



ATHKAAR / DU'AA TO MEMORIZE

Abu Hurairah narrated that the Prophet (ﷺ) said:

حَدَّثَنَا يَحْيَى بْنُ مُوسَى، أَخْبَرَنَا يَزِيدُ بْنُ هَارُونَ، أَخْبَرَنَا هِشَامُ بْنُ حَسَّانَ، عَنْ سُهَيْلِ بْنِ أَبِي صَالِحٍ، عَنْ أَبِيهِ، عَنْ أَبِي هُرَيْرَةَ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " مَنْ قَالَ حِينَ يُمَسِّي ثَلَاثَ مَرَّاتٍ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ لَمْ يَضُرَّهُ حُمَةٌ تَلُوكَ اللَّيْلَةَ " . قَالَ سُهَيْلٌ فَكَانَ أَهْلُنَا تَعَلَّمُوهَا فَكَانُوا يَقُولُونَهَا كُلَّ لَيْلَةٍ فَلَدِغَتْ جَارِيَةٌ مِنْهُمْ فَلَمْ تَجِدْ لَهَا وَجَعًا .

“Whoever says three times when he reaches the evening: ‘I seek refuge in Allah’s Perfect Words from the evil of what he created,

(A`ūthhu bikalimātillāhit-tāammāati min sharri mā khalaq)

no poisonous sting shall harm him that night.” (One of the narrators) Suhail said:

“So our family used to learn it and they used to say it every night. A girl among them was stung, and she did not feel any pain.” Sahih Sunan At-Tirmithi

SO SAY THIS ABOVE DU'AA 3 TIMES IN THE EVENING ONLY!

Narrated Abdullah ibn Khubayb:

عَنْ مُعَاذِ بْنِ عَبْدِ اللَّهِ بْنِ خُبَيْبٍ، عَنْ أَبِيهِ، أَنَّهُ قَالَ خَرَجْنَا فِي لَيْلَةٍ مَطْرٍ وَظُلْمَةٍ شَدِيدَةٍ نَطْلُبُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِيُصَلِّيَ لَنَا فَأَدْرَكْنَاهُ فَقَالَ " أَصَلَّيْتُمْ " . فَلَمْ أَقُلْ شَيْئًا فَقَالَ " قُلْ " . فَلَمْ أَقُلْ شَيْئًا ثُمَّ قَالَ " قُلْ " . فَلَمْ أَقُلْ شَيْئًا ثُمَّ قَالَ " قُلْ " . فَقُلْتُ يَا رَسُولَ اللَّهِ مَا أَقُولُ قَالَ " { قُلْ هُوَ اللَّهُ أَحَدٌ } وَالْمُعَوَّدَتَيْنِ حِينَ تُمَسِّي وَحِينَ تُصْبِحُ ثَلَاثَ مَرَّاتٍ تَكْفِيكَ مِنْ كُلِّ شَيْءٍ "

We went out one rainy and intensely dark night to look for the Messenger of Allah (ﷺ) to lead us in prayer, and when we found him, he asked: Have you prayed?, but I did not say anything. So he said: Say, but I did not say anything. He again said: Say, but I did not say anything. He then said: Say. So I said: What am I to say? He said: **Say: "Say, He is Allah, One," and al-Mu'awwadhatan three times in the morning and evening;** they will serve you for every purpose. Hasan Sunan Abu Dawuud

SO SURAT AL-IKHLAS (112), SURAT AL-FALAQ (113) AND SURAT AN-NAAS (114) - 3 TIMES EVERY MORNING (after Fajr) AND EVENING (after Maghrib)

