

# Believer's Fortress

LILLAH TRUST  
Publication

# Preface

We have gathered, compiled, and selected those specific supplications taught by our beloved Prophet Muhammad (ﷺ) related to the topic of how to seek refuge in Allah (الله) against every evil and harm on a daily basis.



# Morning & Evening Adhkar

## (for protection from all evil)

The morning and evening adhkar are a collection of du'as and remembrances established by the Messenger of Allah (ﷺ). A Muslim should recite these on a daily basis in the morning and evening.

Allah (اللهُ سبحانه وتعالى) instructs the Prophets (ﷺ) and the believers to remember Him in the morning and the evening in Surah Al Ahzab, Verse 41 to 42.

The morning and evening adhkar are a protection from all types of evil, including envy, magic, the evil eye, and the devils' evil plotting. We should try to recite these adhkar with understanding, conviction, and the presence of our hearts on a daily basis.

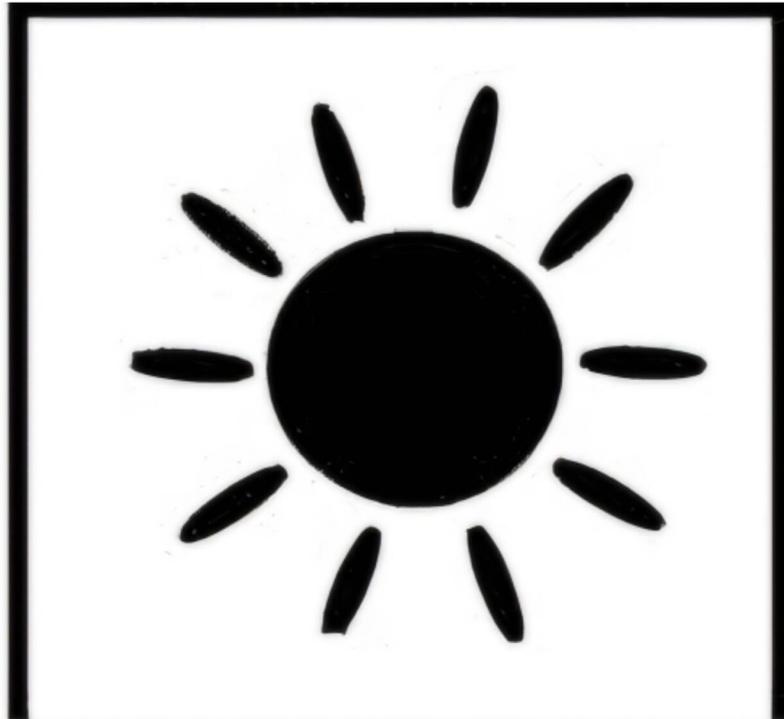
The best time for the morning adhkar is between Fajr and sunrise, and the best time for the evening adhkar is between Asr and sunset.



