

**Sometimes when you're feeling sad**
**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!**



**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]**