāh should touch you with adversity, there is no remover of it except Him; and if He intends for you good, then there is no repeller of His bounty. He causes it to reach whom He wills of His servants. And He is the Forgiving, the Merciful.

أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ وَيَجْعَلُكُمْ خُلَفَاءَ الْأَرْضِ ^{قُلْ}
أَعِلَّهُ ^ج مَعَ اللَّهِ قَلِيلًا مَّا تَذَكَّرُونَ ﴿٦٢﴾

Is He [not best] who responds to the desperate one when he calls upon Him and removes evil and makes you inheritors of the earth? Is there a deity with Allāh? Little do you remember.

22

Surah Aal-i-Imraan 3:146

وَكَايْنٍ مِّنْ نَّبِيٍّ قُتِلَ مَعَهُ ^{وَقْفَةً} رَبِّيُونَ كَثِيرٌ فَمَا وَهَنُوا لِمَا أَصَابَهُمْ فِي سَبِيلِ

اللَّهِ وَمَا ضَعُفُوا وَمَا اسْتَكَانُوا ^{قَلِيلٌ} وَاللَّهُ يُحِبُّ الصَّابِرِينَ ﴿١٤٦﴾

And how many a prophet [fought in battle and] with him fought many religious scholars. But they never lost assurance due to what afflicted them in the cause of Allāh, nor did they weaken or submit. And Allāh loves the steadfast.

23

Surah Aal-i-Imraan 3:166

وَمَا أَصَابَكُمْ يَوْمَ التَّقَى الْجَمْعَانِ فَبِإِذْنِ اللَّهِ وَلِيَعْلَمَ الْمُؤْمِنِينَ ﴿١٦٦﴾

And what struck you on the day the two armies met [at Uhud] was by permission of Allāh that He might make evident the [true] believers

وَلِكُلِّ أُمَّةٍ جَعَلْنَا مَنَسَكًا لِّيَذْكُرُوا اسْمَ اللَّهِ عَلَىٰ مَا رَزَقَهُمْ مِّن بَهِيمَةٍ
 الْأَنْعَامِ فَالْهُكُمُ لِلَّهِ وَحْدًا فَلَهُ ^{قَلِيلٌ} أَسْلِمُوا ^{قَلِيلٌ} وَبَشِّرِ الْمُخْبِتِينَ ﴿٣٤﴾ الَّذِينَ
 إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَالصَّابِرِينَ عَلَىٰ مَا أَصَابَهُمْ وَالْمُقِيمِي الصَّلَاةِ
 وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣٥﴾

And for every [religious] community We have appointed a rite [of sacrifice] that they may mention the name of Allāh over what He has provided for them of [sacrificial] animals. For your god is one God, so to Him submit. And, [O Muḥammad], give good tidings to the humble [before their Lord] Who, when Allāh is mentioned, their hearts are fearful, and [to] the patient over what has afflicted them, and the establishers of prayer and those who spend from what We have provided them.

25

Surah Ar-Room 30:36

وَإِذَا أَدْقْنَا النَّاسَ رَحْمَةً فَرِحُوا بِهَا ^{صَلِّ} وَإِنْ تُصِبْهُمْ سَيِّئَةٌ بِمَا قَدَّمَتْ
أَيْدِيهِمْ إِذَا هُمْ يَقْنَطُونَ ﴿٣٦﴾

And when We let the people taste mercy, they rejoice therein, but if evil afflicts them for what their hands have put forth, immediately they despair.

26

Surah Ash-Shura 42:30

وَمَا أَصَابَكُمْ مِّنْ مُّصِيبَةٍ فَبِمَا كَسَبَتْ أَيْدِيكُمْ وَيَعْفُوا عَنْ كَثِيرٍ ﴿٣٠﴾

And whatever strikes you of disaster - it is for what your hands have earned; but He pardons much.

وَمَا كَانَ لَهُمْ مِنْ أَوْلِيَاءَ يَنْصُرُونَهُمْ مِنْ دُونِ اللَّهِ قُلْ وَمَنْ يُضِلِلِ اللَّهُ فَمَا

لَهُ مِنْ سَبِيلٍ ﴿٤٦﴾ اسْتَجِيبُوا لِرَبِّكُمْ مِنْ قَبْلِ أَنْ يَأْتِيَ يَوْمٌ لَا مَرَدَّ

لَهُ مِنَ اللَّهِ جَ مَا لَكُمْ مِنْ مَلْجَأٍ يَوْمَئِذٍ وَمَا لَكُمْ مِنْ نَكِيرٍ ﴿٤٧﴾

And there will not be for them any allies to aid them other than Allāh. And whoever Allāh sends astray - for him there is no way. Respond to your Lord before a Day comes from Allāh of which there is no repelling. No refuge will you have that Day, nor for you will there be any denial.

