



# **Prophetic Morning Remembrance (Athkar) of Allah**

**Term 1 2026  
Morning Majlis  
8.20am – 8.25am**

# #1: Ayatul Kursi (Quran 2:255)

## THE MORNING & EVENING ADHKĀR

أذكار الصباح والمساء

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.  
1 اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ، لَا تَأْخُذُهُ سِنَّةٌ 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.

Allah, there is no god but He, the Ever Living, the One Who sustains and protects all that exists. 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 tires Him not. And He is the Most High, the Most Great. (2:255)

## UBAYY ﷺ & THE JINNĪ

Ubayy ibn Ka'b ﷺ reported that he had a vessel in which he kept dates. He found that its quantity was decreasing. So he kept guard on it one night and saw a creature that resembled an adolescent boy. Ubayy greeted him and he returned his greeting. Ubayy then asked him: "What are you, a jinnī or a human?" He replied: "A jinnī." So he said to him: "Show me your hand." So he showed him his hand, and it looked like a dog's paw with dog's fur. He said: "This is how the jinn are created. The jinn know that there is no one amongst them who is stronger than me." Ubayy asked him: "What made you come here?" He replied: "We heard that you are a man who loves charity, and we came to take our share from your food." Ubayy asked him: "What will protect us from you?" He replied: "Reading Āyah al-Kursī from Sūrah al-Baqarah [i.e. the verse above]. Ubayy said: "Ok." The jinnī said: "If you read it in the morning, you will be protected from us till the evening. And if you read it in the evening, you will be protected from us till the morning." Ubayy said: "The following morning, I went to the Messenger of Allah ﷺ and told him about what had happened. The Messenger of Allah ﷺ said: "The evil one spoke the truth." (Tabarānī)

Āyah al-Kursī is the strongest protection against the evil of the jinn. Hence it is Sunnah to read it in the morning and evening, before sleeping, and after the fardh prayers.

# #2: Surah Al-Ikhlās, Surah Al-Falaq, Surah An-Nas (The Mu’awwidhatayn)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

2 قُلْ هُوَ اللَّهُ أَحَدٌ ، اللَّهُ الصَّمَدُ ، لَمْ يَلِدْ وَلَمْ يُولَدْ ، وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ . (3x)

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)

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 . (3x)

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)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ، مَلِكِ النَّاسِ ، إِلَهِ النَّاسِ ، مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ، الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ، مِنَ الْجِنَّةِ وَالنَّاسِ . (3x)

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)

The Messenger of Allah ﷺ said: “Recite Sūrah al-Ikhlās and al-Mu’awwidhatayn (Sūrah al-Falaq and Sūrah al-Nās) three times in the morning and the evening. It will suffice you in all respects.” (Tirmidhī)

Anas reported: “A man said: ‘O Messenger of Allah, I love Sūrah al-Ikhlās.’ He ﷺ said: ‘Your love for it will admit you into Paradise.’” (Tirmidhī)

The Mu’awwidhatayn protect you from:

- 1 All Evil
- 2 Evil of the Night
- 3 Magic
- 4 Envy & the Evil Eye
- 5 Whispers of the Devils

‘These Sūrahs are extremely effective in repelling magic, evil eye, and the rest of the evils...The need for a slave to seek Allah’s protection with these Sūrahs is greater than his need for eating, drinking and clothes.’

(Ibn al-Qayyim)

# #3: Prophetic Dua for Entering the Morning

11 أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ ، لَا إِلَهَ إِلَّا اللَّهُ  
وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ، وَهُوَ عَلَى كُلِّ  
شَيْءٍ قَدِيرٌ ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا  
بَعْدَهُ ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ ،  
رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ ، رَبِّ أَعُوذُ بِكَ مِنْ  
عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ . (Morning)

We have entered the morning and at this very time the whole kingdom belongs to Allah. All praise is due to Allah. There is no god but Allah, the One; He has no partner with Him. The entire kingdom belongs solely to Him, to Him is all praise due, and He is All-Powerful over everything. My Lord, I ask You for the good that is in this day and the good that follows it, and I seek Your protection from the evil that is in this day and from the evil that follows it. My Lord, I seek Your protection from laziness and the misery of old age. My Lord, I seek Your protection from the torment of the Hell-fire and the punishment of the grave. (Muslim)

## #4: Dua for Protection from All Harm

18 بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ ، وَهُوَ السَّمِيعُ الْعَلِيمُ . (3x)

In the Name of Allah, with whose Name nothing can harm in the earth nor in the sky. He is the All-Hearing and All-Knowing.

The Messenger of Allah ﷺ said: “He who recites [the above] three times every morning and evening, nothing will harm him.” (Tirmidhī)

# #5: The Du'a of Being Pleased with Allah, Islam, and the Messenger ﷺ

17 رَضِيتُ بِاللَّهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ نَبِيًّا. (3x)

I am pleased with Allah as my Lord, with Islām as my religion and with Muhammad ﷺ as my Prophet.

The Messenger of Allah ﷺ said: “Allah has promised that anyone who says [the above] three times every morning and evening will be pleased on the Day of Judgement.” (Tirmidhī)

The Messenger of Allah ﷺ said: “Whoever says [the above] in the morning, I guarantee that I will take hold of his hand until I enter him into Paradise.” (Tabarānī)

The Messenger of Allah ﷺ said: “The one who is pleased with Allah as his Lord, with Islam as his religion and with Muhammad ﷺ as his Messenger, has tasted the sweetness of faith.” (Muslim)

## #6: Sending Blessings upon the Prophet ﷺ

22 الصلاة على النبي (اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ  
مُحَمَّدٍ...) (10x)

The Messenger of Allah ﷺ said: “Whoever sends blessings upon me 10 times in the morning and 10 times in the evening will receive my intercession.” (Tabarānī) (See p. 32-36.)