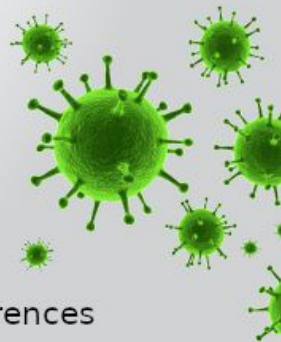




Southend
upon
Sunnah

A SHIELD FOR THE PEOPLE OF ISLĀM AGAINST EVERY COMMON DEATH/DISEASE

A collection of authentic supplications



Translated from baynoona.net, slightly paraphrased & adapted references



Mixlr

@SouthendSunnah

www.southenduponsunnah.com

On the authority of Uthmaan bin Affaan
رضي الله عنه who said:

'The Messenger of Allaah (ﷺ) said:
"There is not a slave who says three
times in the morning of every day, and
the evening of every night:

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

(In the Name of Allaah, with whose
Name nothing can cause harm in the
Earth nor in the Heavens, and He is the
all-Hearing, the all-Knowing)
– except that nothing will harm him."

- Saheeh At-Targheeb #655



The Messenger of Allaah
صلى الله عليه وسلم said:

'...Say: {Say: He is
Allaah, The One} (Surah
Al-Ikhlaas) and the two
surah's of seeking refuge
(Surah Al-Falaq and Surah
An-Naas) in the evening and
in the morning, 3 times, for
they will suffice you against
everything'

- Saheeh Abu Dawud #5082



The Messenger of Allaah صلى الله عليه وسلم said:

"Whoever says (upon leaving his house):

بسم الله توكلت على الله، ولا حول ولا
قوة إلا بالله

[I begin with the Name of Allaah; I trust in Allaah; there is no altering of conditions but by the Power of Allaah].'

It will be said to him: 'You are guided, defended and protected.' and the devil will go far away from him".

One devil will say to another: 'How can you deal with a man who has been guided, defended and protected?

- Saheeh Abu Dawud #5090



@southendsunnah



www.southenduponsunnah.com



mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah

The Messenger of Allaah صلى الله عليه وسلم said:

"Whosoever alights at a place and says:

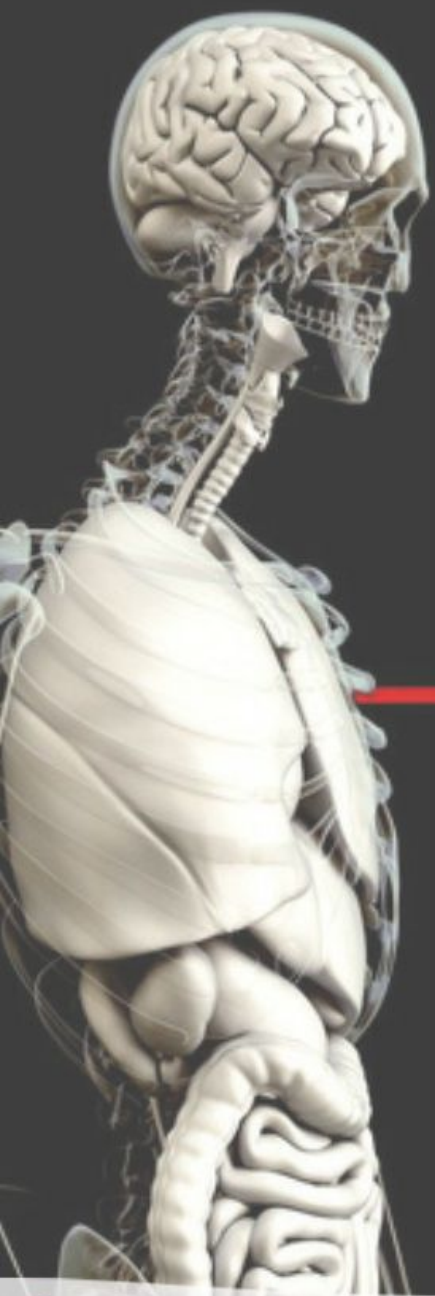
أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا
خَلَقَ

[I seek refuge in the Perfect Words
of Allaah from all the evil that He
has created]

Then nothing shall harm him until
he leaves that place."