# When should the morning and evening adkhar be read?

Noon

ZUHR



ASR

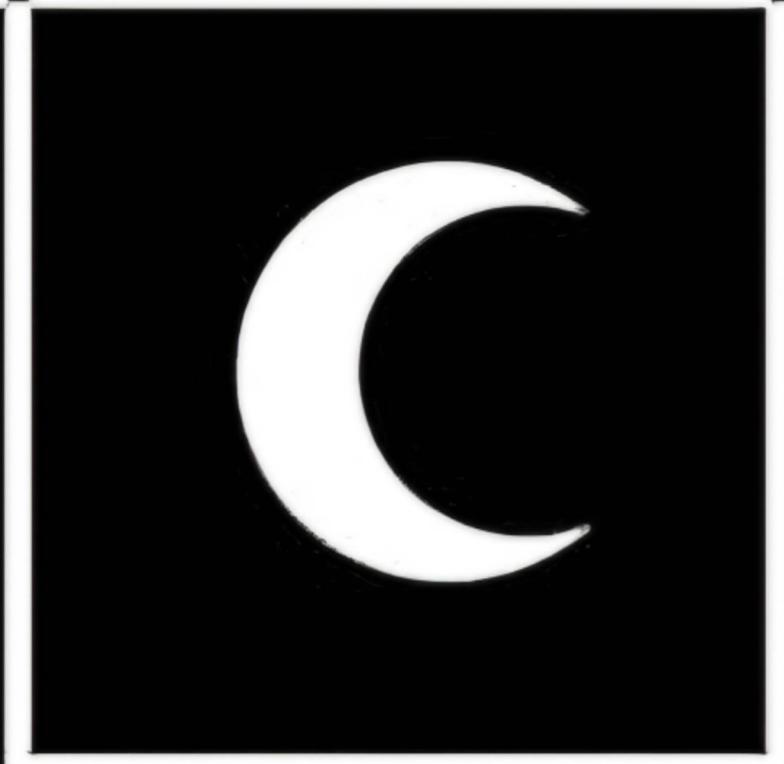
EVENING  
ADKHAR

Sunset

Sunrise

MORNING  
ADKHAR

FAJR



MAGHRIB

ISHA

Midnight

# Ayatul kursi



أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ، لَا تَأْخُذُهُ  
سِنَةٌ وَلَا نَوْمٌ ، لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي  
الْأَرْضِ ، مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ،  
يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ، وَلَا  
يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ،  
وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ ، وَلَا يَئُودُهُ  
حِفْظُهُمَا ، وَهُوَ الْعَلِيُّ الْعَظِيمُ

A'udhu billahi minash Shaytanir-rajim. Allahu la ilaha illa huwa, al-Hayyul-Qayyum, la ta'khudhuhu sinatun wa la nawm, lahu ma fis-samawati wa ma fil-ard. Man dhal-ladhi yashfa'u 'indahu illa bi-idhnihi. Ya'lamu ma bayna aydihim wa ma khalfahum, wa la yuhituna bi shay'im-min 'ilmihillu illa bima sha'a. Wasi'a kursiyuhus-samawati wal-ard, wa la ya'uduhu hifdhuhuma wa Huwal-'Aliyyul-'Adheem."

I seek the protection of Allah from the accursed Shayṭān. Allah, there is no god worthy of worship but He, the Ever Living, The Sustainer of all. Neither drowsiness overtakes Him nor sleep. To Him Alone belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except with His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursī extends over the heavens and the earth, and their preservation does not tire Him. And He is the Most High, the Magnificent.

Ubayy Bin Ka'b (رضي الله عنه) narrated that he had a harvest of dates that was unexplainably shrinking every day. Keeping a close watch over it, he found the thief to be a jinni that resembled an adolescent boy, but with skin and paws similar to a dog's. Ubayy had a brief discourse with this jinni and then asked him, "What would protect us from your kind?" The jinni replied: "This ayah from Sūrat ul-Baqarah, 'Allahu lā ilaha illa huw-al-hayy-ul-qayyūm, whoever says it in the evening, he will be protected from us until the morning, and whoever says it in the morning, he will be protected from us until the evening.'" In the morning. Ubayy came to the Prophet (ﷺ) and told him about this. The Prophet (ﷺ) said: "The evil one has said the truth."

[Recorded by an-Nasa'i, at-Tabarani, and others. Verified to be authentic by al-Albanī (Sahih-ut-Targhīb 662 and as-Sahihah 3245). Shaykh Mohammad Jibaly says: Al-Albani had a doubt about the part of this hadith that specifies morning and evening, but this was also shown to be acceptable by Abul-Hasan as-Sulaymānī al-Ma'ribī.]

Bismillahir-Rahmanir-Rahim. Qul huwa'llaahu  
ahad Allahu's-samad Lam yalid wa lam yoolad  
Wa lam yakul-lahoo kufuwan ahad.

Bismillahir-Rahmanir-Rahim. Qul a'oodhu bi  
rabbil-falaq Min sharri maa khalaq Wa min sharri  
ghaasiqin idhaa waqab Wa min  
sharrin-naffaa-saati fil 'uqad Wa min sharri  
haasidin idhaa hasad

Bismillahir-Rahmanir-Rahim. Qul a'oodhu  
birabbin naas Malikin naas Ilaahin naas Min  
sharril waswasil khannaas Alladhee yuwaswisu  
fee sudoorin naas Minal jinnati wannaas

In the name of Allah, the All-Merciful, the Very  
Merciful. Say, He is Allah, the One, the  
Self-Sufficient Master, Who has not given birth  
and was not born, and to Whom no one is equal.  
(112)

In the name of Allah, the All-Merciful, the Very  
Merciful. Say, I seek protection of the Lord of  
the daybreak, from the evil of what He has  
created, and from the evil of the darkening night  
when it settles, and from the evil of the blowers  
in knots, and from the evil of the envier when he  
envies. (113)

In the name of Allah, the All-Merciful, the Very  
Merciful. Say, I seek protection of the Lord of  
mankind, the King of mankind, the God of  
mankind, from the evil of the whisperer who  
withdraws, who whispers in the hearts of  
mankind, whether they be Jinn or people. (114)

Abdullah ibn Khubayb (رضي الله عنه) reported:  
The Messenger of Allah (ﷺ), said, "Speak." I  
said, "What should I say?" The Prophet said,  
"Say, 'He is Allah, the One,' (112:1) and the two  
chapters of refuge, al-Falaq and al-Nas, every  
evening and morning three times. They will be  
enough for you against everything."

