

آيَاتُ السَّكِينَةِ

THE 6 QUR'ANIC VERSES OF TRANQUILITY

The Six verses of 'Sakeenah' from the Quran al Kareem that bring peace and tranquility to the heart

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
 الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِیْنَ، وَالصَّلَاةُ وَالسَّلَامُ عَلٰی خَاتَمِ الْاَنْبِیَاءِ وَالْمُرْسَلِیْنَ سَيِّدِنَا
 مُحَمَّدٍ وَعَلٰی اٰلِهِ وَصَحْبِهِ اَجْمَعِیْنَ

آیَاتُ السَّكِينَةِ

THE SIX QUR'ANIC VERSES OF TRANQUILITY

The following 6 verses of the Quran al Kareem contain the words 'Sakeenah' which is a special kind of tranquility, mercy, peace and calm that descends from Allah alone onto the hearts of His slaves. Recite these Quraanic Aayaats in abundance for peace of mind and tranquility whenever you are stressed or in difficulty. Insha Allah the help of Allah and His Sakeenah will soon descend on one

1.) Their Prophet said to them: "The sign of his kingship is that the Ark shall come to you, carried by the angels, having therein *tranquillity* from your Lord, and the remains of what the House of Musa and the House of Harun had left. Surely, in it there is a sign for you, if you are believers."
 (Baqarah: 248)

﴿١﴾ وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ يَأْتِيَكُمُ التَّابُوتُ فِيهِ سَكِينَةٌ مِّن رَّبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ آلُ مُوسَىٰ وَآلُ هَارُونَ تَحْمِلُهُ الْمَلَائِكَةُ، إِنَّ فِي ذَٰلِكَ لَآيَةً لِّكُم إِن كُنْتُمْ مُّؤْمِنِينَ

2.) Then Allah sent down His *tranquility* upon His Messenger and upon the believers, and sent down troops that you did not

﴿٢﴾ ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا لَّمْ تَرَوْهَا

see, and punished those who disbelieved. That is the recompense of the disbelievers. (Tawbah: 26)

وَعَذَّبَ الَّذِينَ كَفَرُوا ۗ وَذَٰلِكَ جَزَاءُ
الْكَافِرِينَ

3.) So, Allah caused His *tranquility* to descend on him, and supported him with troops that you did not see, and rendered the word of the disbelievers humiliated. And the word of Allah is the uppermost. Allah is Mighty, Wise. (Tawbah: 40)

﴿٣﴾ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ وَأَيَّدَهُ بِجُنُودٍ
لَّمْ تَرَوْهَا وَجَعَلَ كَلِمَةَ الَّذِينَ كَفَرُوا السُّفْلَىٰ
ۗ وَكَلِمَةُ اللَّهِ هِيَ الْعُلْيَا ۗ وَاللَّهُ عَزِيزٌ حَكِيمٌ

4.) He (Allah) is such that He sent down *tranquility* into the hearts of the believers, so that they grow more in faith in addition to their (existing) faith. And to Allah belong the forces of the heavens and the earth, and Allah is All-Knowing, All-Wise (Fath: 4)

﴿٤﴾ هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ
الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَّعَ إِيمَانِهِمْ ۗ وَلِلَّهِ
جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ ۗ وَكَانَ اللَّهُ
عَلِيمًا حَكِيمًا

5.) Allah was pleased with the believers when they were pledging allegiance with you (by placing their hands in your hands) under the tree, and He knew what was in their hearts, so He sent down *tranquility* upon them, and rewarded them with a victory, near at hand. (Fath: 18)

﴿٥﴾ لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ
بَيَّعُواكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا فِي قُلُوبِهِمْ
فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَابَهُمْ فَتْحًا قَرِيبًا

6.) When the disbelievers developed in their hearts indignation, the indignation of ignorance; then Allah sent down *tranquility* from Himself upon His Messenger and upon the believers, and made them stick to the word of piety, and they were very much entitled to it and competent for it. And Allah is All-Knowing about every thing. (Fath: 26)

إِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي قُلُوبِهِمْ
الْحَمِيَّةَ حَمِيَّةَ الْجَاهِلِيَّةِ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ
عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَلْزَمَهُمْ كَلِمَةَ
التَّقْوَى وَكَانُوا أَحَقَّ بِهَا وَأَهْلَهَا وَكَانَ اللَّهُ
بِكُلِّ شَيْءٍ عَلِيمًا

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