

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Seven

Valuable

Prescriptions

Taught to

Us by

Rasulullaah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Prescription 1 - Protection from All Worries

The one who recites the following words seven times in the morning and evening, Allaah will suffice him from all the worries of this world and the Hereafter.

(Statement of Abud - Darda رَضِيَ اللهُ عَنْهُ)

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

Translation: Allaah is sufficient for me. There is no deity but Him. In Him I have placed my trust and He is the Lord of the Great Throne!

[Abu Dawood no. 5081]

Prescription 2 - Dua of 70 000 Angels

The one who recites thrice, morning and evening:

أَعُوذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

followed by the following verses, Allaah appoints seventy thousand angels to make dua for him continuously till the evening. If he happens to pass away on that day, he will pass away as a martyr. Whoever recites it in the evening will gain the same benefit.

هُوَ اللّٰهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ

هُوَ الرَّحْمَنُ الرَّحِيمُ . هُوَ اللّٰهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ

الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهِيمُنُ الْعَزِيزُ

الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَنَ اللّٰهِ عَمَّا يُشْرِكُونَ . هُوَ اللّٰهُ

الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ

لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

[Tirmidhi no. 2922]

Prescription 3 - Protection from All Harm

The one who recites the following three Surahs thrice, Allaah will suffice/protect him from everything (all forms of harm).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا
أَحَدٌ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

قُلْ أَعُوذُ بِرَبِّ النَّاسِ مَلِكِ النَّاسِ إِلَهِ النَّاسِ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ مِنَ الْجِنَّةِ
وَالنَّاسِ

[Tirmidhi no. 3575, Nasai no. 5428]

Prescription 4 - Protection from Four Ailments

The one who recites the following thrice after Fajr will be protected from four diseases: leprosy, insanity, blindness and paralysis.

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Translation: Pure and Sublime is Allaah, The Mighty, and Praise belongs only to Him. There is no strength and power except with Allaah.

Thereafter recite the following for goodness in the Hereafter

اَللّٰهُمَّ اهْدِنِيْ مِنْ عِنْدِكَ، وَاَفِضْ عَلَيَّ مِنْ فَضْلِكَ
وَاَنْشُرْ عَلَيَّ مِنْ رَّحْمَتِكَ، وَاَنْزِلْ عَلَيَّ مِنْ بَرَكَاتِكَ

Translation: O Allaah, guide me with Your special guidance, pour down upon me Your grace, spread over me Your mercy and send down upon me Your blessings.

[Ibnus-Sunni no. 133, similar narration in Al-Mu'jamul-Kabeer of Tabaraani vol. 18 page 368, Musnad Ahmad no. 20602]

Prescription 5 – Protection from All Harm

The one who recites the following thrice morning and evening will be saved from all harm.

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

Translation: In the name of Allaah, with whose name nothing in the heavens and earth can cause harm. And He is All-Hearing and All-Knowing.

[Tirmidhi no. 3388, Abu Dawood no. 5088]

And Abaan (one of the narrators) had been stricken with a type of semi-paralysis, so a man began to look at him (in astonishment).

Abaan said to him, "What are you looking at? Indeed, the Hadith is as I reported it to you, but I did not say it one day, so Allaah brought about His decree upon me."

Prescription 6 – A Comprehensive Sunnah

Dua

The one who recites this dua will be asking for all that which Rasulullaah ﷺ sought and will be seeking protection from all that which Rasulullaah ﷺ sought protection from in the 23 years of Nubuwwah.

اَللّٰهُمَّ اِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ
صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ وَنَعُوْذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ
مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ، وَاَنْتَ
الْمُسْتَعَانُ، وَعَلَيْكَ الْبَلَاغُ، وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا
بِاللّٰهِ

Translation: O Allaah! I ask of You for all the good that Your Nabi Muhammad ﷺ asked of You, and I seek refuge from all the evil that Your Nabi Muhammad ﷺ sought refuge from.

You alone are the one from whom help is sought. And it is upon You to fulfil our plea. There is no strength to refrain from sins and to perform righteous deeds except from You.

[Tirmidhi no. 3251]

Prescription 7 - Protection from Minor and Major Shirk

The one who recites the following once (or thrice according to some narrations) will be saved from major and minor shirk (i.e. polytheism, showing off, etc.).

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ وَ أَنَا أَعْلَمُ وَ
أَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ

Translation: O Allaah, I seek Your protection from ascribing partners to You knowingly and I seek Your forgiveness for those things which I do not know.

**[Al-Ahaadeethul-Mukhtarah no. 62, Al-Adabul-Mufrad no. 716,
Musnad Abu Ya'la no. 58]**

Note: To gain full benefit from these prescriptions:

- 1.) One should recite them punctually.
- 2.) One should abstain from sin. Due to sins, the promised benefits are sometimes not attained.

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