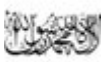
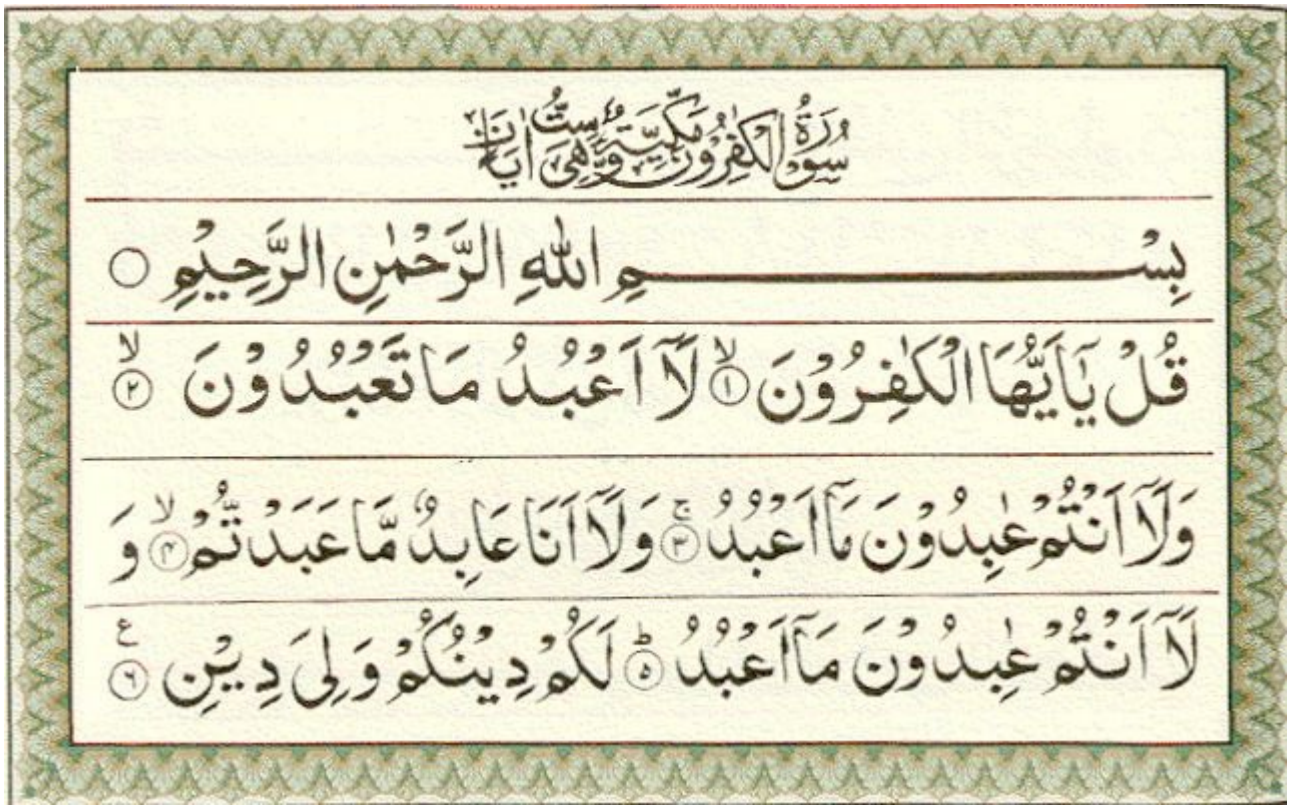
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