

The supplication of Grief

A beautiful supplication by Imam Zain Al Abideen (as) of a lamenting soul to it's creator, this is recommended to be recited after Salatul Layl (Tahajjud prayer).

دعاء الحزين

سَمِ اللّٰهُ الرّٰحْمٰنِ الرّٰحِيْمِ

In the name of Allah, The Beneficent, the Merciful

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَاٰلِ مُحَمَّدٍ

O Allah bless Muhammad and his family

اُنَاجِيْكَ يَا مُوْجُوْدًا فِى كُلِّ مَكَانٍ

I whisper unto You O One Who is present in every place

لَعَلَّكَ تَسْمَعُ نِدَائِيْ

so that You may hear my call

فَقَدْ عَظُمَ جُرْمِيْ

for surely my sin is excessive

وَ قَلَّ حَيَاتِيْ

and my shame is less

مَوْلَايَ يَا مَوْلَايَ

My Master, O my Master

اَيَّ الْاَهْوَالِ اَتَذَكَّرُ

which of the terrifying states shall I remember

وَ اَيَّهَا اَنْسِيْ

and which of them shall I forget

وَلَوْ لَمْ يَكُنْ إِلَّا الْمَوْتُ لَكَفَى

for if there was nothing except death it would be enough

كَيْفَ وَمَا بَعْدَ الْمَوْتِ أَعْظَمُ وَ أَذْهَى

then what about after death greater and much worse?

مَوْلَايَ يَا مَوْلَايَ

My master O my Master

حَتَّى مَتًى وَ إِلَى مَتًى أَقُولُ لَكَ

up to when and till when will I say,

الْعُتْبَى مَرَّةً بَعْدَ أُخْرَى

I am to blame, again and again,

ثُمَّ لَا تَجِدُ عِنْدِي صِدْقًا وَ لَا وِفَاءً

but then You do not find any truth or loyalty in me?

فَيَاغَوْثَاهُ ثُمَّ وَاغَوْثَاهُ بِكَ

I call for help and I call for help,

يَا اللَّهَ مِنْ هَوًى قَدْ غَلَبَنِي

O Allah from desires which have overpowered me

وَ مِنْ عَدُوٍّ قَدْ اسْتَكَلَبَ عَلَيَّ

and from the enemy which has pounced on me

وَ مِنْ دُنْيَا قَدْ تَزَيَّنَتْ لِي

and from the world which attracts me

وَ مِنْ نَفْسٍ أَمَّارَةٍ بِالسُّوْءِ

and from the soul that leads towards evil

إِلَّا مَا رَحِمَ رَبِّي

except that on which my Lord has mercy (12:53).

مَوْلَايَ يَا مَوْلَايَ

My master O my master

إِنْ كُنْتَ رَحِمْتَ مِثْلِي فَارْحَمْنِي

if You have had mercy on the likes of me then have mercy on me

وَ إِنْ كُنْتَ قَبِلْتَ مِثْلِي فَاقْبَلْنِي

and if You have accepted from the likes of me then accept from me

يَا قَبْلَ السَّحَرَةِ اقْبَلْنِي

O One Who accepts the early morning prayer accept me,

يَا مَنْ لَمْ أَزَلْ أَتَعَرَّفُ مِنْهُ الْحُسْنَى

O One who, I still know only good from Him

يَا مَنْ يُغَذِّيَنِي بِالنَّعَمِ صَبَاحًا وَ مَسَاءً

O One who nourishes me with blessings morning and evening

ارْحَمْنِي يَوْمَ أَتَيْكَ فَرْدًا

have mercy on me when I come to You alone,

شَاخِصًا إِلَيْكَ بَصَرِي

my glance fixed on You

مُقَلَّدًا عَمَلِي

my actions carried on my neck

قَدْ تَبَرَّءَ جَمِيعُ الْخَلْقِ مِنِّي

When all of creation will withdraw away from me

نَعَمْ وَ أَبِي وَ أُمِّي

yes, even my father and mother

وَ مَنْ كَانَ لَهُ كَدِّي وَ سَعْيِي

and those for whom I worked and struggled

فَإِنْ لَمْ تَرْحَمْنِي فَمَنْ يَرْحَمُنِي

then if You will not have mercy on me who will have mercy on me

وَمَنْ يُؤْنِسُ فِي الْقَبْرِ وَحْشَتِي

who will give me solace from the loneliness of the grave

وَمَنْ يُنْطِقُ لِسَانِي إِذَا خَلَوْتُ بِعَمَلِي

and who will make me speak when I am alone with my deeds

وَسَاءَلْتَنِي عَمَّا أَنْتَ أَعْلَمُ بِهِ مِنِّي

and when You will ask me about what You know better than me?

فَإِنْ قُلْتُ نَعَمْ فَأَيْنَ الْمَحْرَبُ مِنْ عَذَابِكَ

Then if I say yes (to my sins) where will be the escape from Your Justice?

وَإِنْ قُلْتُ لَمْ أَفْعَلْ قُلْتَ أَلَمْ أَكُنِ الشَّاهِدَ عَلَيْكَ

And if I say I did not commit it You will say was I not a witness over you?

فَعْفُوكَ عَفْوَكَ يَا مَوْلَايَ

So (I beseech) Your Forgiveness Your Pardon O my master

قَبْلَ سَرَائِيلَ الْقَطِرَانِ

before the wearing of the clothes of Hell

عَفْوَكَ عَفْوَكَ يَا مَوْلَايَ

Your Forgiveness Your Pardon O my Master

قَبْلَ جَهَنَّمَ وَ النَّيِّرَانِ

before the Hell and the Fire

عَفْوَكَ عَفْوَكَ يَا مَوْلَايَ

Your Forgiveness Your Forgiveness O my Master

قَبْلَ أَنْ تُغَلََّ الْأَيْدِي إِلَى الْأَعْنَاقِ

before the hands are tied to the necks

يَا أَرْحَمَ الرَّاحِمِينَ وَ خَيْرَ الْغَافِرِينَ.

O the most Merciful and the best of Forgivers