

Verses for Difficult Times

For grief, fear, illness and the stretches where nothing is working. It is not arranged as an argument, so it does not matter where you open it. Read one passage, put it down, come back later.

2:153

O you who believe, seek help through steadfastness and the Contact Prayers (Salat). GOD is with those who steadfastly persevere.

2:155-157

We will surely test you through some fear, hunger, and loss of money, lives, and crops. Give good news to the steadfast.

When an affliction befalls them, they say, "We belong to GOD, and to Him we are returning."

These have deserved blessings from their Lord and mercy. These are the guided ones.

2:186

When My servants ask you about Me, I am always near. I answer their prayers when they pray to Me. The people shall respond to Me and believe in Me, in order to be guided.

2:286

GOD never burdens a soul beyond its means: to its credit is what it earns, and against it is what it commits. "Our Lord, do not condemn us if we forget or make mistakes. Our Lord, and protect us from blaspheming against You, like those before us have done. Our Lord, protect us from sinning until it becomes too late for us to repent. Pardon us, forgive us, and have mercy on us. You are our Lord and Master. Grant us victory over the disbelieving people."

93:1-11

By the forenoon.

By the night as it falls.

Your Lord never abandoned you, nor did He forget.

The Hereafter is far better for you than this first (life).

And your Lord will give you enough; you will be pleased.

Did He not find you orphaned and He gave you a home?

He found you astray, and guided you.

He found you poor, and made you rich.

Therefore, you shall not forsake the orphan.

Nor shall you reprimand the beggar.

You shall proclaim the blessing your Lord has bestowed upon you.

94:1-8

Did we not cool your temper?

And we unloaded your load (of sins).

One that burdened your back.

We exalted you to an honorable position.

With pain there is gain.

Indeed, with pain there is gain.

Whenever possible you shall strive.

Seeking only your Lord.

3:139-141

You shall not waver, nor shall you grieve, for you are the ultimate victors, if you are believers.

If you suffer hardship, the enemy also suffers the same hardship. We alternate the days of victory and defeat among the people. GOD thus distinguishes the true believers, and blesses some of you with martyrdom. GOD dislikes injustice.

GOD thus toughens those who believe and humiliates the disbelievers.

12:87

"O my sons, go fetch Joseph and his brother, and never despair of GOD's grace. None despairs of GOD's grace except the disbelieving people.

21:83-84

And Job implored his Lord: "Adversity has befallen me, and, of all the merciful ones, You are the Most Merciful."

We responded to him, relieved his adversity, and restored his family for him, even twice as much. That was a mercy from us, and a reminder for the worshipers.

65:2-3

Once the interim is fulfilled, you may reconcile with them equitably, or go through with the separation equitably. You shall have two equitable witnesses witness the divorce before GOD. This is to enlighten those who believe in GOD and the Last Day. Anyone who reverences GOD, He will create an exit for him.

And will provide for him whence he never expected. Anyone who trusts in GOD, He suffices him. GOD's commands are done. GOD has decreed for everything its fate.

13:28

They are the ones whose hearts rejoice in remembering GOD. Absolutely, by remembering GOD, the hearts rejoice.

39:53

Proclaim: "O My servants who exceeded the limits, never despair of GOD's mercy. For GOD forgives all sins. He is the Forgiver, Most Merciful."

40:60

Your Lord says, "Implore Me, and I will respond to you. Surely, those who are too arrogant to worship Me will enter Gehenna, forcibly."

29:2-3

Do the people think that they will be left to say, "We believe," without being put to the test?

We have tested those before them, for GOD must distinguish those who are truthful, and He must expose the liars.

16:127

You shall resort to patience—and your patience is attainable only with GOD's help. Do not grieve over them, and do not be annoyed by their schemes.

42:43

Resorting to patience and forgiveness reflects a true strength of character.

This is a collection, not a summary. Every verse here is worth reading in its own place, with the verses on either side of it. A collection that stops someone doing that has done more harm than good.

Verses About God's Mercy

For anyone raised on more fear than the text supports. Read it straight through in one sitting, which is the only way to feel how often the point is repeated. Give it to someone who thinks they have gone too far to come back.