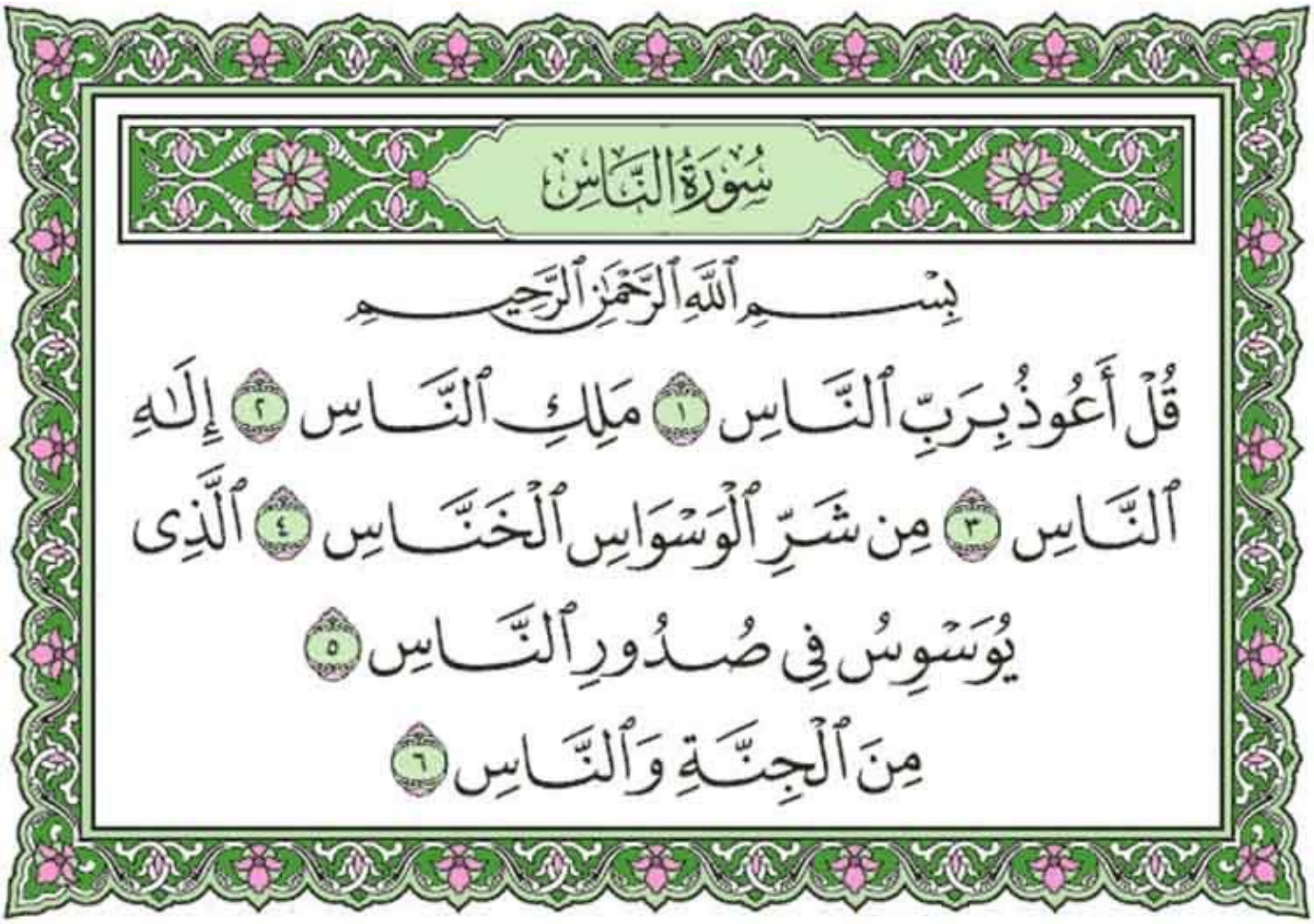
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@HanafiAthari

