



Ask Allah for help in difficulty As mentioned in Al-Quran

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Al-Mulk 67:2

Our creation is for **test and trial**

2. He who created the death and the life that He may test you which of you is best in deed, and He is All Mighty, All Forgiving.

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ
عَمَلًا وَهُوَ الْعَزِيزُ الرَّحِيمُ

Al-Anbia 21:35

The good and bad that we meet in life are **tests** for us

35. Every soul must taste death. And We test you by evil and by good as a trial. And unto Us you will be returned.

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ وَنَبَلُّوكُمُ بِالْشَّرِّ وَالْخَيْرِ فِتْنَةً
وَإِلَيْنَا تُرْجَعُونَ

Al-Baqarah 2:155-156

Allah tests us by fear, hunger, loss of wealth, life, fruits

155. And certainly We shall test you with something of fear, and hunger, and loss of wealth, and lives, and fruits. And give glad tidings to those who are patient.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

156. Those who, when a calamity befalls them, say: "Indeed, we belong to Allah, and indeed to Him we will return."

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ
رَاجِعُونَ

AlAnbia 21:87-88

Prophet Yunus (Jonah) calls Allah when swallowed by fish-Allah saves him

87. And Dhun Nun (Jonah), when he went off in anger, then he thought that We had no power over him. Then he called out in the darkness, (saying) that: "There is no god except You. Be You glorified. Indeed, I have been of the wrongdoers."

وَذَاتُ النَّوْنِ إِذْ دَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ
فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي
كُنْتُ مِنَ الظَّالِمِينَ

88. So We responded to him, and We saved him from the anguish. And thus do We save the believers.

فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنَجِّي الْمُؤْمِنِينَ ﴿٨٨﴾

AlAnbia 21:83-84 Prophet Ayub (Job) was in severe sickness – Allah cures him

83. And Job, when he called to his Lord, (saying): “Indeed adversity has afflicted me, and You are the Most Merciful of those who are merciful.”

وَ أَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ ﴿٨٣﴾

84. So We responded to him, and We removed what was on him, of the adversity. And We gave him (back) his household and the like thereof along with them, a mercy from Us, and a reminder for the worshippers.

فَاسْتَجَبْنَا لَهُ فَكَشَفْنَا مَا بِهِ مِنْ ضُرٍّ وَآتَيْنَاهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِنَّا وَعِذًّا لِّلْعَابِدِينَ ﴿٨٤﴾

AlMomin 40:44-45 A believer entrusts his affairs to Allah against a king – Allah saves him

44. “So you will remember what I say to you. And I entrust my affair to Allah. Indeed, Allah is All Seer of (His) slaves.”

فَسَتَذْكُرُونَ مَا أَقُولُ لَكُمْ وَأَفِوضُ أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ ﴿٤٤﴾

45. So Allah saved him from the evils which they plotted, and the people of Pharaoh were encompassed by the worst punishment.

فَوَقَّاهُ اللَّهُ سَيِّئَاتِ مَا مَكَرُوا وَخَاقٍ بِآلِ فِرْعَوْنَ سُوءِ الْعَذَابِ ﴿٤٥﴾

AlImran 3:173-174 Make Allah sufficient among lies of people – Allah will save from fear

173. Those (believers) to whom men (hypocrites) said: “Surely, the people (an army of pagans) have gathered against you, so fear them.” But it (only) increased them in faith, and they said: “Allah is sufficient for us, and excellent (is He) for trusting.”

الَّذِينَ قَالُوا لَهُمُ النَّاسُ إِنَّ النَّاسَ قَدْ جَمَعُوا لَكُمْ فَاخْشَوْهُمْ فَزَادَهُمْ إِيمَانًا وَقَالُوا حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ ﴿١٧٣﴾

174. So they returned with favor from Allah and bounty, no harm touched them. And they followed the pleasure of Allah. And Allah is the owner of great bounty.

فَانْقَلَبُوا بِنِعْمَةٍ مِّنَ اللَّهِ وَفَضْلٍ لَّمْ يَمَسَّ لَهُمْ سُوءٌ وَآتَبُوا بِرِضْوَانِ اللَّهِ وَاللَّهُ ذُو فَضْلٍ عَظِيمٍ ﴿١٧٤﴾

