

Twitter Thread by ██████████ ██████████



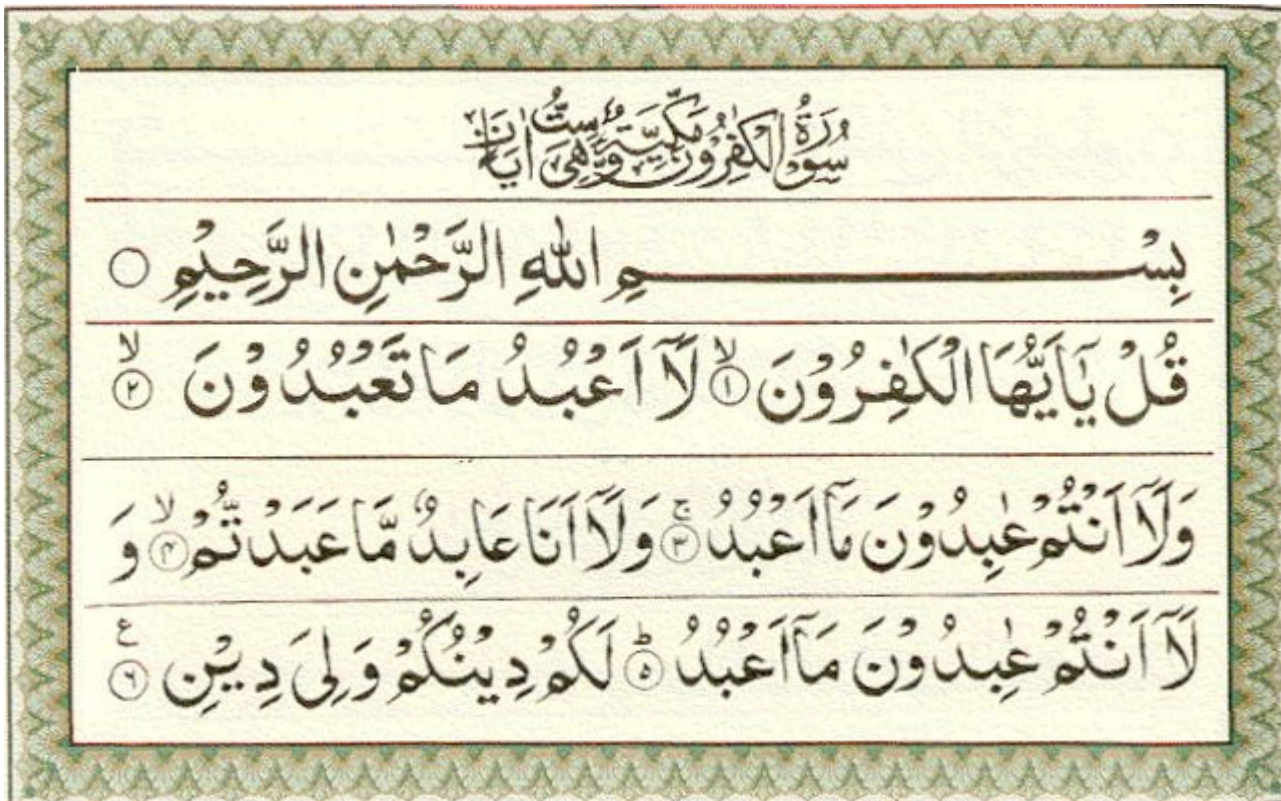
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@HanafiAthari



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.

سُورَةُ النَّاسِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ
النَّاسِ ﴿٣﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي
يُوسَّوْسُ فِي صُدُورِ النَّاسِ ﴿٥﴾
مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

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

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ
وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ
أَخْطَأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ
عَلَى الَّذِينَ مِنْ قَبْلِنَا ۗ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ
لَنَا بِهِ ۗ وَاعْفُ عَنَّا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا
فَانصُرْنَا 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."

Surah

Al-Hadid

Chapter 57 Verse 3

سورة

الحديد

رقم ٥٧ آية ٣

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۖ وَهُوَ بِكُلِّ
شَيْءٍ عَلِيمٌ

He is the First and the Last, the Most High and
Most Near, and He has 'perfect' knowledge of all
things.

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

Surah

Al-Insan

Chapter 76 Verse 22

سورة

الإنسان

رقم ٧٦ آية ٢٢

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُمْ مَشْكُورًا

«And they will be told,» "All this is surely a reward for you. Your striving has been appreciated."



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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

Surah

Az-Zumar

Chapter 39 Verse 53

سورة

الزمر

رقم ٣٩ آية ٥٣

﴿ قُلْ يَا عِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنْفُسِهِمْ لَا تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ ۚ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا ۚ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ ﴾

Say, 'O Prophet, that Allah says,¹ "O My servants who have exceeded the limits against their souls! Do not lose hope in Allah's mercy, for Allah certainly forgives all sins. He is indeed the All-Forgiving, Most Merciful.



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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 الْبَحْرَيْنِ يَلْتَقِيَانِ ١٩

He merges the two bodies of 'fresh and salt' water,

— Dr. Mustafa Khattab, the Clear Quran



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QuranReflect

55:20

بَيْنَهُمَا بَرْزَخٌ لَا يَبْغِيَانِ ٢٠

yet between them is a barrier they never cross.¹

— Dr. Mustafa Khattab, the Clear Quran



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Tafsirs



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QuranReflect

55:21

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ٢١

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

— Dr. Mustafa Khattab, the Clear Quran



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Tafsirs



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QuranReflect

94:5

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾

So, surely with hardship comes ease.

— Dr. Mustafa Khattab, the Clear Quran



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94:6

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

Surely with 'that' hardship comes 'more' ease.¹

— Dr. Mustafa Khattab, the Clear Quran



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QuranReflect

If suratul Haqqah doesn't wake you up, then only Allah knows what will pic.twitter.com/GcdQ5gpO4H

— \u0645\u0648\u062f\u0651\u062f \u0627\u0644\u0627\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