

Dua From As Sunnah

Protect Yourself

Uthmaan ibn 'Affaan (may Allah have mercy on him) said: "I heard the Messenger of Allah (peace & blessing be upon him) say:
"Whoever says:

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 harm on earth or in heaven, and He is the All-Hearing, All-Knowing)

THREE times, will not be stricken with a sudden affliction until morning comes, and whoever says them when morning comes will not be stricken with a sudden affliction until evening comes."

(Abu Dawood -Saheeh by al-Albaani)

