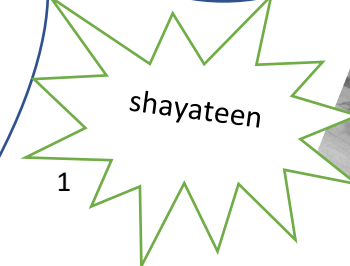
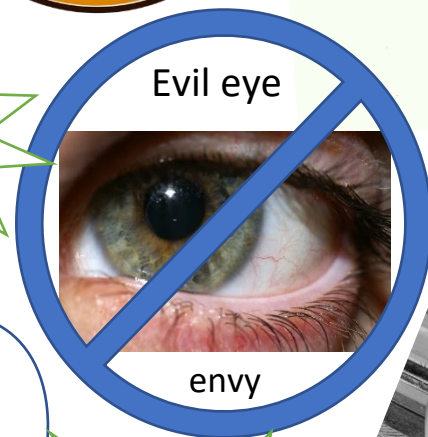
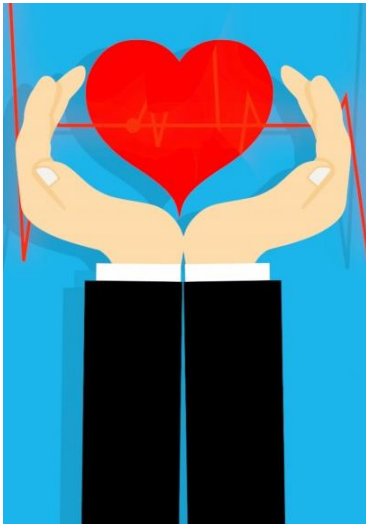
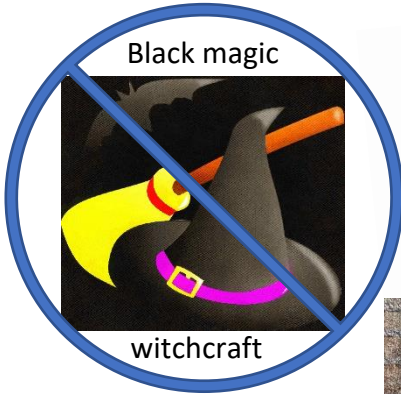


“Protection From Evil”

Du'aas and Adhkar
(BASIC)
Level 1

Recite in the mornings and evenings *DAILY*, in shaa Allah

(Here are a few BASIC daily du'aas and adhkar (dhikrs), as suggested by Mufti Menk, according to Quran and Sunnah. Let's teach these to our children too, in shaa Allah!)



1. Ayatul Kursi (3x)
2. The Three Quls (3x)
3. Bismillaahilladhi (3x)
4. Du'aa against all harm
that Allah has created (3x)

These du'aas / adhkar will protect you, by the permission of Allah, from harms, evils, shayateen and other enemies.

These du'aas / adhkar are like a "bullet-proof vest", your "armour", your "anti-virus" that will make you not susceptible to attacks, bi-idhnillah!

It doesn't necessarily mean that we won't ever get hurt anymore.
You see...

Sometimes, yes. Allah may avert some harms that are in our way. But sometimes Allah lets the harm happen, but the harm would not affect our spiritual heart as much.

The problems may be there still, but our spiritual hearts are not that anxious, distress, sorrowful, nervous, saddened or depressed.
(Compared to if we didn't make any du'aas at all!)

So that means, even if Allah still allows the evils or harms or bad things to happen to us,
our hearts are calmer, happier and more at ease, in shaa Allah.

Remember, it is only Allah,
who can allow these and any other du'aas and adhkar to work.

To get even more protection,
let's move on to the next level of protection,
in shaa Allah. **إِنْ شَاءَ اللَّهُ**

The more du'aas and adhkar that we do, the more protection that we get
from Allah. **بِإِذْنِ اللَّهِ!** Bi idh-nillah!

...

1. Ayatul Kursi (3x)

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ط
لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ط مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ
إِلَّا بِإِذْنِهِ ط يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ط وَلَا يُحِيطُونَ
بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ط وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ
وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا ط وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

ALLĀHU LĀ ILĀHA ILLĀ HUWAL-ḤAY-YUL-QAYŪM.
LĀ TA'KHU DHUHŪ SINATUW-WA LĀ NAWM.
LAHŪ MĀ FIS-SAMĀWĀTI WA MĀ FIL-ARD.
MAN DHAL-LADHĪ YASHFA`U `INDAHŪ ILLĀ BI IDHNIH.
YA`LAMU MĀ BAYNA AYDĪHIM WA MĀ KHALFAHUM
WA LĀ YUHĪṬŪNA BI SHAY`IM MIN `ILMIHĪ ILLĀ BI MĀ SHĀ`.
WASĪ`A KURSIY-YUHUS-SAMĀWĀTI WAL ARḌ.
WA LĀ YA`ŪDUHŪ ḤIF`ZUHUMĀ. WA HUWAL `ALIYYUL `AZĪM

Allah, none is worthy of worship except He, the Hayyul Qayyoom (the ever-living, the One who sustains and protects all that exists). Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and earth. Who is there that can intercede before Him except by His permission? He knows what happens to them before them and behind them. And they will never encompass anything of His knowledge except that which He wills. His throne extends over the heavens and earth. And He feels no fatigue in Guarding them. And He is Most High, Most Great.

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2. The Three Quls (3x)

a) **Suratul Ikhlaṣ**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝
لَمْ يَلِدْهُ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

BISMILLĀHIR-RAḤMĀNIR-RAḤĪM

QUL HUWAL-LĀHU AḤAD.

ALLĀHUṢ ṢAMAD.

LAM YALID WA LAM YŪLAD.

