

What is العافية [well-being]?

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The Noble Scholar of al-Madeenah

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Article taken and slightly adapted from: giftsofknowledge.net

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

'Abdullah ibn 'Umar, may Allaah be pleased with him, said, "The Messenger of Allaah ﷺ never abandoned these supplications every morning and evening, 'O Allaah! I ask You for forgiveness and well-being [العافية] in this world and in the Hereafter. O Allaah! I ask You for forgiveness and well-being [العافية] in my religious and my worldly affairs ...'"¹

Shaykh 'Abdur-Razzaq ibn 'Abdul-Muhsin al-'Abbaad, al-Badr, said, "العافية [well-being] is Allaah's provision of safety for His servant from every act of vengeance and every affliction, by diverting evil away from him, and by sheltering him from tribulations and illnesses, and protecting him from all types of evil and sins."²

¹ [Saheeh Ibn Maajah, no. 3121]

² Fiqhul-Ad'iyah wal-Adhkaar, p. 503.

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