



Trial and Dua - As mentioned in Al-Quran

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Al-Mulk 67:2

Our creation is for test and trial

He who created the death and the life that He may test you which of you is best in deed.

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا^ط

Al-Baqarah 2:155 Allah tests us by fear, hunger, loss of wealth, life, fruits

And certainly We shall test you with something of fear, and hunger, and loss of wealth, and lives, and fruits.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ^ط

Aal-Imran 3:186

We are tested by wealth and health

You shall certainly be tested in your wealth, and your personal selves.

لَتُبْلَوْنَ فِيْ أَمْوَالِكُمْ وَأَنْفُسِكُمْ^ف

Al-Maidah 5:48

We are tested by what is given to us

But that He may try you in that which He has given you. So race one with another in good deeds. To Allah you will return all together.

وَلَكِن لِّيَبْلُوَكُمْ فِيْ مَا آتَاكُمْ فَاسْتَبِقُوا الْخَيْرَاتِ إِلَى اللَّهِ مَرْجِعُكُمْ جَمِيعًا

Houd 11:7

Allah created heavens, earth by His Authority to test us

And it is He who created the heavens and the earth in six days, and His Throne was upon the water, that He might test you, which of you is best in deed.

وَهُوَ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ وَكَانَ عَرْشُهُ عَلَى الْمَاءِ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا^ط

Al-Kahaf 18:7

The earth has been adorned and beautified as a test for us

Indeed, We have made that which is on the earth an adornment for it, that We may test them, as to which of them are best in deeds.

إِنَّا جَعَلْنَا مَا عَلَى الْأَرْضِ زِينَةً لِّهَا لِنَبْلُوَهُمْ أَيُّهُمْ أَحْسَنُ عَمَلًا

Al-Anbia 21:35

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

Every soul must taste death. And We test you by evil and by good as a trial.

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ وَنَبْلُوَكُمْ بِالْشَّرِّ وَالْخَيْرِ فِتْنَةً^ط

Al-Baqarah 2:156 Allah is teaching us what to say in hardship - Say we return to Him

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

الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Al-Anbia 21:87 Allah is teaching us what to say in hardship - Say we have done wrong

There is no god except You. Be You glorified. Indeed, I have been of the wrongdoers.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Al-Falaq 113:1-2 Allah is teaching us what to say in hardship - Say we seek His protection

Say: “I seek refuge with the Lord of the daybreak.”

“From the evil of that which He created.”

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ
مِنْ شَرِّ مَا خَلَقَ

An-Naas 114:1,5 Allah is teaching us what to say in hardship - Say we seek His protection

Say: “I seek protection with the Lord of mankind.”

“From the evil of the whisperer who withdraws.”

قُلْ أَعُوذُ بِرَبِّ النَّاسِ
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

Houd 11:3 Allah is teaching us what to say in hardship - Say we ask His Forgiveness

And that you seek forgiveness of your Lord, then you turn in repentance to Him. He will let you enjoy a fair provision.

وَ أَنْ اسْتَغْفِرُوا رَبَّكُمْ ثُمَّ تُوبُوا إِلَيْهِ يُمَتِّعْكُمْ مَتَاعًا حَسَنًا

Al-Hajj 22:35

When you are afflicted with hardship

Remember Allah

Fear Allah

Be Patient

Establish Prayers

Give Sadaqah

Allah will make it easy for you

Those who, when Allah is mentioned, their hearts are filled with fear and who are patient over what may afflict them, and who establish prayers, and of what We have provided them, they spend.

الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَالصَّابِرِينَ عَلَى مَا أَصَابَهُمْ وَالْمُقِيمِي الصَّلَاةِ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ

