



**Question:**

Assalaamu 'alaikum

Respected 'Ulama

I am going through some difficulty at the moment. Please advise me as to how I can become more patient and please tell me some du'aas that I can read in hardship.

Jazakallah

**Answer:**

Bismihi Ta'ala

Wa 'alaikumus salaam wa rahmatullahi wa barakaatuh

Respected Sister in Islam

1. Perform all your salaah regularly. One of the best times for du'aa is after the fardh salaah. Therefore, make earnest du'aa after every salaah.

2. If you can, also make du'aa at the time of tahajjud. This is very effective.

3. Read the stories of the hardships of Rasulullah (sallallahu 'alaihi wasallam), the Sahaabah (radhiyallahu 'anhu) and the pious predecessors and how they exercised patience and tolerance. There are many such incidents in Fazaail-e-Aa'maal and Fazaail-e-Sadaqaat. Insha-Allah this will enable you to be more patient.

4. Also, read the chapter on patience in the kitaab "Ma'aariful Hadeeth" by Moulana Manzoor Nu'mani (rahimahullah).

5. Keep in mind that Allah Ta'ala is Haakim and Hakeem. He decides everything and every decision of His is full of wisdom, though we may not understand His wisdom at times. For more regarding this, read [this](#) article.

6. Continuously recite durood shareef.

7. Recite "Laa ilaaha illa Anta subhaanaka innee kuntu minaz zaalimeen."

8. You may also refer to [this](#) article.

May Allah Ta'ala grant you swift ease from your plight and bless you with a comfortable life in this world and the next, aameen.

Answered by:

Uswatul Muslimah Panel of 'Ulama