Ayaat from the Quran that uplift me when I’m down [Thread]

What really helps me sleep at night when I don’t feel well is reciting surah kafirun before sleeping. Protection from shirk gives me peace of mind, as it should for a muslim. AlhamdulilLah



Another thing that gave me peace of mind and ease at heart was reciting these 3 chapters of the Quran. The sunnah is beautiful wAllahi.



Suratul Baqarah in general but this verse in particular because it’s a reminder that whatever we go through, it’s not more than what we can bear and that patience and faith in Allah will give us victory, bi idhnilLah

Surah
Al-Baqarah
Chapter 2 Verse 286

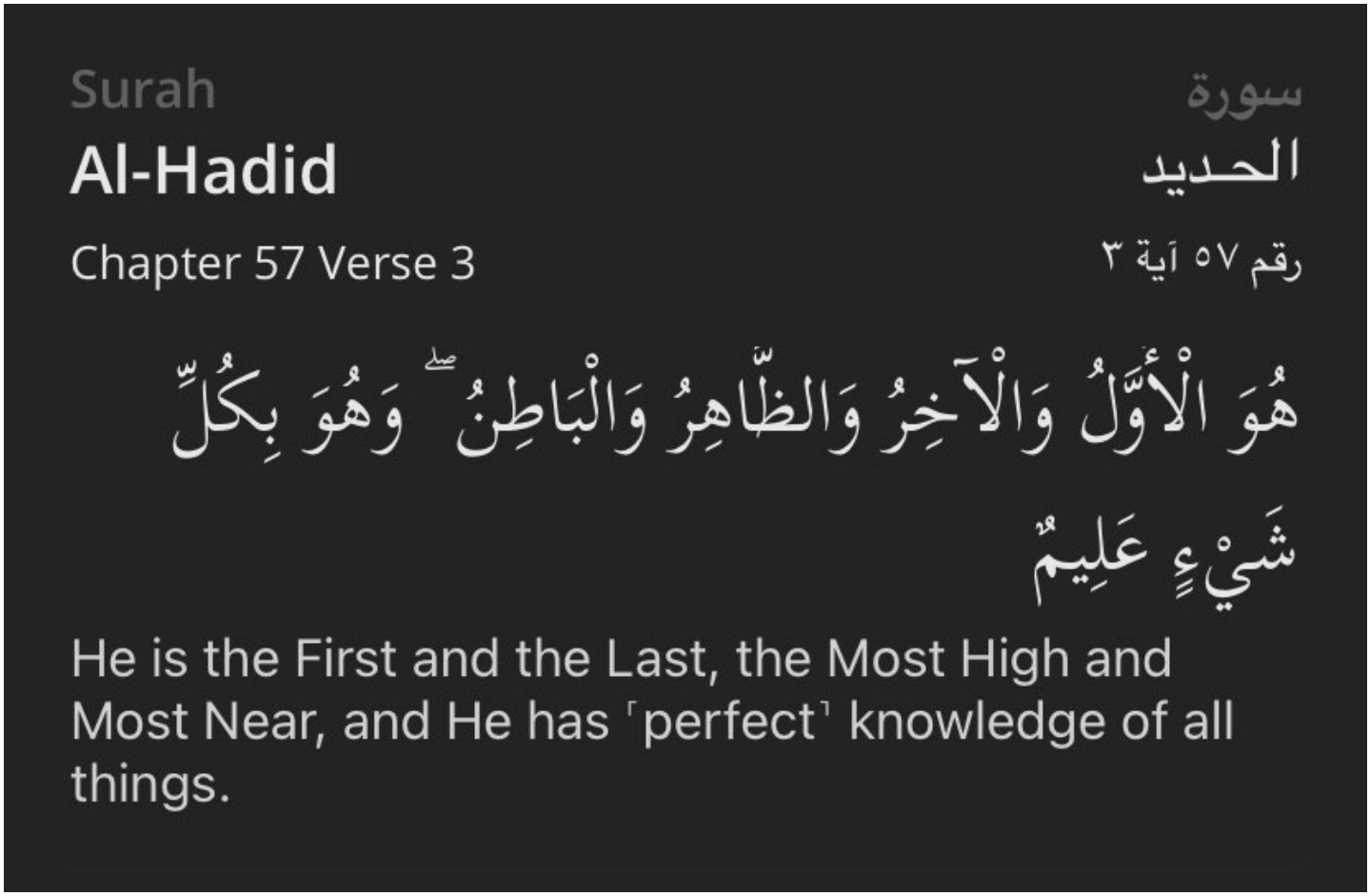
سورة
البقرة
رقم ٢ آية ٢٨٦

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ
وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ
أَخْطَأْنَا ۚ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ
عَلَى الَّذِينَ مِنْ قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ
لَنَا بِهِ ۖ وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا
فَانْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Allah does not require of any soul more than what it can afford. All good will be for its own benefit, and all evil will be to its own loss. ⌜The believers pray,⌝ "Our Lord! Do not punish us if we forget or make a mistake. Our Lord! Do not place a burden on us like the one you placed on those before us. Our Lord! Do not burden us with what we cannot bear. Pardon us, forgive us, and have mercy on us. You are our ⌜only⌝ Guardian. So grant us victory over the disbelieving people."

Suratul Hadid in general but these 2 verses in particular because it reminds me of the greatness of Allah and that Allah is still the nearest to us. Brings my attention to Allah's unlimited abilities and that goodness can only be sought from the aide of

Allah. Allahu Akbar



Suratul Insan but specifically this verse because it reminds me of the bounty that Allah has promised us if we're obedient. Gives me the motivation to keep going, alhamdulilLah



Suratuz Zumar but this verse especially because the verse reminds us that Allah forgives all our sins as long as we are repentant. Allahu Akbar



Suratur Rahman has recently helped me the most, especially these 3 verses. SubhanAllah, it reminds you of how negligent we are. may Allah forgive us and remove the diseases of our hearts. ameen

55:19

مَرَجَ ٱلۡبَحۡرَيۡنِ يَلۡتَقِيَانِ ١٩

He merges the two bodies of ⌜fresh and salt⌝ water,

— Dr. Mustafa Khattab, the Clear Quran

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55:20

بَيۡنَهُمَا بَرۡزَخٞ لَّا يَبۡغِيَانِ ٢٠

yet between them is a barrier they never cross.[1]

