

CLASS 7

SEEKING AAFIYAH & PROTECTION

GOODNESS | REFUGE FROM EVIL

SEEKING WELL BEING

“Abu Bakr stood upon the Minbar, then wept, and said: ‘The Messenger of Allah ﷺ stood upon the Minbar the first year (of Hijrah), then wept, and said: “*Ask Allah for pardon and Al-`Āfiyah, for verily, none has been given anything better than Al-`Āfiyah.*” (Tirmidhi, authenticated by Albani)

The word ‘aafiyah (well-being) refers to when Allah preserves a person and protects him from that which is disliked, and grants him well-being and protection from troubles and calamities.

Below we list some Duas from the morning & evening adhkaar where the Prophet ﷺ asked for Aafiyah and goodness.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

Allahumma inni as'aluka 'ilman nafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan

O Allah, I ask You for beneficial knowledge, goodly provision and acceptable deeds

The Prophet ﷺ said it in the mornings (Ibn Majah)

A beautiful Dua that asks for a full package, knowledge that benefits, good food and deeds that are acceptable, it is like the full set of Goals for a Muslim.

We have had a course **DEEN & DUNIYA** on this Dua explaining each aspect in detail, please do join and benefit. <https://learn-islam.org/deen-and-dunya>

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ

Asbahnaa wa 'asbahal-mulku lillaahi walhamdu lillaahi, laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu, lahul-mulku wa lahul-hamdu wa Huwa 'alaa kulli shay'in Qadeer. Rabbi 'as'aluka khayra maa fee haathal-yawmi wa khayra maa ba'dahu wa 'a'oothu bika min sharri maa fee haathal-yawmi wa sharri maa ba'dahu, Rabbi 'a'oothu bika minal-kasali, wa soo'il-kibari, Rabbi 'a'oothu bika min 'athaabin fin-naari wa 'athaabin fil-qabri.

We entered upon morning and the whole Kingdom of Allah entered upon morning. Praise is due to Allah. There is none worthy of worship except Allah, the One having no partner with Him. His is the Sovereignty and to Him is praise due and He is Potent over everything. My Lord, I ask you good that lies in this day and good that follows it and I seek refuge in you from the evil that lies in this day and from the evil of that which follows it. My Lord, I seek refuge in you from laziness and the evil of old-

age. My Lord, I seek refuge in you from torment of the Hell-Fire and from torment of the grave.(Muslim)

When you say this in the evening you should say 'Amsaynaa wa'amsal-mulku lillaah: "We have ended another day and with it all dominion is Allah's.

When you say this in the evening you should say: Rabbi 'as'aluka khayra maa fee haathihil-laylati, wa khayra maa ba'dahaa, wa 'a'oothu bika min sharri maa fee haathihil-laylati wa sharri maa ba'dahaa: "I ask You for the good things of this night and of the nights that come after it and I seek refuge in You from the evil of this night and of the nights that come after it.

اللَّهُمَّ عَافِنِي فِي بَدَنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي ، لا إِلَهَ إِلاَّ اللَّهُ أَنْتَ . اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ ، وَالْفَقْرِ ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، لا إِلَهَ إِلاَّ أَنْتَ

Allaahumma 'aafinee fee badanee, Allaahumma 'aafinee fee sam'ee, Allaahumma 'aafinee fee basaree, laa 'ilaaha 'illaa 'Anta. Allaahumma 'innee 'a'oothu bika minal-kufri, walfaqri, wa 'a'oothu bika min 'athaabil-qabri, laa 'ilaaha 'illaa 'Anta.

O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You . O Allah , I seek refuge in You from disbelief and poverty and I seek refuge in You from the punishment of the grave . There is none worthy of worship but You.

