# O Allah, I seek refuge with You from the removal of Your favor, the change of Your well-being, the suddenness of Your calamity, and all of Your wrath

‘Abdullah ibn ‘Umar (may Allah be pleased with him and his father) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) used to supplicate, saying: "O Allah, I seek refuge with You from the removal of Your favor, the change of Your well-being, the suddenness of Your calamity, and all of Your wrath."

[Authentic] [Narrated by Muslim]

The Prophet (may Allah's peace and blessings be upon him) sought refuge from four things: First: (O Allah, I seek refuge with You from the removal of Your favor), the religious and the worldly, and to remain steadfast on Islam and keep away from falling into sins that eliminate blessings. Second: (The change of Your well-being) by replacing it with misfortune. So, I ask You to grant me continuous well-being and freedom from agonies and diseases. Third: (The suddenness of Your calamity) in the form of misfortune or affliction, as when affliction and punishment come all of a sudden and unexpectedly, there is no time for repentance and making amends, and this makes the adversity graver and more intense. Fourth: (And all of Your wrath) and the causes that incur Your wrath, as the one whom You are displeased with is, indeed, doomed and ruined. The Prophet (may Allah's peace and blessings be upon him) used the word "all" to include all the causes; words, deeds, and beliefs that lead to His wrath.



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