

Supplication for al-'Aafiyah

Al-'Abbās bin `Abdul-Muṭṭalib reported: I said, "O Messenger of Allah, teach me something to ask from Allah." He صلى الله عليه وسلم said:

"Ask Allah for al-'aafiyah." **سَلِ اللّٰهَ العَافِيَةَ**

I waited a few days and then I came and said, "O Messenger of Allah, teach me something to ask from Allah." So he told me:

يا عَبَّاسُ يا عَمَّ رَسُوْلِ اللّٰهِ سَلِ اللّٰهَ العَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

"O `Abbās, O uncle of Allah's Messenger, ask Allah for al-'aafiyah in this world and the next."

(Narrated by Aḥmad and at-Tirmidhi - ṣaḥeeḥ)

'Aafiyah is a term that refers to overall well-being and being free from anything harmful. It means a good condition, including health, security, freedom from afflictions, safety of loved ones and property, contentment with one's provisions as well as salvation in the Hereafter.

So let every person look to the scope of these words chosen by the Messenger of Allah for his uncle, and know that he صلى الله عليه وسلم was given the most comprehensive of speech and the meanings were made concise. Indeed, he who has been granted well-being ('aafiyah) has attained that which he hopes for and that which he loves for his heart and his body, for his religion and his worldly affairs. And he will be protected with certainty from what he fears in both worlds.

The Prophet's supplication for al-'aafiyah has been narrated in about fifty different ways, in these words or in words with similar meanings. And he صلى الله عليه وسلم was already forgiven for his past errors and any that might follow, while in fact having been completely protected by Allah from falling into sin!

So contemplate the Prophet's du'aa for al-'aafiyah – how it covers benefit for a Muslim throughout his life and after his death. How much we are in need to keep asking Allah for al-'aafiyah for our religion, our worldly affairs and our eternal life. In our religion to be free from misguidance, deviation and doubt; in the world to be free from suffering, anxiety, and self-delusion; and in the Hereafter to be free from regret and punishment.

Anas bin Mālik reported: The Messenger of Allah صلى الله عليه وسلم said, "Supplication between the adhān and iqāmah is not rejected." They said, "So what should we say, O Messenger of Allah?" He replied:

سَلُوا اللّٰهَ العَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

"Ask Allah for al-'aafiyah in this world and the next."

(Narrated by Abu Dāwūd - ḥasan)

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O Allah, we ask You for al-'aafiyah in this world and the next.