

## Remembering to Say the Morning & Evening Adhkaar

Translated

by

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From Aaban bin Uthmaan who said: I heard Uthmaan bin Affan saying that he heard the Messenger of Allaah -*sallAllaahu alayhi wa sallam*- say:

'There is no slave of Allaah who says 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 no harm whatsoever can come to you on the earth or in heaven, and Allaah is the all - Hearing and all - knowing.'

Bismillaah aladhi la ya Dhurroo ma' Ismeechi Shayun fil Ardhee wa la fee samaa' wa huwa as-Sameea' al-Aleem

- 'Three times , that anything will harm him'.

Aaban had been afflicted with semi paralysis which caused a man to stare at him, so Aaban said to him:

'What are you looking at? As for the *Hadeeth* then it is how I narrated it to you, however that day I did not say this *Dhiker* and Allaah's *Qadr* was executed upon me.'

[Collected by Ahmad, Abu Dawood and Ibn Hibban & authenticated by Albaani in Saheeh Ibn Majah No. 3134, Saheeh Abu Dawood No.5088]

### **Comments :**

Shaykh al-Muhammadith Muhammad Nasir- Deen Al-Albaani (d.1420A.H) - *Rabimullaah*- commented in 'Silsilah Huda wa Noor' saying:

'It is obligatory upon every Muslim, firstly as worship . . and secondly as medical treatment to seek refuge with Allaah -*Aẓza wa Jal*- with statements narrated from the Messenger -*alayhi sallam*- authentically conveyed that he said or that one should say:

Since indeed nothing whatsoever shall harm him during that day, this *Hadeeth* is narrated by Imam Ahmad in his Musnad and the collectors of the 'Sunnan' in their books from way of Aaban bin Uthmaan bin Affan.

Uthmaan bin Affan is more well known than a big guiding fire lit upon a mountain to guide the people, one of the rightly guided *Khulafa*, the third *Khalifa* his son Aaban is from the *Thiqaat* (trustworthy narrators) of the

*Taba'een* (successors of the Companions) and from those who had memorised the narrations. He was in a gathering and when he narrated this *Hadeeth* one of those in the gathering stared at him, meaning that Aaban the one who was talking understood, he was the one conveying the *Hadeeth* and he had been afflicted with paralysis in his hand so Aaban understood when the person in the gathering looked in a certain way.

Aban said to him: O my son - and he mentioned the meaning of what follows, if *Qadr* descends sight is blinded, I forgot to seek refuge with this supplication on that day, so I was afflicted with semi paralysis this is why it is necessary for the Muslim to make his habit and principle of which it would not be possible to forget, except if he forgot food and drink and he is so much in need of this and it is not possible to forget to eat, therefore, it is necessary to have great concern for this type of supplication, and if *Qadr* occurs then it had none besides Allaah who can avert it, (or advance it, or delay it)!'.

[Silsilah huda wa noor no. 746 at 22:31]

Shaykh Muhammad bin Salih al-Uthaymeen (d.1421 A.H.) said:

"This is because Allaah *Subbanahu wa Ta'ala* has in His Hand the dominion of the heavens and the earth. His Name is blessed if it is mentioned over

something. This is why it is legislated to mention Allaah Ta'ala's Name over food, if you intended to eat then you say in the Name of Allaah and if you intend to drink then you say in the Name of Allaah, if you intend to come to your wife then you say in the Name of Allaah.

Therefore, mentioning the Name of Allaah is legislated to say at many times however the strongest opinion is that it is obligatory for a person to mention it upon food and drink, if he intends to eat he says in the Name of Allaah, and if he intends to drink that he says in the Name of Allaah, due to the command of the Prophet *-sallAllaahu alayhi wa sallam-* to do so. Also because the Prophet *-sallAllaahu alayhi wa sallam-* mentioned that whoever did not mention the Name of Allaah over his food then Shaytaan partakes in that food. So do not forget to say every evening and every morning : 'In the Name of Allaah with whose name no harm whatsoever can come to you on the earth or in heaven, and Allaah is the all - Hearing and all - knowing. Three times.'

[From 'Explanation of Riyadh as-Salheen' Kitaab al-Itikaaf, chapter Dhikr in the morning and evening. By Shaykh Uthaymeen]