
Seeking refuge from the Fire and asking for Paradise seven times a day

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Article taken and slightly adapted from: shaikhalbaani.wordpress.com

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

From Aboo Hurairah (رضي الله عنه)¹ who said, “The Prophet (صلى الله عليه وسلم)² said, ‘No servant seeks refuge from the Fire seven times in a day except that the Fire says, ‘O Lord! Indeed your servant, [called] so and so, has sought refuge with You from me, so grant him refuge. And no servant asks Allaah for Paradise seven times in a day except that Paradise says, ‘O Lord! Indeed your servant, [called] so and so, has asked for me, so make him enter Paradise.’”

Shaikh al-Albaanee (رَحِمَهُ اللهُ)³ said, “This hadeeth is authentic without doubt.

A point of benefit: Some people in Damascus and other places have made it a habit to seek refuge seven times as mentioned in the hadeeth loudly and in one voice after the morning prayer, and that is something which I know of no basis for in the pure Sunnah, and nor is this hadeeth suitable for them to draw upon [for saying it loudly and in unison] because it is unrestricted and is not limited to the morning prayer or the Jamaa’aah, and it is not allowed to limit what the Wise Legislator has left unrestricted just as it is not allowed to make unlimited what He has restricted, for all of that is legislation which is specific to the All-Knowing, the All-Wise.

So let whoever wants to act upon this hadeeth do so at any time of the night or day, before the prayer or after it—and that is a pure/unadulterated following [of the Sunnah] and pure sincerity, may Allaah the Blessed and Most High grant us it.”

As-Saheehah, vol. 6, pp. 22-23.

¹ (رضي الله عنه) (rad iyallaahu `anhu) May Allaah the Most High be pleased with him

² (صلى الله عليه وسلم) (sallallaahu `alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him

³ (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah the Most High have mercy on him