39:53

Proclaim: "O My servants who exceeded the limits, never despair of GOD's mercy. For GOD forgives all sins. He is the Forgiver, Most Merciful."

6:12

Say, "To whom belongs everything in the heavens and the earth?" Say, "To GOD." He has decreed that mercy is His attribute. He will surely summon you all on the Day of Resurrection, which is inevitable. The ones who lose their souls are those who disbelieve.

6:54

When those who believe in our revelations come to you, you shall say, "Salāmun 'Alaykum (Peace be upon you). Your Lord has decreed that mercy is His attribute. Thus, anyone among you who commits a transgression out of ignorance, and repents thereafter and reforms, then He is Forgiving, Most Merciful."

7:156

"And decree for us righteousness in this world, and in the Hereafter. We have repented to You. He said, "My retribution befalls whomever I will. But My mercy encompasses all things. However, I will specify it for those who (1) lead a righteous life, (2) give the obligatory charity (Zakat), (3) believe in our revelations, and

40:7

Those who serve the throne and all those around it glorify and praise their Lord, and believe in Him. And they ask forgiveness for those who believe: "Our Lord, Your mercy and Your knowledge encompass all things. Forgive those who repent and follow Your path, and spare them the retribution of Hell.

21:107

We have sent you out of mercy from us towards the whole world.

17:110

Say, "Call Him GOD, or call Him Most Gracious; whichever name you use, to Him belongs the best names." You shall not utter your Contact Prayers (Salat) too loudly, nor secretly; use a moderate tone.

55:1-4

The Most Gracious.

Teacher of the Quran.

Creator of the human beings.

He taught them how to distinguish.

4:110

Anyone who commits evil, or wrongs his soul, then implores GOD for forgiveness, will find GOD Forgiving, Most Merciful.

42:25

He is the One who accepts the repentance from His servants, and remits the sins. He is fully aware of everything you do.

25:70-71

Exempted are those who repent, believe, and lead a righteous life. GOD transforms their sins into credits. GOD is Forgiver, Most Merciful.

Those who repent and lead a righteous life, GOD redeems them; a complete redemption.

12:87

"O my sons, go fetch Joseph and his brother, and never despair of GOD's grace. None despairs of GOD's grace except the disbelieving people.

3:135-136

If they fall in sin or wrong their souls, they remember GOD and ask forgiveness for their sins—and who forgives the sins except GOD—and they do not persist in sins, knowingly.

Their recompense is forgiveness from their Lord, and gardens with flowing streams; they abide therein forever. What a blessed reward for the workers!

66:8

O you who believe, you shall repent to GOD a firm repentance. Your Lord will then remit your sins and admit you into gardens with flowing streams. On that day, GOD will not disappoint the prophet and those who believed with him. Their light will radiate in front of them and to their right. They will say, "Our Lord, perfect our light for us, and forgive us; You are Omnipotent."

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Verses for New Beginnings

For a move, a marriage, a birth, a new job, or a fresh start after something went badly wrong. Read it at the start of the thing rather than in the middle.

65:2-3

Once the interim is fulfilled, you may reconcile with them equitably, or go through with the separation equitably. You shall have two equitable witnesses witness the divorce before GOD. This is to enlighten those who believe in GOD and the Last Day. Anyone who reverences GOD, He will create an exit for him.

And will provide for him whence he never expected. Anyone who trusts in GOD, He suffices him. GOD's commands are done. GOD has decreed for everything its fate.

13:11

Shifts (of angels) take turns, staying with each one of you—they are in front of you and behind you. They stay with you, and guard you in accordance with GOD's commands. Thus, GOD does not change the condition of any people unless they themselves make the decision to change. If GOD wills any hardship for any people, no force can stop it. For they have none beside Him as Lord and Master.

8:53

GOD does not change a blessing He has bestowed upon any people unless they themselves decide to change. GOD is Hearer, Omniscient.

94:5-8

With pain there is gain.

Indeed, with pain there is gain.

Whenever possible you shall strive.

Seeking only your Lord.

2:186

When My servants ask you about Me, I am always near. I answer their prayers when they pray to Me. The people shall respond to Me and believe in Me, in order to be guided.

11:3

"You shall seek your Lord's forgiveness, then repent to Him. He will then bless you generously for a predetermined period, and bestow His grace upon those who deserve it. If you turn away, then I fear for you the retribution of an awesome day."

