

# WORDS OF REMEMBRANCE

## for Stressed, Exhausted & Anxious Mothers

سُبْحَانَ اللَّهِ

SubhanAllah

*Glory be to Allah (how perfect are you Allah)*

الْحَمْدُ لِلَّهِ

Alhamdulillah

*All praise and thanks are to You Allah*

الله أكبر

Allahu Akbar

*You are the Greatest Allah (nothing is greater than you)*

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ  
عَلَيْهِ تَوَكَّلْتُ  
وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Hasbi Allahu, laa ilaaha illahu, alayhi tawakkaltu,  
wa huwa rabb-al arsh al-adheem

*Allah is enough for me, there is no God except Him, in Him I  
have put my trust and He is the Lord of the Magnificent Throne*

