

## Supplication 48

### To Overcome Temptation

Imam Sadiq (Peace be upon him) is quoted as saying: "Imam Zain al-Abidin (Peace be upon him) used to protect his family with this prayer and he would also teach it to his close companions." He then said: "Place your hand over your mouth and say:"

بِسْمِ اللَّهِ، بِسْمِ اللَّهِ، بِسْمِ اللَّهِ وَبِصُنْعِ اللَّهِ الَّذِي  
أَتَقَنَ كُلَّ شَيْءٍ، إِنَّهُ خَيْرٌ بِمَا يَفْعَلُونَ.

In the name of Allah, in the name of Allah, in the name of Allah, and by the creation of Allah who has perfected everything. Indeed, He is fully aware of what they do.

*They you say the following phrases seven times:*

أُسْكُنْ أَيُّهَا الْوَجَعُ سَأَلْتُكَ بِاللَّهِ رَبِّي وَرَبِّكَ، وَرَبِّ  
كُلِّ شَيْءٍ، الَّذِي سَكَنَ لَهُ مَا فِي اللَّيْلِ وَالنَّهَارِ، وَهُوَ  
السَّمِيعُ الْعَلِيمُ.

Oh pain (or whispering/temptation), calm down! I ask you, by Allah, who is the Lord of both you and me, and the Lord of all things, and the one who brings peace to all beings, both night and day, and who is all-hearing and all-knowing.