- Saheeh Muslim #2708





The Messenger of Allaah صلى الله عليه وسلم said:

"Whoever sees an afflicted person,
then says:

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ
وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

[All praise is due to Allaah who
saved me from that which He has
afflicted you with, and blessed me
greatly over many of those whom
He has created]

Then he shall not be struck by that
affliction."

- Saheeh Al-Jaami' #6248



On the authority of Anas رضي الله عنه
The Prophet صلى الله عليه وسلم used
to say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ
وَالْجُنُونِ وَالْجُذَامِ وَمِنْ سَيِّئِ
الْأَسْقَامِ

[O Allaah, I seek refuge in You from
leucoderma, insanity, leprosy and
from evil diseases]

- Saheeh Abu Dawud #1554



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah



On the authority of ibn Umar رضي الله
عنهما:

The Messenger of Allaah صلى الله عليه
وسلم used to supplicate saying:

اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنْ زَوَالِ
نِعْمَتِكَ, وَتَحَوُّلِ عَافِيَّتِكَ
وَفَجْأَةِ نِقْمَتِكَ, وَجَمِيعِ سَخَطِكَ

[O Allaah! I seek refuge in you from the
withholding of your favour, the decline
of the good health you have given, the
suddenness of your vengeance and
from all forms of your wrath.]

- Saheeh Muslim #2739



@southendsunnah



www.southenduponsunnah.com



mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah

On the authority of Abu Hurairah
رضي الله عنه: The Messenger of
Allaah صلى الله عليه وسلم said:

"There is no supplication a slave
can say more virtuous than:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْمُعَافَاةَ فِي
الدُّنْيَا وَالْآخِرَةِ

[O Allaah! Indeed I ask You for
wellbeing in this life and the
hereafter]

- Saheeh Al-Jaami' #5703



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah

The Messenger of Allaah صلى الله عليه وسلم said:

"The supplication of Dhun-Noon (Prophet Yunus عليه السلام) when he supplicated whilst in the belly of the whale:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

[There is no God worthy of worship except You, Glory be to You, verily I was from amongst the transgressors]

Verily no Muslim man supplicates with it for something except that Allaah responds to him."

- Saheeh Al-Jaami' #3383



The Prophet صلى الله عليه وسلم said:

"Seek refuge in Allaah from the difficulties of severe calamities, being overtaken by misery and an evil fate, and from the gloating of enemies."

- Saheeh Al-Bukhari #6616

On the authority of AbdurRahman ibn Abi Bakrah who said to his father: O my father I hear you supplicating every morning:

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ لَا إِلَهَ إِلَّا أَنْتَ

[O Allaah, grant me wellbeing in my body. O Allaah grant me wellbeing in my hearing. O Allaah grant me wellbeing in my sight. There is no one worthy of worship except You. O Allaah, verily I seek refuge in You from disbelief and poverty. O Allaah I seek refuge in You from the punishment of the grave. There is no one worthy of worship but you]

And you repeat it 3 times in the morning & 3 times in the evening & use it as a supplication. He replied: Yes my son, I heard the Messenger of Allaah صلى الله عليه وسلم saying it and I love to follow his Sunnah."

- Saheeh Abu Dawud #5090



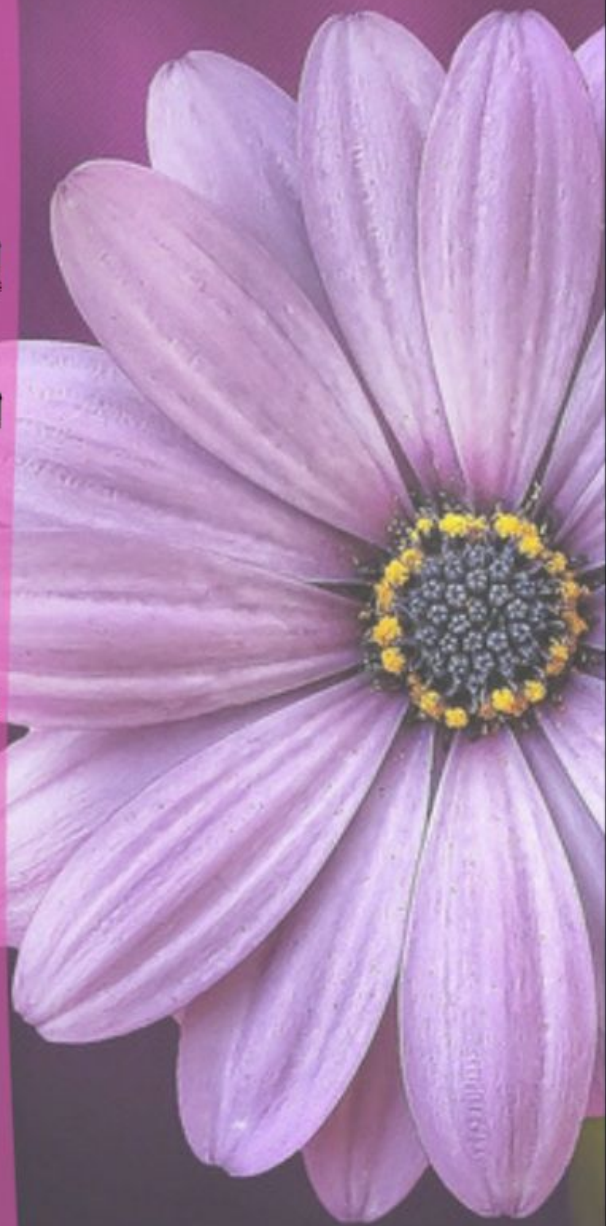
Ibn Umar رضي الله عنهما said:

The Messenger of Allaah صلى الله عليه وسلم never abandoned these supplications in the mornings and evenings:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ. اللَّهُمَّ
إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ، وَأَهْلِي
وَمَالِي. اللَّهُمَّ اسْأُرْ عَوْرَاتِي، وَأَمِنْ رَوْعَاتِي. اللَّهُمَّ
اخْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي، وَعَنْ يَمِينِي وَعَنْ
شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ
تَحْتِي

[O Allaah! Verily I ask You for forgiveness & safety in the wordly life and in the Hereafter. O Allaah! I ask You for forgiveness & safety in my religion and my wordly life and in my family and in my wealth. O Allaah! Conceal for me my faults and keep me safe from that which I fear. O Allaah! Guard me from that which is between my hands (i.e. in front of me), and from behind me, and from my right, and from my left, and from above me, and I seek refuge in Your greatness that I am destroyed from beneath me)]

- Saheeh Abu Dawud #5074



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



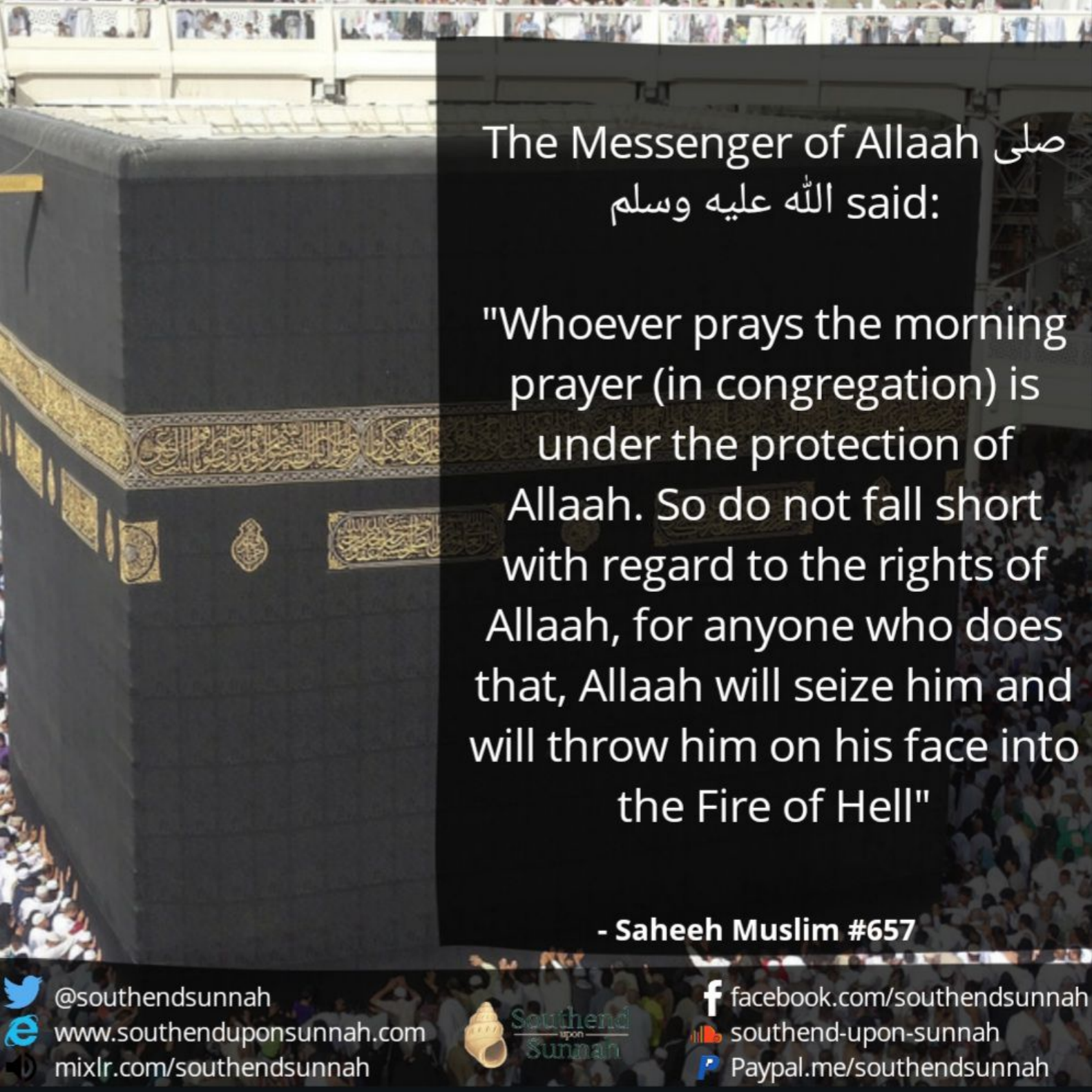
facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah



The Messenger of Allaah صلى الله عليه وسلم said:

"Whoever prays the morning prayer (in congregation) is under the protection of Allaah. So do not fall short with regard to the rights of Allaah, for anyone who does that, Allaah will seize him and will throw him on his face into the Fire of Hell"

- Saheeh Muslim #657



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah

The Messenger of
Allaah صلى الله عليه وسلم
said:

"Whoever recites the
last 2 verses of Surah
Al-Baqarah at night,
then it will suffice
him."

- Saheeh Al-Bukhari #5090
& Saheeh Muslim #808



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah



The Messenger of Allaah
صلى الله عليه وسلم said:

"The supplication benefits
against that which strikes
and that which does not
strike..."

- Dha'eef Al-Jaami' #4785

So verily let the calamities strike and
meet them with supplication, and it will
be a treatment for them until the Day
of Judgement

(TN: Weak hadeeth but correct meaning)



The Messenger of Allaah
(ﷺ) said:

"Working righteousness
protects from the striking
of evil, and hidden charity
extinguishes the Anger of
Allaah, and keeping the ties
of kinship increases the
lifespan."

- As-Silsilah As-Saheehah 4/538





The Messenger of Allaah صلى الله عليه وسلم said:

"Cover the vessels and tie the waterskin, for there is a night in a year when disease descends, and it does not pass an uncovered vessel or an untied waterskin but some of that disease descends into it."

- Saheeh Muslim #2014

Narrated Abdullah bin Aamir:

Umar went to Shaam and when he reached Sargh, he got the news that (a disease) had broken out in Shaam. Abdur-Rahman bin Auf told him that the Messenger of Allaah (ﷺ) said:

"If you hear that it (a disease) has broken out in a land, then do not go to it; and if it breaks out in a land where you are present, do not leave it trying to escape from it."

- Saheeh Bukhari #5730



The Prophet ﷺ said:

"Do not mix the
sick with the
healthy."

- Saheeh Al-Bukhari #5774

Narrated by Usamah bin Zayd
رضي الله عنه

The Messenger of Allaah صلى الله عليه وسلم said:

"Plague was a means of torture sent upon a group of the children of Israel. So if you hear of its spread in a land, do not approach it, and if a plague should appear in a land where you are present, then do not leave that land in order to run away from it."

- Saheeh Bukhari #3473



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah



"Whenever you go to your bed recite Ayat Al-Kursi (2:255) until you finish the whole verse. (If you do so) then Allaah will appoint for you a guardian who will stay with you, and no devil will approach you till dawn."

- Saheeh Bukhari #2311



@southendsunnah

www.southenduponsunnah.com

mixlr.com/southendsunnah



Southend
upon
Sunnah



facebook.com/southendsunnah



southend-upon-sunnah



Paypal.me/southendsunnah