(Abu Dawood)

4. The Messenger of Allah ﷺ never failed to utter (the below) supplications in the evening and in the morning (Abu Dawood, classed as Sahih by Albani)

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي ، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي ، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي ، وَمِنْ فَوْقِي ، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Allāhumma innī as'aluka 'l-`afwa wal-`āfiyata fid-dunyā wal-ākhirati, Allāhumma innī as'aluka 'l-`afwa wal-`āfiyata fī dīnī wa dunyaaya wa ahli, wa māli, Allāhummastur `awrātī, wa āmin raw'ātī, Allāhummaḥfaznī min bayni yadayya, wa min khalfī, wa `an yamīnī, wa `an shimālī, wa min fawqī, wa a`oodhu bi`aẓamatika an 'ughtāla min tahtī.

O Allah, I ask you for pardon and well-being in this life and the next. O Allah, I ask you for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah, veil my weaknesses and set at ease my dismay, and preserve me from the front and from behind and on my right and on my left and from above, and I take refuge with You lest I be swallowed up by the earth.

REFUGE FROM EVIL

Turning to Allah, may He be exalted, and asking Him for well-being and protection from all ills, evils and harms is amongst the great acts of worship and good deeds of obedience. Allah, may He be glorified and exalted, loves those who seek His help, those who turn to Him, and those who seek refuge in His might and power.

The Prophet ﷺ taught us to seek refuge with Allah from the evil of what He has created in some adhkaar that are prescribed:

1.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillaahil-lathee laa yadhurru ma'as-mihi shay'un fil-'ardhi wa laa fis-samaa'i wa Huwas-Samee 'ul- 'Aleem.

In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing.

Virtue:

The Prophet ﷺ said, “*Whoever recites it three times in the morning will not be afflicted by any calamity before evening, and whoever recites it three times in the evening will not be overtaken by any calamity before morning.*” (Abu Dawud, At-Tirmidhi, Ibn Majah & Ahmad).

2.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

'A'oothu bikalimaatil-laahit-taammaati min sharri maa khalaq.

I seek refuge in the Perfect Words of Allah from the evil of what He has created.

(Three time in the evening)

Virtue:

Allah's Messenger ﷺ said: “*When any one of you stays at a place, he should say (the above) Nothing would then do him any harm until he moves from that place.*”

A person came to Allah's Messenger ﷺ and said: "Allah's Messenger, I was stung by a scorpion during the night. Thereupon he ﷺ said: “*Had you recited these words in the evening (the above) it would not have done any harm to you.*” (Muslim)

3.

اللَّهُمَّ عَالِمِ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ ، وَأَنْ أَفْتَرِفَ عَلَى نَفْسِي سَوْءاً أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

Allaahumma 'Aalimal-ghaybi wash-shahaadati faatiras-samaawaati wal'ardhi, Rabba kulli shay 'in wa maleekahu, 'ash-hadu 'an laa 'ilaaah 'illaa 'Anta, 'a'oothu bika min sham nafsee, wa min sharrish-shaytaani wa shirkih, wa 'an 'aqtarifa 'alaa nafsee soo'an, 'aw 'ajurrahu 'ilaa Muslimin.

O Allah, Knower of the unseen and the evident , Maker of the heavens and the earth , Lord of everything and its Possessor , I bear witness that there is none worthy of worship but You . I seek refuge in You from the evil of my soul and from the evil of Satan and his helpers . (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.

(Abu Dawood & Tirmidhi)

BEFORE INTERCOURSE

Not from Morning & Evening Adhkaar

بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا

"Bismillah! Allaahumma janibnash-Shaitana, wa jannibish-Shaitana ma razaqtana

In the Name of Allah, O Allah! Keep us away from Satan and keep Satan away from what You have bestowed upon us

The Prophet ﷺ said, "*If anyone intends to have (sexual intercourse) with his wife, he should say (the above) and if Allah has ordained a child for them, Satan will never harm him.*" (Bukhari & Muslim)

Duas when Distressed/Depressed

Undoubtedly a person may suffer from psychological or mental diseases, such as anxiety about the future and regret for the past. Psychological diseases affect the body more than physical diseases affect it. Treating these diseases by means of the things prescribed in sharee'ah – (authentic adhkaar/duas/ruqyah) is more effective than treating them with physical medicines, as is well known.

