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## The Quest for Piety Beneficial Counsels on Ramadan

### Lesson Nine. The Problem of Laziness

Yama Niazi

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### Cure for Laziness

اَللّٰهُمَّ اِنِّىْ اُحُوْذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،  
وَالْعَجْزِ وَالْكَسَلِ، وَالسُّهُوِّ وَالْبُهْلِ،  
وَعَلَيْهِمُ الدِّينَ، وَعَلَيْهِمُ الرِّجَالُ،

“O Allah! I seek refuge with You from worry and grief,  
from incapacity and laziness, from cowardice and  
miserliness, from being heavily in debt and from being  
overpowered by (other) men.”