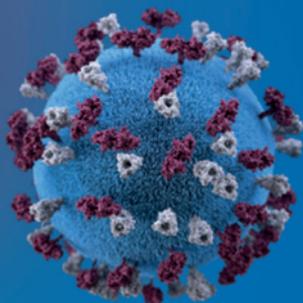


DEALING WITH THE CORONAVIRUS

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Allāh ﷻ has created this world in such a way that not only do we experience moments of comfort and joy, but also difficulties and hardships. We as believers accept that everything that happens, whether good or bad, is the result of the Decree of the Almighty Allāh ﷻ.

Rasūlullāh ﷺ has stated,

Know that whatever has afflicted you was not to miss you, and whatever has missed you was not to afflict you... (Aṭ-Ṭabarānī)

Whilst the recent outbreak of the Coronavirus (COVID-19) has brought about a sense of fear and panic amongst many, a true believer will have complete faith in his Creator and firmly believe that everything is from Allāh ﷻ and that He is All-Wise, hence in whatever He does lies goodness for us. Through this belief, one will find solace and peace in regards to the current situation.

Seven Tools of a Believer

Alongside this firm belief, a believer possesses seven tools which give him protection from all harms and provides peace of mind and contentment of the heart should he be afflicted.¹ The seven tools are mentioned

1 A more detailed article titled *‘What to Do at the Time of Adversity’* is available to download from www.at-tazkiyah.com. Also, a poster published by the IDA under the title *‘Prescription for Safety from All Afflictions’* is available from www.idauk.org.

here below:

1. Tawbah and Istighfār (Repentance and Seeking Forgiveness)

– Calamities result from our disobedience to Allāh ﷻ. As a result of sincere repentance and seeking forgiveness from Allāh ﷻ, not only will one's sins be forgiven, but one will also be granted safety from the calamities resulting from sins. Nabī ﷺ has mentioned,

Whoever holds fast to istighfār, Allāh creates a way out for him from every difficulty, grants him relief from every worry and provides for him from sources he does not even imagine. (Abū Dāwūd)

2. Taqwā (Obedience to Allāh ﷻ) – After repenting from all sins, one needs to remain steadfast by obeying Allāh ﷻ in all matters. Allāh ﷻ mentions,

Whoever refrains from disobeying Allāh, He (Allāh ﷻ) brings forth a way out for him and provides for him from where he does not even imagine. (65:2-3)

3. Du‘ā (Supplication) – Du‘ā is such a powerful weapon that not only does it remove existing calamities, it also prevents future difficulties. Nabī ﷺ has mentioned in a Ḥadīth,

Indeed, du‘ā benefits (a person) with regards to what has already befallen and with regards to what has not yet befallen. So hold fast, O servants of Allāh, to du‘ā. (At-Tirmidhī)

4. Ṣadaqah (Charity) – Ṣadaqah is also an effective method of removing existing calamities and preventing future difficulties. Nabī ﷺ has mentioned,

Treat your sick through ṣadaqah. (Aṭ-Ṭabarānī)

Hasten in giving ṣadaqah, for tribulations cannot get past ṣadaqah. (Aṭ-Ṭabarānī)

5. Ṣabr (Patience) – Exercising patience attracts the Help of Allāh ﷻ, which consequently leads to the uplifting of difficulties. Allāh ﷻ says,

Surely Allāh is with those who are patient. (2:153)

6. Ṣalāh – Like ṣabr, ṣalāh is also a tool through which a person is able to acquire the Help of Allāh ﷻ. Allāh ﷻ says,

Acquire (the Help of Allāh ﷻ) through patience and ṣalāh. (2:45)

7. Dhikr (Remembrance of Allāh ﷻ) – The remembrance of Allāh ﷻ attracts His Attention. As a result, His Help and Mercy will descend in abundance. Allāh ﷻ says in a Al-Ḥadīthul-Qudsī,

I am with my servant whenever he remembers Me and his lips move with My remembrance. (Ibn Ḥibbān)

These seven points: tawbah and istighfār; taqwā; du‘ā; ṣadaqah; ṣabr; ṣalāh; and dhikr are actions which each and every one of us is able to carry out in all circumstances. Differences in gender, age, status, health and busy

schedules are not preventing factors in this matter. Individuals who carry out these points will remain safe from afflictions and if they are afflicted, it will be temporary. If by the Wisdom of Allāh ﷻ, the difficulty remains, a person's heart will not experience any anxiety or distress. The late Ḥakīm Akhtar sāhib ﷻ used to say,

If the man who is a creation of Allāh ﷻ has been able to invent a waterproof watch, then can the Creator not make a person's heart 'anxiety and grief proof'?