WA LAM YA KUL-LAHŪ KUFUWAN AḤAD.

In the Name of Allah, the Most Gracious, the Most Merciful.

*Say (O Muhammad ﷺ)! "He is Allah, the One.
Allah the Independent of all (yet all depend on him).
Neither does He beget nor is He begotten.
And there are none who can be equal to Him."*

b) **SURAH AL FALAQ**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثِ
فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝

BISMILLĀHIR-RAḤMĀNIR-RAḤĪM

QUL A'ŪDHU BIRABBIL FALAQ.

MIN SHARRI MĀ KHALAQ.

WA MIN SHARRI GHĀSIQIN IDHĀ WAQAB.

WA MIN SHARRIN-NAFFĀTHĀTI FIL 'UQAD.

WA MIN SHARRI ḤĀSIDIN IDHĀ ḤASAD.

In the Name of Allah, the Most Gracious, the Most Merciful.

*Say (O Muhammad ﷺ)! "I seek refuge in the Lord of the heavens,
From the evil of whatever He has created.
And from the evil of darkness as it spreads over.
And from the witch-craft of those that blow on knots.
And from the evils of the jealous in their jealousy."*

c) SURAH AN NAS

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ﴿١﴾

قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ﴿٢﴾ مَلِكِ النَّاسِ ﴿٣﴾
اِلٰهِ النَّاسِ ﴿٤﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٥﴾
الَّذِیْ یُوسِّسُ فِیْ صُدُوْرِ النَّاسِ ﴿٦﴾
مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٧﴾

BISMILLĀHIR-RAḤMĀNIR-RAḤĪM

QUL A'ŪDHU BIRABBIN-NĀS.

MALIKIN-NĀS.

ILĀHIN-NĀS.

MIN SHARRIL WASWĀSIL KHANNĀS.

AL LADHĪ YUWAS-WISU FĪ ṢUDŪRIN NĀS.

MINAL JINNATI WANNĀS.

*In the Name of Allah, the Most Gracious, the Most Merciful.
Say (O Muhammad ﷺ)! "I seek refuge in the Lord of mankind,
The Sovereign of mankind,
The God of mankind,
From the evils of the (detestable) whisperers that
(whisper then) withdraw,
Those who whisper into the bosoms of mankind,
Be they from Jinns or mankind.*

3. Bismillaahilladhi (3x)

Dua for Protection from All Evil

Recite **THREE** times - in the morning (preferably after Fajr) & evening (preferably after Asr)

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

In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heavens, and He is the All-Hearing and All- Knowing

The Messenger of Allah (ﷺ) said: He who recites three times every morning and evening: 'nothing will harm him'

[Abu Dawud & At- Tirmidhi: Book 16, Hadith 1457]

bismillaahil la-dhee laa ya Dürrü
ma'as mihee shai ünn fil ar-Di wa laa
fis samaa-ie wa hü-was samee
'ül 'aleem

4. Du'aa against all harm that Allah has created
(3x)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

**A'oodhu bi kalimaa tillaa
hittaammaati
min sharri maa khalaq**

(I seek refuge in the perfect words of Allah
from the evil of that which He has created)

Q: When can we start reading these 4 du'aas / adhkar?

A:

- After Fajr Adhan
- After Asr Adhan / After Maghrib Adhan

References:

- <https://youtu.be/YTongPIKsKg>
- [https://www.assimalhakeem.net/2021/10/26/i-
recite-my-evening-adhkar-after-asr-salat-is-it-authentic-to-
recite-laillaha-illah-lah-wahdahu-la-sharika-lahu-lahul-mulku-walahul-hamdu-yuhyi-wa-yumitu-wa-huwa-
alla-kulli-shain-qadeer-10-ti/](https://www.assimalhakeem.net/2021/10/26/i-recite-my-evening-adhkar-after-asr-salat-is-it-authentic-to-
recite-laillaha-illah-lah-wahdahu-la-sharika-lahu-lahul-mulku-walahul-hamdu-yuhyi-wa-yumitu-wa-huwa-
alla-kulli-shain-qadeer-10-ti/)

Q: Shall I read it in Arabic only?

A: You can. But it is best to understand and internalise and mean what you are reading. Try and mean what you say. Not just lip-service. So, I would suggest that you read the English

(or a language of your choice) translation as well, in shaa Allah.

However, if you don't have enough time, just do the Arabic.

Video:

Try one of these links. (Sometimes the videos may have been removed due to copyright infringement issues or other reasons.)

- <https://youtu.be/OE6V6U-vc7A> (Victorian Muslimah YouTube channel)
- <https://youtu.be/8x7gkD5F8Wo> (Islam the true religion YouTube channel)
- <https://youtu.be/58BKM0yY3mc> (The Dawah Mission YouTube channel)
- <https://youtu.be/vhLRtZml-4A> . Without texts and Qari recitations. (West Ilm Channel YouTube channel)
- <https://youtu.be/M-qnetKstKE> . Audio is partially removed. (Huda TV YouTube channel)
- https://youtu.be/iSNh8_jBhFU . Extended version. (Mufti Menk YouTube channel)

References:

- <https://storiesformuslimkids.wordpress.com/general-dhikr/>
- Fortress of the Muslim (Little black book by Darussalam Publishers)
 - Du'aa number 75, pg. 91-93
 - Du'aa number 76, pg. 93 -96
 - Du'aa number 86, pg. 107-108
 - Du'aa number 97, pg. 116-117
- <https://www.islamawareness.net/Dua/Fortress/027.html>
- <https://www.yumpu.com/en/document/read/56339916/morning-and-evening-duas>

Date: 26/12/2021
Compiled by Ms Nura Rashid
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