71:10-12

"I said, 'Implore your Lord for forgiveness; He is Forgiving.

""He will then shower you generously with rain.

" 'And provide you with money and children, and orchards, and streams.' "

18:23-24

You shall not say that you will do anything in the future, without saying, "GOD willing." If you forget to do this, you must immediately remember your Lord and say, "May my Lord guide me to do better next time."

20:25-28

He said, "My Lord, cool my temper.

"And make this matter easy for me.

"And untie a knot from my tongue.

"So they can understand my speech.

28:24

He watered for them, then turned to the shade, saying, "My Lord, whatever provision You send to me, I am in dire need for it."

17:80

And say, "My Lord, admit me an honorable admittance, and let me depart an honorable departure, and grant me from You a powerful support."

40:60

Your Lord says, "Implore Me, and I will respond to you. Surely, those who are too arrogant to worship Me will enter Gehenna, forcibly."

2:216

Fighting may be imposed on you, even though you dislike it. But you may dislike something which is good for you, and you may like something which is bad for you. GOD knows while you do not know.

93:4-5

The Hereafter is far better for you than this first (life).
And your Lord will give you enough; you will be pleased.

3:159

It was mercy from GOD that you became compassionate towards them. Had you been harsh and mean-hearted, they would have abandoned you. Therefore, you shall pardon them and ask forgiveness for them, and consult them. Once you make a decision, carry out your plan, and trust in GOD. GOD loves those who trust in Him.

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Verses About Patience

For a stretch you cannot shorten. Meant to be read repeatedly rather than finished. One passage a day for two weeks, then start again if the season has not ended.

2:153

O you who believe, seek help through steadfastness and the Contact Prayers (Salat). GOD is with those who steadfastly persevere.

2:155-157

We will surely test you through some fear, hunger, and loss of money, lives, and crops. Give good news to the steadfast.

When an affliction befalls them, they say, "We belong to GOD, and to Him we are returning."

These have deserved blessings from their Lord and mercy. These are the guided ones.

2:286

GOD never burdens a soul beyond its means: to its credit is what it earns, and against it is what it commits. "Our Lord, do not condemn us if we forget or make mistakes. Our Lord, and protect us from blaspheming against You, like those before us have done. Our Lord, protect us from sinning until it becomes too late for us to repent. Pardon us, forgive us, and have mercy on us. You are our Lord and Master. Grant us victory over the disbelieving people."

3:200

O you who believe, you shall be steadfast, you shall persevere, you shall be united, you shall observe GOD, that you may succeed.

16:96

What you possess runs out, but what GOD possesses lasts forever. We will surely reward those who steadfastly persevere; we will recompense them for their righteous works.

16:127

You shall resort to patience—and your patience is attainable only with GOD's help. Do not grieve over them, and do not be annoyed by their schemes.

39:10

Say, "O My servants who believed, you shall reverence your Lord." For those who worked righteousness in this world, a good reward. GOD's earth is spacious, and those who steadfastly persevere will receive their recompense generously, without limits.

31:17

"O my son, you shall observe the Contact Prayers (Salat). You shall advocate righteousness and forbid evil, and remain steadfast in the face of adversity. These are the most honorable traits.

42:43

Resorting to patience and forgiveness reflects a true strength of character.

70:5

Therefore, you shall resort to a gracious patience.

94:5-6

With pain there is gain.

Indeed, with pain there is gain.

103:1-3

By the afternoon.

The human being is utterly lost.

Except those who believe and lead a righteous life, and exhort one another to uphold the truth, and exhort one another to be steadfast.

12:18

They produced his shirt with fake blood on it. He said, "Indeed, you have conspired with each other to commit a certain scheme. All I can do is resort to a quiet patience. May GOD help me in the face of your conspiracy."

12:83

He said, "Indeed, you have conspired to carry out a certain scheme. Quiet patience is my only recourse. May GOD bring them all back to me. He is the Omniscient, Most Wise."

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Verses About Gratitude

For retraining attention. Use it alongside a written practice: read the verse in the morning, write three specific things at night.

14:7

Your Lord has decreed: "The more you thank Me, the more I give you." But if you turn unappreciative, then My retribution is severe.