مَا أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَلَا فِي أَنْفُسِكُمْ إِلَّا فِي كِتَابٍ مِّن قَبْلٍ

أَن نَّبْرَأَهَا^ج إِنَّ ذَلِكَ عَلَى اللَّهِ يَسِيرٌ ﴿٢٢﴾ لِّكَيْلَا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ

وَلَا تَفْرَحُوا بِمَا آتَاكُمْ^{قله} وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ ﴿٢٣﴾

No disaster strikes upon the earth or among yourselves except that it is in a register before We bring it into being - indeed that, for Allāh, is easy - In order that you not despair over what has eluded you and not exult [in pride] over what He has given you. And Allāh does not like everyone self-deluded and boastful -

29

Surah Al-Hadid 57:22-23

مَا أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَلَا فِي أَنْفُسِكُمْ إِلَّا فِي كِتَابٍ مِّن قَبْلٍ

أَن نَّبْرَأَهَا ج إِنَّ ذَلِكَ عَلَى اللَّهِ يَسِيرٌ ﴿٢٢﴾ لِّكَيْلَا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ

وَلَا تَفْرَحُوا بِمَا ءَاتَكُمْ قَلَّ وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ ﴿٢٣﴾

No disaster strikes upon the earth or among yourselves except that it is in a register before We bring it into being - indeed that, for Allāh, is easy - In order that you not despair over what has eluded you and not exult [in pride] over what He has given you. And Allāh does not like everyone self-deluded and boastful -

30

Surah At-Taghaabun 64:11

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ قَلَّ وَمَن يُؤْمِن بِاللَّهِ يَهْدِ قَلْبَهُ ج وَاللَّهُ

بِكُلِّ شَيْءٍ عَلِيمٌ ﴿١١﴾

No disaster strikes except by permission of Allāh. And whoever believes in Allāh - He will guide his heart. And Allāh is Knowing of all things.

31

Surah Yunus 10:57

يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ

وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾

O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.

32

Surah An-Nahl 16:69

ثُمَّ كُلِي مِن كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلًّا^ج يَخْرُجُ مِنْ بُطُونِهَا

شَرَابٌ مُّخْتَلِفٌ أَلْوَنُهُ^ق فِيهِ شِفَاءٌ لِّلنَّاسِ إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ

يَتَفَكَّرُونَ ﴿٦٩﴾

Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought.

33

Surah Al-Israa 17:82

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ^{لَا}

إِلَّا خَسَارًا ۝۸۲

And We send down of the Qur'ān that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

34

Surah Ash-Shu'araa 26:80

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ۝۸۰

And when I am ill, it is He who cures me

وَلَوْ جَعَلْنَاهُ قُرْءَانًا أَعْجَبِيًّا لَقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ ^{صَلِّ} ءَأَعْجَبِيٌّ وَعَرَبِيٌّ ^{قُلْ}

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ ^{صَلِّ} وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقُرْ

وَهُوَ عَلَيْهِمْ عَمًى ^ج أُولَئِكَ يُنَادُونَ مِنْ مَّكَانٍ بَعِيدٍ ﴿٤٤﴾ وَلَقَدْ آتَيْنَا

مُوسَى الْكِتَابَ فَاخْتَلَفَ فِيهِ ^{قُلْ} وَلَوْلَا كَلِمَةٌ سَبَقَتْ مِنْ رَبِّكَ لَقَضَىٰ بَيْنَهُمْ ^ج

وَأِنَّهُمْ لَفِي شَكٍّ مِنْهُ مُرِيبٍ ﴿٤٥﴾ مَنْ عَمِلَ ضَلِحًا فَلِنَفْسِهِ ^{صَلِّ} وَمَنْ

أَسَاءَ فَعَلِيهَا ^{قُلْ} وَمَا رَبُّكَ بِظَلَمٍ لِّلْعَبِيدِ ﴿٤٦﴾

And if We had made it a foreign [i.e., non-Arabic] Qur'ān, they would have said, "Why are its verses not explained in detail [in our language]? Is it a foreign [recitation] and an Arab [messenger]?" Say, "It is, for those who believe, a guidance and cure." And those who do not believe - in their ears is deafness, and it is upon them blindness. Those are being called from a distant place. And We had already given Moses the Scripture, but it came under disagreement. And if not for a word [i.e., decree] that preceded from your Lord, it would have been concluded between them. And indeed they are, concerning it [i.e., the Qur'ān], in disquieting doubt. Whoever does righteousness - it is for his [own] soul; and whoever does evil [does so] against it. And your Lord is not ever unjust to [His] servants.

Sources and credits:

Original Arabic compilation: Sheikh Khalid al-Habashi (alroqya.com). Arrangement and presentation: Raqi Faisal Ahmed Sabit.

Source file: *alnmah_view.pdf*. English translation: Saheeh International. The Arabic text is taken from a verified Qur'an dataset by surah and verse number. Footnote markers in the translation are omitted.

Personal guidance:

If you are not sure whether your problem is the evil eye, envy, sihr or something else, message the center and write **Diagnosis**.

Ruqyah is a Shariah-based method of treatment. It is not a substitute for necessary medical care.

Raqi Faisal Ahmed Sabit

Al Quranic Ruqyah Healing Center

Page: Raqi Faisal Ahmed Sabit | Telegram: Raqi Faisal Ahmed Sabit (Official)