

BEDTIME WITH A GUARD FROM ALLAH



Are you often afraid to go to sleep? To be left in your room as you close your eyes?

I can understand why you feel that way. When we lay down in our beds, alone, we let our guards down completely. It's usually dark and our eyes will be closed. We aren't going to be watching out for ourselves in the state of sleep. I mean, when we sleep, we don't even realise when we are dribbling on our pillow!

We might even start imagining what's lurking in the dark. Making ourselves even more scared.

But if being alone, in the dark, with your eyes closed, when you are asleep makes you feel unsafe, then take comfort and power from Allah's protection. Do this before you sleep, and Allah will send down a guard for you, who will stay with you. And no shaytan (or monster that you start to imagine) will come near.

Recite

AYATUL KURSI

which is the
**greatest ayah in the
Quran!**

When you recite it, a guardian from Allah – an angel – will be sent to you to watch over you while you sleep. Your guard will stay with you till the morning.

So, you are not alone. You are not vulnerable. You are not helpless. Allah is with you. He has sent a mighty guard to be with you to protect you. All protection is with Allah.

Recite

SURAH IKHLAS,

SURAH FALAQ,

SURAH NAS.

There's a hadith explaining that the Prophet (saw) did this. These surahs are powerful for protection.

Narrated 'Aisha: Whenever the Prophet (saw) went to bed every night, he used to cup his hands together and blow over it after reciting Surat Al-Ikhlās, Surat Al-Falaq and Surat An-Nas, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times.

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