

PROTECTION AGAINST EPIDEMICS & SICKNESSES

Ḥabīb ‘Umar bin Muḥammad bin Ḥafīz (Allāh preserve him) gave some directions after being asked, as to what should be performed for protection against epidemics and sicknesses. They are as follows:

1. Giving charity [*sadaqa*].
2. Lots of seeking forgiveness [*istighfar*].
3. Increasing in sending *salawāt* upon the Prophet ﷺ.
4. Reciting the Verses of Protection [*āyāt al-hifz*] in the morning and evening and they are as below.

We ask Allāh for protection, good health and well-being and continued success in that which pleases Him and that which He loves.

أعوذ بالله من الشيطان الرجيم بسم الله الرحمن الرحيم

- ﴿وَلَا يُوَدُّهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ﴾ ٢:٢٥٥
- ﴿وَيُرْسِلُ عَلَيْكُمْ حَفَظَةً﴾ ٦:٦١
- ﴿فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ﴾ ١١٢:٦٤
- ﴿لَهُ مُعَقَّبَاتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِنْ أَمْرِ اللَّهِ﴾ ١٣:١١
- ﴿إِنَّا نَحْنُ نَزَّلْنَا الذِّكْرَ وَإِنَّا لَهُ لَحَافِظُونَ﴾ ١٥:٩
- ﴿وَحَفِظْنَاهَا مِنْ كُلِّ شَيْطَانٍ رَّجِيمٍ﴾ ١٥:١٧
- ﴿وَجَعَلْنَا السَّمَاءَ سَقْفًا مَّحْفُوظًا﴾ ٢١:٣٢
- ﴿وَرَبُّكَ عَلَىٰ كُلِّ شَيْءٍ حَفِيفٌ﴾ ٣٤:٢١
- ﴿وَحَفِظًا مِّنْ كُلِّ شَيْطَانٍ مَّارِدٍ﴾ ٣٧:٧
- ﴿إِن كُلُّ نَفْسٍ لَّمَّا عَلَيْهَا حَافِظٌ﴾ ٨٦:٤
- ﴿وَحَفِظًا ذَلِكَ تَقْدِيرُ الْعَزِيزِ الْعَلِيمِ﴾ ٤١:١٢
- ﴿اللَّهُ حَفِيفٌ عَلَيْهِمْ وَمَا أَنْتَ عَلَيْهِمْ بِوَكِيلٍ﴾ ٤٢:٦
- ﴿وَإِنَّ عَلَيْكُمْ لَحَافِظِينَ ﴿كِرَامًا كَاتِبِينَ﴾ ﴿يَعْلَمُونَ مَا تَفْعَلُونَ﴾﴾ ١٢-٨٢:١٠
- ﴿بَلْ هُوَ قُرْآنٌ مَّجِيدٌ ﴿فِي لَوْحٍ مَّحْفُوظٍ﴾﴾ ٢٢-٨٥:٢١