

SEEKING REFUGE FROM 4 THINGS AFTER TASHAHHUD



Teacher Note:

Some descriptions of punishments may be too graphic for younger students, so you may want to edit this section in your presentation if you feel that this is necessary.

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LESSON: SEEKING REFUGE FROM FOUR THINGS BEFORE TASLEEM



A LOOK AHEAD

Great job! You are almost finished learning about salah.

In this lesson, we're going to learn about a duaa that we make before we make the Tasleem (before "salaaming" out). Your goals are to learn what this duaa means as well as to memorize it so that you can make it in your salah.

Here is a breakdown of what we will cover, in sha Allah:

By the end of this unit, you should:

- Know why you should seek refuge from four things before making the Tasleem
- Have memorized or be on your way to memorizing this duaa
- Have started saying duaa this in your prayer
- Be able to tell some things about the hellfire
- Be able to tell some of punishments of the grave
- Be able to tell what the word fitnah means and be able to give some examples of fitnah in life and death
- Know who the Masih Dajjal is and be able to give some facts about him.





GETTING STARTED

“The Prophet (sal-Allahu ‘alayhi wa sallam) used to say:

“When one of you has finished the [last] Tashahhud, he should seek refuge with Allah from four things; [saying]:



1. Allah! I truly seek refuge with You from the punishment of Hellfire,
2. and from the punishment of the grave,
3. and from the trials of living and dying,
4. and from the evil [trials] of the False Christ.

[Then he should supplicate for himself with what occurs to him.]

“He (sal-Allahu ‘alayhi wa sallam) would supplicate with it in his own Tashahhud.”¹

وَجُوبُ الاستِعَاذَةِ مِنْ أَرْبَعٍ قَبْلَ الدَّعَاءِ

وكان ﷺ يقول: « إذا فرغ أحدكم من التشهد [الآخر] ؛ فليستعذ بالله من أربع ؛ [يقول : اللهم ! إني أعوذ بك] من عذاب جهنم ، ومن عذاب القبر ، ومن فتنة المحيا والممات ، ومن شر [فتنة] المسيح الدجال ، [ثم يدعو لنفسه بما بدا له] »^(٣) .

From “Prophet’s Prayer Described”



Why do we say this duaa?

It is said that this saying (seeking refuge from four things) is an obligation.

o b l i g a t i o n

Q: What is an obligation?

Q: Based upon what you read, why might it be considered an obligation?

Seeking Refuge

You have heard the phrase “seek refuge with ...” if you have studied Suratul Falaq and Suratul Naas.

p r o t e c t i o n

Q: What does it mean to “seek refuge” with something?

Q: How do you say this in Arabic?

Q: Can you recite the part of these two surahs above which use the term “seek refuge” in Arabic?



The Arabic Text

Here is the text of the duaa for seeking refuge with the four things:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ،
وَمِنْ عَذَابِ الْقَبْرِ،
وَمِنْ فِتْنَةِ الْمَحْيَاءِ وَالْمَمَاتِ،
وَمِنْ شَرِّ [فِتْنَةِ] الْمَسِيحِ الدَّجَالِ

Arabic Connection (Optional)

Tell how many words are in each line.

Pick one word; say the letters and vowelings in that word.

Line by Line: Line 1: Refuge from Punishment of the Hellfire

O Allah! I truly seek refuge with You from the punishment of Hellfire

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ،

Vocabulary:

Transliteration	Translation	Arabic
Allahumma	O Allah!	اللَّهُمَّ
Innee	Verily	إِنِّي
‘Authu	I seek refuge	أَعُوذُ
bika	with you	بِكَ
min	from	مِنْ
‘athab(i)	punishment	عَذَابِ
Jahannam	Hellfire	جَهَنَّمَ

A Closer Look

In this first line, we seek refuge from the punishment of the hellfire.

What is the punishment of the Hellfire like?

- it is eternal (lasting forever) (5:37)
- is a blazing fire (67:05)
- coverings of fire above and covering of fire beneath (39:16)
- will be given boiling water to drink (37:67)
- there is a tree that springs out of the bottom of Hell-fire, The shoots of its fruit stalks are like the heads of Shayateen (devils); Truly, they will eat thereof and fill their bellies therewith. (37:64-66)



- those in it will not be able to ward off the Fire from their faces, nor from their backs, and they will not be helped. (21:39)
 - garments of fire will be cut out for them (disbelievers), boiling water will be poured down over their heads (22:19)
 - they (disbelievers) will be fuel for the fire (3:10)---what does this mean?
- Taking away (burning completely) the head skin! (70:16)
 - The fire will burn their faces, and therein they will grin with displaced lips (disfigured). (23:104)
 - The Mujrimoon (polytheists, criminals, sinners) will be known by their marks (black faces), and they will be seized by their forelocks and their feet. (55:41)

Notebook It

Make a notebooking entry in your salaah binder/notebook. Taking notes will help you remember what you learned and give you something to go back and review, in sha Allah.

