Sahifa Sajjadiya 15 — When Sick

Supplications 15–27 · 29 lines

دُعَاؤُهُ عِنْدَ الْمَرَضِ

O God, to Thee belongs praise for the good health of my body which lets me move about,	أَللَّهُمَّ لَكَ الْحَمْدُ عَلَى مَا لَمْ أَزَلْ أَتَصَرَّفُ فِيهِ مِنْ سَلاَمَةِ بَدَنِي،
and to Thee belongs praise, for the ailments which Thou causest to arise in my flesh!	وَلَكَ الْحَمْدُ عَلَى مَا أَحْدَثْتَ بِيْ مِنْ عِلَّة فِي جَسَـدِي.
For I know not, my God, which of the two states deserves more my thanking Thee	فَمَا أَدْرِي يَـا إِلهِي، أَيُّ الْحَالَيْنِ أَحَقُّ بِالشُّكْرِ لَكَ،
and which of the two times is more worthy for my praise of Thee:	وَأَيُّ الْوَقْتَيْنِ أَوْلَى بِالْحَمْدِ لَكَ،
the time of health, within which Thou makest me delight in the agreeable things of Thy provision,	أَوَقْتُ الصِّحَةِ الَّتِي هَنَّـأْتَنِي فِيهَا طَيِّبَاتِ رِزْقِكَ،
through which Thou givest me the joy to seek the means to Thy good pleasure and bounty,	وَنَشَّطْتَنِي بِهَا لابْتِغَاءِ مَرْضَاتِكَ وَفَضْلِكَ،
and by which Thou strengthenest me for the acts of obedience which Thou hast given me success to accomplish;	وَقَوَّيْتَنِي مَعَهَا عَلَى مَـا وَفَّقْتَنِي لَهُ مِنْ طَـاعَتِـكَ
or the time of illness through which Thou puttest me to the test	أَمْ وَقْتُ الْعِلَّةِ الَّتِي مَحَّصْتَنِي بِهَا،
and bestowest upon me favours:	وَالنِّعَمِ الَّتِي أَتْحَفْتَنِي بِهَا
lightening of the offenses that weigh down my back,	تَخْفِيفاً لِمَا ثَقُلَ بِهِ عَلَى ظَهري مِنَ الْخَطِيئَاتِ
purification of the evil deeds into which I have plunged,	وَتَطْهِيراً لِمَا انْغَمَسْتُ فِيهِ مِنَ السَّيِّئَاتِ ،

incitement to reach for repentance, reminder of the erasure of misdeeds through ancient favour;	وَتَنْبِيهاً لِتَنَاوُلِ التَّوْبَةِ، وَتَذْكِيراً لِمَحْوِ الْحَوْبَةِ بِقَدِيمِ النِّعْمَةِ،
and, through all that, what the two writers write for me:	وَفِي خِلاَلِ ذَلِكَ مَا كَتَبَ لِيَ الْكَاتِبَانِ
blameless acts, which no heart had thought,	مِنْ زَكِيِّ الأَعْمَالِ، مَا لا قَلْبٌ فَكَّرَ فِيهِ،
no tongue had uttered, and no limb had undertaken, rather, as Thy bestowal of bounty upon me	وَلا لِسَانٌ نَطَقَ بِهِ وَلاَ جَارِحَةٌ تَكَلَّفَتْهُ بَلْ إِفْضَالاً مِنْكَ عَلَيَّ،
and the beneficence of Thy benefaction toward me.	وَإِحْسَاناً مِنْ صَنِيعِكَ إِلَيَّ.
O God, bless Muhammad and his Household,	أَللَّهُمَّ فَصَلِّ عَلَى مُحَمَّدٍ وَآلِهِ
make me love what Thou hast approved for me,	وَحَبِّبْ إِلَيَّ مَا رَضِيتَ لِي ،
make easy for me what Thou hast sent down upon me,	وَيَسِّرْ لِي مَا أَحْلَلْتَ بِي،
purify me of the defilement of what I have sent ahead,	وَطَهِّرْنِي مِنْ دَنَسِ مَا أَسْلَفْتُ ،
erase the evil of what I have done beforehand,	وَامْحُ عَنِّي شَرَّ مَا قَدَّمْتُ،
let me find the sweetness of well-being, let me taste the coolness of safety,	وَأَوْجِدْنِي حَلاَوَةَ الْعَافِيَةِ ، وَأَذِقْنِي بَرْدَ السَّلاَمَةِ
and appoint for me a way out from my illness to Thy pardon,	وَاجْعَلْ مَخْرَجِي عَنْ عِلَّتِي إِلَى عَفْوِكَ،
transformation of my infirmity into Thy forbearance,	وَمُتَحَوَّلِي عَنْ صَرْعَتِي إِلَى تَجَاوُزِكَ،
escape from my distress to Thy refreshment,	وَخَلاصِي مِنْ كَرْبِي إِلَى رَوْحِكَ،
and safety from this hardship in Thy relief!	وَسَلاَمَتِي مِنْ هَذِهِ الشِّدَّةِ إِلَى فَرَجِكَ،
Thou art gratuitously bountiful in beneficence,	إِنَّكَ الْمُتَفَضِّلُ بِالإِحْسَانِ،
ever gracious in kindness, the Generous, the Giver,	الْمُتَطَوِّلُ بِالامْتِنَانِ، الْوَهَّابُ الْكَرِيمُ،

Possessor of majesty and munificence!	ذُو الْجَلاَلِ وَالإِكْرَامِ