2:152

You shall remember Me, that I may remember you, and be thankful to Me; do not be unappreciative.

16:18

If you count GOD's blessings, you cannot possibly encompass them. GOD is Forgiver, Most Merciful.

16:53

Any blessing you enjoy is from GOD. Yet, whenever you incur any adversity you immediately complain to Him.

7:10

We have established you on earth, and we have provided for you the means of support therein. Rarely are you appreciative.

31:12

We have endowed Luqmān with wisdom: "You shall be appreciative of GOD." Whoever is appreciative is appreciative for his own good. As for those who turn unappreciative, GOD is in no need, Praiseworthy.

34:13

They made for him anything he wanted—niches, statues, deep pools, and heavy cooking pots. O family of David, work (righteousness) to show your appreciation. Only a few of My servants are appreciative.

27:40

The one who possessed knowledge from the book said, "I can bring it to you in the blink of your eye." When he saw it settled in front of him, he said, "This is a blessing from my Lord, whereby He tests me, to show whether I am appreciative or unappreciative. Whoever is appreciative is appreciative for his own good, and if one turns unappreciative, then my Lord is in no need for him, Most Honorable."

76:3

We showed him the two paths, then, he is either appreciative, or unappreciative.

2:172

O you who believe, eat from the good things we provided for you, and be thankful to GOD, if you do worship Him alone.

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Verses About God's Greatness

For when God has quietly become an idea rather than a person you are answerable to. Read it outside at night if you can.

2:255

GOD: there is no other god besides Him, the Living, the Eternal. Never a moment of unawareness or slumber overtakes Him. To Him belongs everything in the heavens and everything on earth. Who could intercede with Him, except in accordance with His will? He knows their past, and their future. No one attains any knowledge, except as He wills. His dominion encompasses the heavens and the earth, and ruling them never burdens Him. He is the Most High, the Great.

59:22-24

He is the One GOD; there is no other god besides Him. Knower of all secrets and declarations. He is the Most Gracious, Most Merciful.

He is the One GOD; there is no other god besides Him. The King, the Most Sacred, the Peace, the Most Faithful, the Supreme, the Almighty, the Most Powerful, the Most Dignified. GOD be glorified; far above having partners.

He is the One GOD; the Creator, the Initiator, the Designer. To Him belong the most beautiful names. Glorifying Him is everything in the heavens and the earth. He is the Almighty, Most Wise.

39:67

They can never fathom the greatness of GOD. The whole earth is within His fist on the Day of Resurrection. In fact, the universes are folded within His right hand. Be He glorified; He is much too high above needing any partners.

6:59

With Him are the keys to all secrets; none knows them except He. He knows everything on land and in the sea. Not a leaf falls without His knowledge. Nor is there a grain in the depths of the soil. Nor is there anything wet or dry, that is not recorded in a profound record.

31:27

If all the trees on earth were made into pens, and the ocean supplied the ink, augmented by seven more oceans, the words of GOD would not run out. GOD is Almighty, Most Wise.

57:1-6

Glorifying GOD is everything in the heavens and the earth. He is the Almighty, Most Wise.

To Him belongs the kingship of the heavens and the earth. He controls life and death. He is Omnipotent.

He is the Alpha and the Omega. He is the Outermost and the Innermost. He is fully aware of all things.

He is the One who created the heavens and the earth in six days, then assumed all authority. He knows everything that enters into the earth, and everything that comes out of it, and everything that comes down from the sky, and everything that climbs into it. He is with you wherever you may be. GOD is Seer of everything you do.

To Him belongs the kingship of the heavens and the earth. All matters are controlled by GOD.

He merges the night into the day, and merges the day into the night. He is fully aware of the innermost thoughts.

24:35

GOD is the light of the heavens and the earth. The allegory of His light is that of a concave mirror behind a lamp that is placed inside a glass container. The glass container is like a bright, pearl-like star. The fuel thereof is supplied from a blessed oil-producing tree, that is neither eastern, nor western. Its oil is almost self-radiating; needs no fire to ignite it. Light upon light. GOD guides to His light whomever He wills. GOD thus cites the parables for the people. GOD is fully aware of all things.

55:33

O you jinns and humans, if you can penetrate the outer limits of the heavens and the earth, go ahead and penetrate. You cannot penetrate without authorization.

67:1-5

Most exalted is the One in whose hands is all kingship, and He is Omnipotent.

The One who created death and life for the purpose of distinguishing those among you who would do better. He is the Almighty, the Forgiving.

He created seven universes in layers. You do not see any imperfection in the creation by the Most Gracious. Keep looking; do you see any flaw?

Look again and again; your eyes will come back stumped and conquered.

We adorned the lowest universe with lamps, and guarded its borders with projectiles against the devils; we prepared for them a retribution in Hell.

41:12

Thus, He completed the seven universes in two days, and set up the laws for every universe. And we adorned the lowest universe with lamps, and placed guards around it. Such is the design of the Almighty, the Omniscient.

50:16

We created the human, and we know what he whispers to himself. We are closer to him than his jugular vein.

2:117

The Initiator of the heavens and the earth: to have anything done, He simply says to it, "Be," and it is.

36:82

All He needs to do to carry out any command is say to it, "Be," and it is.

112:1-4

Proclaim, "He is the One and only GOD.

"The Absolute GOD.

"Never did He beget. Nor was He begotten.

"None equals Him."

This is a collection, not a summary. Every verse here is worth reading in its own place, with the verses on either side of it. A collection that stops someone doing that has done more harm than good.

Verses for Someone Who Has Just Lost Someone

This one is for giving away, not for studying. Print a few and keep them somewhere you can reach quickly, because you will need one at an hour when you are not thinking clearly either.

2:155-157

We will surely test you through some fear, hunger, and loss of money, lives, and crops. Give good news to the steadfast.

When an affliction befalls them, they say, "We belong to GOD, and to Him we are returning."

These have deserved blessings from their Lord and mercy. These are the guided ones.

2:154

Do not say of those who are killed in the cause of GOD, "They are dead." They are alive at their Lord, but you do not perceive.

3:169-171

Do not think that those who are killed in the cause of GOD are dead; they are alive at their Lord, enjoying His provisions.

They are rejoicing in GOD's grace, and they have good news for their comrades who did not die with them, that they have nothing to fear, nor will they grieve.

They have good news of GOD's blessings and grace, and that GOD never fails to reward the believers.

3:185

Every person tastes death, then you receive your recompense on the Day of Resurrection. Whoever misses Hell, barely, and makes it to Paradise, has attained a great triumph. The life of this world is no more than an illusion.

21:35

Every soul will taste death, after we put you to the test through adversity and prosperity, then to us you ultimately return.

29:57

Every soul will taste death, then to us you will be ultimately returned.

39:42

GOD puts the souls to death when the end of their life comes, and also at the time of sleep. Thus, He takes some back during their sleep, while others are allowed to continue living until the end of their predetermined interim. This should provide lessons for people who reflect.

6:60

He is the One who puts you to death during the night, and knows even the smallest of your actions during the day. He resurrects you every morning, until your life span is fulfilled, then to Him is your ultimate return. He will then inform you of everything you had done.

23:99-100

When death comes to one of them, he says, "My Lord, send me back.

"I will then work righteousness in everything I left." Not true. This is a false claim that he makes. A barrier will separate his soul from this world until resurrection.

89:27-30

As for you, O content soul.

Return to your Lord, pleased and pleasing.

Welcome into My servants.

Welcome into My Paradise.

93:4

The Hereafter is far better for you than this first (life).

13:28

They are the ones whose hearts rejoice in remembering GOD. Absolutely, by remembering GOD, the hearts rejoice.

39:53

Proclaim: "O My servants who exceeded the limits, never despair of GOD's mercy. For GOD forgives all sins. He is the Forgiver, Most Merciful."

This is a collection, not a summary. Every verse here is worth reading in its own place, with the verses on either side of it. A collection that stops someone doing that has done more harm than good.

Verses for a Child's First Reading

For parents. Short passages, memorisable, and explainable to a seven-year-old. Read them aloud together rather than handing the page over.

1:1-7

In the name of GOD, Most Gracious, Most Merciful.
Praise be to GOD, Lord of the universe.
Most Gracious, Most Merciful.
Master of the Day of Judgment.
You alone we worship; You alone we ask for help.
Guide us in the right path;
the path of those whom You blessed; not of those who have deserved wrath, nor of the strayers.

