

MORNING AND EVENING DU‘Ā’ - UNIT FOUR

One the authority of ‘Abdu r-Raḥmān, the son of ‘Abū Bakrah, that he said to his father (‘Abū Bakrah), “O father, I hear you supplicating every morning:

**al-lāhumma ‘āfinī fī badanī, al-lāhumma ‘āfinī fī sam‘ī, al-lāhumma ‘āfinī fī baṣarī, al-lāhumma
’innī ’a ‘ūdhu bika mina l-kufri wa l-faqr, al-lāhumma ’innī ’a ‘ūdhu bika min ‘adhābi l-qabr, lā
’ilāha ’illā ’ant. (3x)**

**‘O Allāh, preserve my body. O Allāh, preserve my hearing. O Allah, preserve my sight. O Allah, I
take refuge in You from disbelief and poverty. O Allāh, I take refuge in You from the punishment of
the grave. There is none worth worshipping but You.’**

You repeat it three times when you reach the morning and three times when you reach the evening.” He said, “I heard the Messenger of Allāh, may Allāh’s blessings and peace be upon him, supplicating with these, and I love to follow his sunnah.”

It was related by ‘Abū Dāwūd.