

سمعت عثمان بن عفان رضي الله عنه يقول قال رسول الله صلى الله عليه و سلم ما من عبد يقول في صباح كل يوم ومساء كل ليلة

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

'Uthman bin 'Affan (May Allah be pleased with him) reported:
The Messenger of Allah (ﷺ) said, "He who recites three times every morning and evening:

'Bismillahil-ladhi la yadurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim.

(In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All-Knowing),' nothing will harm him."

(2) عَنْ أَبِي هُرَيْرَةَ أَنَّهُ قَالَ : جَاءَ رَجُلٌ إِلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالَ : يَا رَسُولَ اللَّهِ مَا لَقِيتُ مِنْ عَقْرَبٍ لَدَعْتَنِي الْبَارِحَةَ ، قَالَ : أَمَا لَوْ قُلْتَ حِينَ أَمْسَيْتَ : أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ ، لَمْ تَضُرَّكَ . رواه مسلم

2) Abu Hurairah (May Allah be pleased with him) reported:
A man came to the Prophet (ﷺ) and said, "What a trouble I suffered from a scorpion which stung me last night!" He (ﷺ) said, "

Had you said in the evening:

'A'udhu bikalimatillahit-tammati min sharri ma khalaqa

(I seek the protection of Allah's Perfect Words from the evil of whatever He has created),' it would not have harmed you."

(3) عن عبد الله بن خبيب رضي الله عنه قال : خَرَجْنَا فِي لَيْلَةٍ مَطَرٍ 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) ، فَقُلْتُ : يَا رَسُولَ اللَّهِ مَا أَقُولُ ؟ قَالَ : (قُلْ : قُلْ هُوَ اللَّهُ أَحَدٌ) وَالْمُعَوِّذَتَيْنِ حِينَ تُمَسِّي وَحِينَ تُصْبِحُ ثَلَاثَ مَرَّاتٍ تَكْفِيكَ مِنْ كُلِّ شَيْءٍ . رواه الترمذي وأبو داود

3) Mu`adh bin `Abdullah bin Khubaib, narrated from his father, who said: "We went out on a rainy and extremely dark night, looking for the Messenger of Allah (ﷺ), so that he could lead us in Salat." He said: "So I met him and he (ﷺ) said: 'Speak' but I did not say anything. Then he (ﷺ) said: 'Speak.' But I did not say anything. He (ﷺ) said: 'Speak.' So I said: 'What should I say?' He (ﷺ) said: 'Say: "Say: He is Allah, the One" and Al-Mu`awwidhatain, when you reach evening, and when you reach morning, three times, they will suffice you against everything.'"

(4) عَنْ أَنَسِ رَضِيَ اللَّهُ عَنْهُ أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ يَقُولُ:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُدَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ . رواه أحمد وأبو داود والنسائي

4) The Prophet (ﷺ) used to supplicate: O Allah! I seek refuge in You from leprosy, insanity, elephantiasis and evil diseases."

(5) عَنْ عَبْدِ اللَّهِ بْنِ عُمَرَ رَضِيَ اللَّهُ عَنْهُمَا قَالَ : كَانَ مِنْ دُعَاءِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ :

(م

) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ ، وَتَحَوُّلِ عَافِيَتِكَ ، وَفُجَاءَةِ نِقْمَتِكَ ، وَجَمِيعِ سَخَطِكَ) . (رواه مسلم

5) 'Abdullah bin 'Umar (May Allah be pleased with them) reported:
The Messenger of Allah (ﷺ) used to supplicate thus:

"Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

(O Allah! I seek refuge in You against the declining of Your Favours, passing of safety, the suddenness of Your punishment and all that which displeases You)."