Source: Sunan al-Tirmidhī 3575

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 الْفَلَقِ ، مِنْ شَرِّ  
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الْعُقَدِ ، وَمِنْ شَرِّ حَاسِدٍ إِذَا  
حَسَدَ.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ، مَلِكِ  
النَّاسِ ، إِلَهِ النَّاسِ ، مِنْ شَرِّ  
الْوَسْوَاسِ الْخَنَّاسِ ، الَّذِي  
يُوسِسُ فِي صُدُورِ النَّاسِ ،  
مِنَ الْجِنَّةِ وَالنَّاسِ.



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

Bismillahil-lazee la yaduru 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

Uthman bin 'Affan (رضي الله عنه) 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."

Sunan Abu Dawud 5088; at-Tirmidhi 3388



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

Hasbiy-Allahu la ilaha illa huwa 'alayhi tawakkaltu,  
wa-huwa rabbul-'arshil-'adheem

Allah is sufficient for me. None has the right to be worshipped but He, in Him I put my trust and He is the Lord of the Mighty Throne.

Abū al-Dardā' (رضي الله عنه) narrates from the Messenger of Allah (ﷺ) that he said: "Whoever recites seven times in the morning and in the evening, Allah will suffice him in everything that concerns him in matters of this world and the next."

Ibn As-Sunni (no. 71), Abu Dawud 4/321. Both reports are attributed directly to the Prophet ﷺ (Marfu1). The chain of transmission is sound (Sahih). Ibn As-Sunni.



# أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Abu Hurayrah (رضي الله عنه) reported that a man complained to the Prophet (ﷺ) that he was badly hurt by a scorpion's sting, so the Prophet (ﷺ) told him: "Indeed, it would not have harmed, should you have said last evening:

A'udhu bi-kalimatil-lahit-tammati min sharri ma khalaq

I seek refuge in Allah's complete words from all that He created.

In another narration the Prophet (ﷺ) said: "Whoever says three times when he reaches the evening..he will not be harmed by any Humatun (sting or bite of a poisonous creature) during that night."

Suhail (one of the narrators) said, "So our family used to learn it and they used to say it every night. A girl among them was stung, and she did not feel any pain."

[Recorded by Muslim 2709, Abū Dāwūd, and others]



اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ،  
رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ  
مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَقْتَرِفَ  
عَلَى نَفْسِي سُوءًا أَوْ أُجْرَهُ إِلَى مُسْلِمٍ

Abū Bakr as-Siddiq, Abū Hurayrah, and several other companions (رضي الله عنهم), all reported that the Prophet (ﷺ) taught them to say in the morning and evening, and at bed-time:

Allahumma 'aalimal-ghaybi wash-shahadah, faatir as-samawati wal-ard, rabba kulli shay in wa-malikah, ash-hadu alla ilaha illa ant, a'udhu bika min sharri nafsi, wa-min shar-rish-shaytani wa shirkihi, wa-an aqtarifa 'ala nafsi su'an aw ajurrahu ila Muslim.

O Allāh, Knower of the ghayb and witnessed worlds, Creator of the heavens and Earth, Lord and Sovereign of all things: I bear witness that there is no (true) god except You. I seek Your protection from the evil of myself, from the evil and shirk of Satan, and from that I would commit harm against myself or direct it toward another Muslim.

[Recorded by Abu Dawud, at-Tirmithi 3392 & 3529, and others. Verified to be authentic by al-Albani (as-Sahihah 2753, 2763, 3443)]



اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ  
إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي، وَدُنْيَايَ، وَأَهْلِي،  
وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَأَمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي  
مِنْ بَيْنِ يَدَيْ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ  
فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Abdullah Bin 'Umar (رضي الله عنه) reported that the Prophet (ﷺ) would not leave off saying the following supplications in the evening and morning:

Allahumma inni as alukal-'afwa wal 'afiyata fid-dunya wal akhirah.

Allahumma inni as alukal-'afwa wal 'afiyata fi deeni wa-dunyaya wa-ahli wa-maali. Allahum-mastur 'awraati wa-aamin raw'aati. Allahum-mahfadhni min bayni yadayya wa-min khalfi, wa-'an yameeni wa-'an shimaali, wa-min fawqi, wa-a'udhu bi-'adhamatika an ughtaala min tahti.

