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**Words of comfort let me tell**   
**Something we must understand**   
**There is good in Allaah's Plan.**

**So when a Muslim starts to feel**   
**Sick, weak or does not heal**   
**Then what happens on that day**   
**Allaah wipes their sins away!**

**So when you're sick, do not fear**   
**Allaah is Most Kind and near**   
**Surely He looks after You**   
**And He’ll always pull you through!**   
 

http://www.islam4kids.com/i4k/poems/Duaa.gif

**WHAT TO DO WHEN YOU FEEL SOME PAIN:**

Put your right hand at the place where you feel pain and say three times*‘Bismillaah'*   
Then say seven times *"A’oodhu billaahi waqudratihi min sharri maa ajidu wa-o-haadhiru”*

This du’aa means: In the name of Allaah. I seek refuge in Allaah and within His omnipotence from the evil that I feel and am