Morning and Evening Supplications for Safety

With the above seven points, we must also hold fast to the following four supplications as much as we can:

1. Recite the following du'ā three times in the morning and evening:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ، وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ.

In the Name of Allāh, with Whose Name nothing in the earth nor in the sky can do any harm. He is the All-Hearing, All-Knowing. (Abū Dāwūd, At-Tirmidhī, Ibn Mājah)

BENEFIT: Nabī ﷺ has said that the one who recites this du'ā will be protected from sudden calamities.

2. Recite the following du'ā once (preferably three times) in the morning and evening:

بِسْمِ اللَّهِ عَلَى نَفْسِي وَرَيْبِي، بِسْمِ اللَّهِ عَلَى مَا أَعْطَانِي رَبِّي
 عَزَّ وَجَلَّ، بِسْمِ اللَّهِ عَلَى أَهْلِي وَمَالِي، اللَّهُ أَكْبَرُ، اللَّهُ رَبِّي،
 اللَّهُ أَكْبَرُ، اللَّهُ رَبِّي، لَا أُشْرِكُ بِهِ شَيْئًا، أَجْرُنِي مِنْ كُلِّ
 شَيْطَانٍ رَّجِيمٍ، وَمِنْ كُلِّ جَبَّارٍ عَنِيدٍ، إِنَّ وَلِيِّيَ اللَّهُ الَّذِي
 نَزَّلَ الْكِتَابَ، وَهُوَ يَتَوَلَّى الصَّالِحِينَ، فَإِنْ تَوَلَّوْا فَقُلْ حَسْبِيَ
 اللَّهُ، لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ.

(I seek blessings) in the Name of Allāh upon myself and my Dīn. (I seek blessings) in the Name of Allāh upon all that which my Rabb (who is Mighty and Majestic) has given me. (I seek blessings) in the Name of Allāh upon my family and wealth. Allāh is the Greatest, Allāh is my Rabb. Allāh is the Greatest, Allāh is my Rabb. I do not ascribe anything to Him. (O Allāh!) Save me from every accursed shayṭān and from every rebellious oppressor. Indeed, my Guardian is Allāh, Who revealed the Book (the Qur’ān), and He protects the pious. Thus, if they (the rejecters) turn away, then say, ‘Allāh is sufficient for me, there is no deity but Him. In Him Alone do I place my trust and He is the Rabb of the Mighty Throne.’ (At-Ṭabarānī)

BENEFIT: Nabī ﷺ has promised safety from all harm for the one who recites this du‘ā.

3. Recite the following du‘ā once in the morning and evening:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، لَا قُوَّةَ إِلَّا بِاللَّهِ، مَا شَاءَ اللَّهُ كَانَ وَمَا
لَمْ يَشَأْ لَمْ يَكُنْ، أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَنَّ
اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا.

Pure is Allāh (from any imperfection) and for Him is All Praise. There is no power (to do any good deeds) except with the Help of Allāh. Whatever Allāh wills happens and whatever Allāh does not will does not happen. I know that Allāh has power over everything and that Allāh’s Knowledge encompasses everything. (Abū Dāwūd)

BENEFIT: Whoever reads this in the morning will be protected until night, and whoever reads it at night will be protected until morning.

4. Recite the following du‘ā upon seeing or coming to know of any person suffering from any affliction:

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ، وَفَضَّلَنِي عَلَى كَثِيرٍ
مِمَّنْ خَلَقَ تَفْضِيلًا.

All Praise is for Allāh, Who has protected me from what He has afflicted you with, and has greatly favoured me over many of his creation. (At-Tirmidhī)

BENEFIT: For the one who recites this du‘ā upon

seeing or coming to know of any person suffering from any affliction, Nabī ﷺ has promised safety from that very affliction.

General Supplications

In all your supplications, include the following eight supplications:

1. يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ.

O the Ever-Living! O the Self-Sustaining! Only through Your Mercy do I seek your help.

Rasūlullāh ﷺ would recite this when faced with a worrying situation. (At-Tirmidhī)

2. اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ، فِيْ دِيْنِيْ وَدُنْيَايَ وَاَهْلِيْ وَمَالِيْ.

O Allāh! I ask You for pardon and safety in my Dīn, my worldly life, my family and my wealth. (Abū Dāwūd)

3. اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيْعِ سَخَطِكَ.

O Allāh! I seek refuge in You from the cessation of Your Favour, any change in the safety You provide me, Your sudden Wrath and every form of Your Displeasure. (Muslim)

4. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ.

O Allāh! I seek refuge in You from the pain of affliction, being overtaken by wretchedness, ill-fate and the gloating of the enemies. (Al-Bukhārī)

5. اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي.

O Allāh! Grant me protection from in front of me, behind me, on my right, on my left and above me. And I seek refuge in Your Greatness from being seized unaware from below me. (Abū Dāwūd)

6. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُنُونِ وَالْجَذَامِ، وَالْبَرَصِ وَسَائِرِ الْأَسْقَامِ.

O Allāh! I seek refuge in You from insanity, leprosy, vitiligo (development of pale white patches on the skin) and from all types of malicious illnesses. (An-Nasa'ī)

7. أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ.

I seek refuge in the perfect Words of Allāh from the evil of all that He has created. (Muslim)

8. اللَّهُمَّ لَا تَقْتُلْنَا بِغَضَبِكَ، وَلَا تُهْلِكْنَا بِعَذَابِكَ، وَعَافِنَا قَبْلَ ذَلِكَ.

O Allāh! Do not cause our death as a result of Your Anger, and do not destroy us through Your Punishment, and grant us safety before it. (At-Tirmidhī)

General Adhkār for Safety

During such times, being punctual with the following adhkār will also prove to be extremely beneficial. Try to read them at least a hundred times daily.

- a. لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ، إِيَّيْكَ كُنْتُ مِنَ الظَّالِمِينَ.

There is no deity but You, You are pure (from all imperfections). Indeed, I was from amongst the wrongdoers. (21:87)

When Sayyidunā Yūnus عليه السلام was trapped in the stomach of the fish and had lost every hope of remaining alive, he called Allāh ﷻ with the above-mentioned words which attracted the Help of Allāh ﷻ.

- b. حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ.

Allāh is sufficient for us and He is the best One to entrust.

This dhikr has also proven to be very effective in times of difficulty. Sayyidunā Ibrāhīm عليه السلام recited it when he was thrown into the fire and as a result Allāh ﷻ

prevented the fire from burning him. (Al-Bukhārī)

Seeking Guidance from the ‘Ulamā

We should also keep in touch with our masājīd and ‘Ulamā and follow their guidance so that we may do things according to the Pleasure of Allāh ﷻ, and we safeguard ourselves from doing those things that bring the Displeasure of Allāh ﷻ.

Following the Advices of Medical Experts and Authorities

Together with a complete conviction in the seven tools and the supplications noted above, we should also be mindful of following guidance issued by the experts and authorities in relation to the Coronavirus. It is our duty to safeguard ourselves and others and not become the cause of difficulty for ourselves or others. Therefore, we should stay informed of the latest guidance and ensure we act accordingly.

Being Considerate Towards Others

It is very unfortunate to note that during such times, many will be seen adopting a siege mentality; a feeling of ‘us against everyone else’. Hence why we see many people stockpiling food items whilst consoling themselves over the fact that if a time comes when there is no food available in the stores, at least they will be protected.

Similarly, some shop owners take advantage of the increased demand by inflating prices to an extortionate amount, whilst some also hoard stock in order to sell it at a higher price when it becomes scarce and people become desperately in need. Such behaviour contradicts the very teachings of brotherhood and preference for others. Nabī ﷺ has said,

None of you can be a (perfect) believer until he loves for his brother what he loves for himself. (Al-Bukhārī)

The perfect believer is he who not only desires to have enough for himself, but desires the same for others also. At such times we should also help the elderly and the most vulnerable as much as we can. Whatever little we do to help others will go a long way towards acquiring safety from this calamity as such acts of kindness attract the Mercy of Allāh ﷻ.

I urge all my dear readers to endeavour to act upon these points and share them with others so they may also practise and acquire safety from afflictions, resulting in peace and contentment.

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