— Dr. Mustafa Khattab, the Clear Quran

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55:21

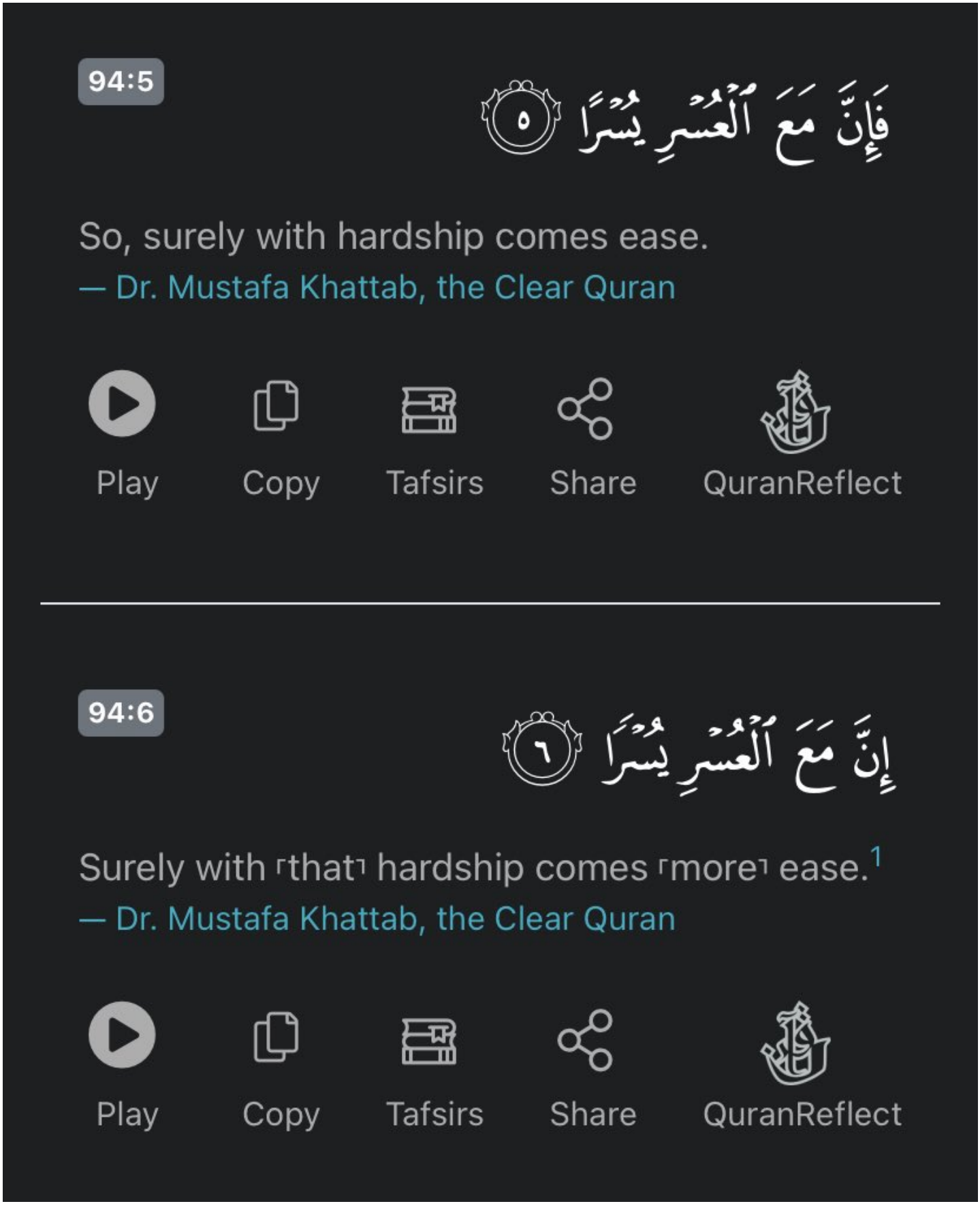
فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ٢١

Then which of your Lord's favours will you both deny?

— Dr. Mustafa Khattab, the Clear Quran

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Suratush Sharh, especially these 2 verses. Constant reminder that we'll find ease eventually if not right away.



Wake up call, whatever hardship we face is nothing compared to the hereafter if we don't fix up. Surprisingly, that's a motivation when I'm down, it might not be the same for everyone else though. wAllahu A'lam https://t.co/pkmzdmH0Cu

> If suratul Haqqah doesn\u2019t wake you up, then only Allah knows what will pic.twitter.com/GcdQ5gpO4H
>
> — \u0645\u0648\u062d\u0651\u062f \u0627\u0644\u062f\u0643\u0627\u0648\u064a (@HanafiAthari) January 4, 2021

Please feel free to add your own ayaat to this thread. The Quran is the best remedy for us so let’s rely upon it as much as possible, as opposed to worldly (limited) solutions. barakAllahu feekum