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**You may start to brood**   
**But Allaah will make you glad!**   
**He will lift your mood!**

**Trouble or pain, do not worry**   
**Leave it in His Hands**   
**Try to be a bit more patient**   
**Allaah understands.**

**Always ask Allaah for help**   
**He hears what we say**   
**Difficulty, pain and sadness**   
**He will wipe away!**   
 

http://www.islam4kids.com/i4k/poems/Duaa.gif

**WHEN YOU FEEL DISTRESSED:**

*Allaahu Allaahu Rabbi laa ashriku bihi shay-aa*

This du’aa means: Allaah, Allaah is my Lord, I do not associate anything with Him. **[Ibn Maajah: saheeh]**