

وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

(البقرة: 45)

And seek help through patience and prayer; and indeed, it is difficult except for the humbly submissive [to Allah]

(2:45)