



**If you're feeling not so well**
**Words of comfort let me tell**
**Something we must understand**
**There is good in Allaah's Plan.**

**So when a Muslim starts to feel**
**Sick, weak or does not heal**
**Then what happens on that day**
**Allaah wipes their sins away!**

**So when you're sick, do not fear**
**Allaah is Most Kind and near**
**Surely He looks after You**
**And He’ll always pull you through!**



**WHAT TO DO WHEN YOU FEEL SOME PAIN:**

Put your right hand at the place where you feel pain and say three times*‘Bismillaah'*
Then say seven times *"A’oodhu billaahi waqudratihi min sharri maa ajidu wa-o-haadhiru”*

This du’aa means: In the name of Allaah. I seek refuge in Allaah and within His omnipotence from the evil that I feel and am