112:1-4

Proclaim, "He is the One and only GOD.
"The Absolute GOD.
"Never did He beget. Nor was He begotten.
"None equals Him."

113:1-5

Say, "I seek refuge in the Lord of daybreak.
"From the evils among His creations.
"From the evils of darkness as it falls.
"From the evils of the troublemakers.
"From the evils of the envious when they envy."

114:1-6

Say, "I seek refuge in the Lord of the people.
"The King of the people.
"The god of the people.
"From the evils of sneaky whisperers.
"Who whisper into the chests of the people.
"Be they of the jinns, or the people."

97:1-5

We revealed it in the Night of Destiny.

How awesome is the Night of Destiny!

The Night of Destiny is better than a thousand months.

The angels and the Spirit descend therein, by their Lord's leave, to carry out every command.

Peaceful it is until the advent of the dawn.

99:1-8

When the earth is severely quaked.

And the earth ejects its loads.

The human will wonder: "What is happening?"

On that day, it will tell its news.

That your Lord has commanded it.

On that day, the people will issue from every direction, to be shown their works.

Whoever does an atom's weight of good will see it.

And whoever does an atom's weight of evil will see it.

103:1-3

By the afternoon.

The human being is utterly lost.

Except those who believe and lead a righteous life, and exhort one another to uphold the truth, and exhort one another to be steadfast.

105:1-5

Have you noted what your Lord did to the people of the elephant?

Did He not cause their schemes to backfire?

He sent upon them swarms of birds.

That showered them with hard stones.

He made them like chewed up hay.

107:1-7

Do you know who really rejects the faith?
That is the one who mistreats the orphans.
And does not advocate the feeding of the poor.
And woe to those who observe the contact prayers (Salat)—
who are totally heedless of their prayers.
They only show off.
And they forbid charity.

93:1-11

By the forenoon.
By the night as it falls.
Your Lord never abandoned you, nor did He forget.
The Hereafter is far better for you than this first (life).
And your Lord will give you enough; you will be pleased.
Did He not find you orphaned and He gave you a home?
He found you astray, and guided you.
He found you poor, and made you rich.
Therefore, you shall not forsake the orphan.
Nor shall you reprimand the beggar.
You shall proclaim the blessing your Lord has bestowed upon you.

31:13-19

Recall that Luqmān said to his son, as he enlightened him, "O my son, do not set up any idols beside GOD; idolatry is a gross injustice."

We enjoined the human being to honor his parents. His mother bore him, and the load got heavier and heavier. It takes two years (of intensive care) until weaning. You shall be appreciative of Me, and of your parents. To Me is the ultimate destiny.

If they try to force you to set up any idols beside Me, do not obey them. But continue to treat them amicably in this world. You shall follow only the path of those who have submitted to Me. Ultimately, you all return to Me, then I will inform you of everything you have done.

"O my son, know that even something as tiny as a mustard seed, deep inside a rock, be it in the heavens or the earth, GOD will bring it. GOD is Sublime, Cognizant.

"O my son, you shall observe the Contact Prayers (Salat). You shall advocate righteousness and forbid evil, and remain steadfast in the face of adversity. These are the most honorable traits.

"You shall not treat the people with arrogance, nor shall you roam the earth proudly. GOD does not like the arrogant showoffs.

"Walk humbly and lower your voice—the ugliest voice is the donkey's voice."

17:23-24

Your Lord has decreed that you shall not worship except Him, and your parents shall be honored. As long as one or both of them live, you shall never say to them, "Uff" (the slightest gesture of annoyance), nor shall you shout at them; you shall treat them amicably.

And lower for them the wings of humility, and kindness, and say, "My Lord, have mercy on them, for they have raised me from infancy."

2:152

You shall remember Me, that I may remember you, and be thankful to Me; do not be unappreciative.

14:7

Your Lord has decreed: "The more you thank Me, the more I give you." But if you turn unappreciative, then My retribution is severe.

This is a collection, not a summary. Every verse here is worth reading in its own place, with the verses on either side of it. A collection that stops someone doing that has done more harm than good.