O Allāh, I ask You for pardon and well-being in this life and the next. O Allah, I seek Your pardon and well being in regard to my religion, worldly affairs, family, and possessions. O Allāh, conceal my weaknesses and ease my fear. O Allah, protect me from in front of me and behind me, from my right and left sides, and from above me; and I seek refuge in Your greatness from getting attacked from underneath me.

[Recorded by Ibn Majah 3871, Abu Dawud 5074, an-Nasaī, and others. Verified to be authentic by al-Albani (Al-Kalim-ut-Tayyib 27 and Sahit-ul-Targhib 659)]



يَا حَيُّ، يَا قَيُّوْمُ، بِرَحْمَتِكَ  
أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا  
تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

Anas Bin Mālik (رضي الله عنه) reported that the Prophet (ﷺ) said to his daughter Fatimah (رضي الله عنها): “What prevents you from listening to what I command you – to say in the morning and evening:

Ya hayyu, ya qayyum, bi-rahmatika astaghith. Aslih li sha’ni kullah, wala takilni ila nafsi tarfata ’ayn

O You who are ever Alive and in full charge, through Your mercy I appeal for help; rectify all of my affairs, and do not relinquish me to myself for as little as an eye’s blink.

[Recorded by an-Nasa’i, al-Bazzar, and others. Verified to be hasan by al-Albani (Sahihut-Targhib 661 and as-Sahihah 227)



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

Abū Bakrah (رضي الله عنه) reported that he heard the Prophet (ﷺ) repeat three times in the morning and in the evening:

Allahumma 'aafinee fee badanee, Allahumma 'aafinee fee sam'ee, Allahumma 'aafinee fee basaree, laa ilaaha illaa ant. Allahumma inni a'udhu bika minal-kufri wal faqri, Allahumma inni a'udhu bika min 'adhaabil-qabri, laa ilaaha illaa ant.

O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You. O Allah, I seek refuge in You from disbelief and poverty and I seek refuge in You from the punishment of the grave. There is none worthy of worship but You.

[Recorded by Abu Dawud an-Nasa'i, and others. Verified to be hasan by al-Albani (al-Adab-ul-Mufrad 701)]



لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ  
لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ  
عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Abu Hurayrah and 'Abdullah Bin 'Amr (رضي الله عنهم) reported that the Prophet (ﷺ) said:

“Whoever says this one hundred times in the morning (and one hundred in the evening), it will count for him as freeing ten slaves, one hundred good deeds will be recorded for him, one hundred sins will be removed from his record, and it will shelter him from Satan until the evening; and no one will come (on Judgment Day) with a better deed except for a person who superceded him (in saying it).”

La ilaha illallah, wahdahu la sharika lah, lahul mulku wa-lahul-hamdu, wa-huwa 'ala kulli shay'in qadeer.

There is no (true) god except Allāh, alone, without any partners. To Him belongs the dominion, He is worthy of all praise, and He is capable of everything.

[Abu Hurayrah's report is recorded by al-Bukhari (3293, 6403) and Muslim (2691). Ibn Amr's report mentions the evening (between brackets) and is recorded by an Nasāī, Ahmad, and others; it was verified to be hasan by al-Albānī (as-Sahihah 2762 and Sahih-ut-Targhib 658)]



# Conclusion

Allah (ﷻ) says:

O you who have believed, remember Allāh with much remembrance. And exalt Him morning and afternoon. (Surah Al-Ahzab 33, Verse 41 - 42)

So be patient, [O Muhammad]. Indeed, the promise of Allāh is truth. And ask forgiveness for your sin and exalt Allah with praise of your Lord in the evening and the morning. (Surah Ghafir 40, Verse 55)

So be patient, [O Muḥammad], over what they say and exalt [Allāh] with praise of your Lord before the rising of the sun and before its setting, And [in part] of the night exalt Him and after prostration [i.e., prayer]. (Surah Qaf 50, Verse 39 - 40)

Al-Harith al-Ash'ari (رضي الله عنه) reported that the Prophet (ﷺ) said: "... And I command you to extoll Allāh. The example of this is like that of a man who is being closely chased by enemies until he reaches a secure fortress where he takes shelter against them. Similarly, a person cannot protect himself from Satan except by extolling Allah." [Recorded by at-Tirmithi, Ibn Hibban, and others, Verified to be authentic by al-Albānī (Sahih ut-Targhib wat-Tarhīb no. 552)]

When we say an extollment, understanding its meaning, believing in its power, and trusting its outcome, it forms a strong shield around us that protects us from Satan's attacks. Without these conditions, the extollment is not as effective. Also, the more extollments we say, the stronger that the shield becomes making it harder for Satan to penetrate it and harm us.