

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.