



# Prophetic Morning Remembrance (Athkar) of Allah

Term 2 2026  
Morning Majlis  
8.20am – 8.25am

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# #1: Ayatul Kursi (Quran 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)

"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."

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.

## THE MORNING & EVENING ADHKĀR

أذكار الصباح والمساء

1 أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.  
لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ، مَنْ ذَا الَّذِي يَشْفَعُ  
عِنْدَهُ إِلَّا بِإِذْنِهِ ، يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا  
يُحِيطُونَ بِشَيْءٍ مِنْ 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)

# #2: Surah Al-Ikhlās, Surah Al-Falaq, Surah An-Nās (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 رحمه الله)

# #3: Sayyidul Istighfar (Master of Seeking Forgiveness)

③ اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ ، خَلَقْتَنِي وَأَنَا عَبْدُكَ ،  
وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ ، أَعُوذُ بِكَ مِنْ شَرِّ  
مَا صَنَعْتُ ، أَعُوذُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَعُوذُ بِذَنبِي ، فَاعْفِرْ لِي  
فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ .

O Allah, You are my Lord. There is no god except You. You have created me, and I am Your slave, and I am under Your covenant and pledge (to fulfil it) to the best of my ability. I seek Your protection from the evil that I have done. I acknowledge the favours that You have bestowed upon me, and I admit my sins. Forgive me, for none forgives sins but You.

## SAYYID AL-ISTIGHFĀR

The Messenger of Allah ﷺ said: “The most superior manner of seeking forgiveness is [the above]. Whoever says it during the day with firm belief in it and dies on the same day before the evening, he will be from the people of Paradise. And if anyone says it during the night with firm belief in it and dies before the morning, he will be from the people of Paradise.” (Bukhārī)

“Whoever says it with firm belief ... will be from the people of Paradise.”

# #4: HasbiyaAllāhu Dhikr (Last verse of Surah At-Taubah (9:129))

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16 حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ ، عَلَيْهِ تَوَكَّلْتُ ، وَهُوَ رَبُّ  
الْعَرْشِ الْعَظِيمِ . (7x)

Allah is sufficient for me. There is no god but Him. I have placed my trust in Him only and He is the Lord of the Magnificent Throne.

“Whoever recites [the above] seven times in the morning and in the evening, Allah will suffice him in everything that concerns him.” (Abū Dāwūd)

# #5: The Dhikr of Juwayriyah (RA)

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24 سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، عَدَدَ خَلْقِهِ ، وَرِضَا نَفْسِهِ ،  
وَزِنَةَ عَرْشِهِ ، وَمِدَادَ كَلِمَاتِهِ . (3x)

Allah is free from imperfection and all praise is due to Him, (in ways) as numerous as all He has created, (as vast) as His pleasure, (as limitless) as the weight of His Throne, and (as endless) as the ink of His words.

Juwayriyah bint al-Hārith رضي الله عنها reported: “The Prophet ﷺ left (my home) in the morning as I was busy in performing the dawn prayer. He came back in the forenoon and found me sitting there. He ﷺ asked: ‘Are you still in the same position as I left you?’ I replied in the affirmative. Thereupon the Prophet ﷺ said: ‘I recited four phrases three times after I left you. If everything that you have said today was put in the scales, [the above] would outweigh it.’” (Muslim)

## #6: Sending Blessings upon the Prophet ﷺ

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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.)