

Dhikr Examples

Dhikr, or the remembrance of Allah, is a powerful spiritual practice in Islam that can help cultivate positive qualities, foster patience, build coping skills, and enhance emotional resilience.

While all dhikrs have the potential to instill positivity and strengthen one's inner state, there are specific dhikrs and supplications that are particularly relevant to these areas of personal development.

Here are some examples, but there are certainly *many* more!

1. Shukr (Gratitude):

- ***Alhamdulillah*** Reciting this dhikr, which means "All praise is due to Allah," fosters gratitude and positive thinking by acknowledging and appreciating Allah's blessings and favors.

2. Sabr (Patience) (94:6)

إِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ

Transliteration: Inna ma'al usri yusra

- This phrase, which means "Surely, with hardship comes ease," reminds believers of the temporary nature of difficulties and encourages patience and perseverance in challenging times.

3. Tawakkul (Reliance on Allah)

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Transliteration: Hasbunallahu wa ni'mal wakeel

- Reciting this supplication, which means "Allah is sufficient for us, and He is the best disposer of affairs" (Quran 3:173), instills trust in Allah's divine wisdom and strengthens one's coping skills by surrendering to His will.

[Here's the story behind the ayah](#)

4. Emotional Resilience:

لَا تَحْزَنْ إِنَّا اللَّهُ مَعَنَا

Transliteration: La tahzan, Innallah ma'ana

- This phrase, meaning "Do not grieve, indeed Allah is with us" (Surah Tawba, Ayah 40), offers solace and reassurance in times of distress, nurturing emotional resilience by affirming Allah's presence and support.

[Here's the story behind the ayah](#)

5. Seeking Forgiveness and Mercy:

أَسْتَغْفِرُ اللَّهَ

- **Astaghfirullah** Seeking forgiveness from Allah through this dhikr fosters emotional resilience by acknowledging one's mistakes and shortcomings and seeking Allah's mercy and guidance in overcoming them.

Here's the Chief of Prayers of Forgiveness (Sayyid al-Istighfar):

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Transliteration: Allahumma anta rabbi la ilaha illa anta, khalaqtani wa ana abduka, wa ana 'ala ahdika wa wadika mastata'tu. A'udhu bika min sharri ma sana'tu, abu'u laka bin'imatika 'alayya, wa abu'u laka bidhanbi. Faghfir li, fa innahu la yaghfirudh-dhunuba illa anta.

6. Positive Affirmations

اللَّهُمَّ أَنْتَ السَّلَامُ

Transliteration: Allahumma anta al-salam wa minka al-salam

- This supplication, which means "O Allah, You are peace, and from You comes peace," emphasizes positivity, tranquility, and inner peace, affirming Allah's attributes of peace and well-being.

You can also read the full dua (we often read this after fard prayers):

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Transliteration: Allahumma Antas-Salam wa minkas-salam. Tabarakta ya Dhal-jalali wal- ikram.

7. Cultivating Inner Strength:

*La hawla wala quwwata illa billah
al-'Aliyyi al-'Adheem*

**There is no might nor power except with
Allah, the Most High, the Magnificent.**

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ
الْعَلِيِّ الْعَظِيمِ

- Reciting this phrase, meaning "There is no power nor strength except with Allah," reminds believers of their dependence on Allah's strength and resilience, empowering them to face challenges with confidence and faith.

By incorporating these dhikrs, supplications, and more into our daily spiritual practice, we can cultivate positive qualities, nurture patience, develop coping skills, and enhance emotional resilience, drawing strength and inspiration from our deep connection with Allah.