We list below some that are mentioned in the authentic hadeeths of the Prophet ﷺ

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أُمَّتِكَ نَاصِيَتِي بِيَدِكَ، مَاضٍ فِي حُكْمِكَ، عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْذَنْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رِبِيْعَ قَلْبِي، وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

Allaahumma 'innee 'abduka, ibnu 'abdika, ibnu 'amatika, naasiyatee biyadika, maadhin fiyya hukmuka, 'adlun fiyya qadhaa'uka, 'as'aluka bikulli ismin huwa laka, sammayta bihi nafsaka, 'aw 'anzaltahu fee kitaabika, 'aw 'allamtahu 'ahadan min khalqika, 'awista'tharta bihi fee 'ilmil-ghaybi 'indaka, 'an taj'alal-Qur'aana rabee'a qalbee, wa noora sadree, wa jalaa'a huznee, wa thahaaba hamme.

O Allah, I am Your slave and the son of Your male slave and the son of your female slave . My forehead is in Your Hand (i.e. you have control over me) . Your Judgment upon me is assured and Your Decree concerning me is just . I ask You by every Name that You have named Yourself with , revealed in Your Book , taught any one of Your creation or kept unto Yourself in the knowledge of the unseen that is with You , to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness and the reliever of my distress.

Virtue

The Messenger of Allaah ﷺ said: "*There is no slave who, when he is stricken by anxiety and sorrow, says (the above) but Allaah will remove his sorrow and replace his grief with joy.*"

The people said: "O Messenger of Allaah, we should learn these words."

He ﷺ said: "*The one hears them should learn them.*" (Ahmad, classed as Sahih by Albani)

2.

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

Laa 'ilaaha 'illallaahu-'Adheemul-Haleem, laa 'ilaaha 'illallaahu Rabbul-'Arshil-'Adheem, laa 'ilaaha 'illallaahu Rabbus-samaawaati wa Rabbul-'ardhi wa Rabbul-'Arshil-Kareem .

There is none worthy of worship but Allah the Mighty, the Forbearing. There is none worthy of worship but Allah, Lord of the Magnificent Throne. There is none worthy of worship but Allah, Lord of the heavens and Lord of the earth, and Lord of the Noble Throne.

At times of distress, the Messenger of Allaah ﷺ used to say (the above) (Bukhari & Muslim)

3.

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئاً

Allaahu Allaahu Rabbee laa 'ushriku bihishay'an.

Allah, Allah is my Lord. I do not associate anything with Him.

The Messenger of Allaah ﷺ said: *'Shall I not teach you some words to say at times of distress? (Then he mentioned the above)'* (Reported by Abu Dawud, authenticated by Albani)

4.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Yā Hayyu yā Qayyūm, bi-rahmatika astaghīth

'O Living, O Self-Sustaining Sustainer! In Your Mercy do I seek relief

Whenever a matter would distress him, the Prophet ﷺ would say: (the above) (Tirmidhi).

5.

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

Allaahumma rahmataka 'arjoo falaa takilnee 'ilaa nafsee tarfata 'aynin, wa 'aslih lee sha'nee kullahu, laa'ilaaha 'illaa 'Anta.

O Allaah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye, and rectify for me all of my affairs. None has the right to be worshipped except You

The Prophet ﷺ said: *"The prayer for one stricken by distress is (the above)"* (Reported by Imaam Ahmad in al-Musnad, Abu Dawud)

6. Dua of Yunus A.S. (covered in the last class)

The Prophet ﷺ said to his companions: *"Shall I not tell you some words which, if distress or grief befalls any of you and he offers this prayer (supplication), it will bring him joy? It is the du'aa' of Dhoo'l-Noon (i.e. Yunus or Jonah): 'There is no god but You, Glory to You; verily I was one of the wrongdoers.'"* (Saheeh al-Jaami', no. 2605).

We ask Allaah to protect us and you from the evils of anxiety and worry, and to open our hearts to faith, guidance and tranquility.