Some ideas (but you can come up with your own, too).

- Copy the duaa in Arabic, English, or both or copy the whole hadith at the beginning of the lesson.
- Make a mini book for this whole unit (accordion style, tabbed, or just a plain book. Write the hadith in Arabic and English. Then, make a page for each line of the book. For the first line, write some facts about the Hellfire.
- Decorate your notebooking page or pages with flames/fire.

Or make a poster that contains all four lines when you have learned about each one or make the poster as you go along. (See end of unit for poster/notebooking page template)

Memorize It

You can start memorizing this line now in your study booklet (see end of this unit), or you can go on and learn what each line means and then go back and memorize them. Discuss this with your teacher or do as assigned. Read or recite the duaa several times each day.



Line by Line: Line 2: Refuge from the Punishment of the Grave

and from the punishment of the grave,

وَمِنْ عَذَابِ الْقَبْرِ،

Vocabulary:

Transliteration	Translation	Arabic
wa	and	وَ
min	from	مِنْ
'athab	punishment	عَذَابِ
al qabr	the grave	الْقَبْرِ

A Closer Look

In this second line, we seek refuge from the punishment of the grave:

What are some of the punishments of the grave?

B. Narrated Anas [radhi-yAllāhu 'anhu]:

The Prophet [sal-Allāhu 'alayhi wa sallam] said, "When a human being is laid in his grave and his companions return and he even hears their footsteps, two angels come to him and make him sit and ask him:

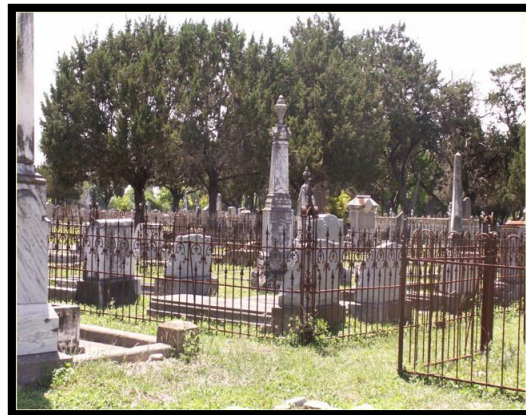
'What did you use to say about this man, Muhammad [sal-Allāhu 'alayhi wa sallam]?' He will say: 'I testify that he is Allāh's slave and His Messenger.' Then it will be said to him, 'Look at your place in the Hell-fire. Allāh has changed for you a place in Paradise instead of it.'"

The Prophet [sal-Allāhu 'alayhi wa sallam] added, "The dead person will see both his places. But a disbeliever or a hypocrite will say to the angels, 'I do not know, but I used to say what the people used to say!' It will be said to him, 'Neither did you know nor did you take the guidance (by following the Qur'an).'

Then he will be hit with an iron hammer between his two ears, and he will cry and that cry will be heard by whatsoever near to him except human beings and jinn."



Muslim Cemetery



Non-Muslim Cemetery

Narrated Ibn 'Abbās [radhi-yAllāhu 'anhu]:



Allāh's Messenger [sal-Allāhu 'alayhi wa sallam] passed by two graves and said, "Both of them (persons in the grave) are being tortured, and they are not being tortured for a major sin. This one used not to save himself from being soiled with his urine, and the other used to go about with calumnies (among the people to rouse hostilities, e.g., one goes to a person and tells him that so-and-so says about him such and such evil things)." The Prophet [sal-Allāhu 'alayhi wa sallam] then asked for a green branch of a date palm tree, split it into two pieces and planted one on each grave and said, "It is hoped that their punishment may be abated till those two pieces of the branch get dried."***



[Sahih Al-Bukhari, 8/6052 (O.P.78)]

Notebook It

Make an entry in your book or on a notebooking page for this line. Tell about some punishments of the grave. You might draw a date palm branch.

Memorize It

If you are memorizing as you go along, work on memorizing this line. If you can read Arabic, read it repeatedly in your study booklet or practice it with your teacher.



Line by Line: Line 3: Refuge from Fitnah of Live and Death

and from the trials of living and dying,

وَمِنْ فِتْنَةِ الْمَحْيَاءِ وَالْمَمَاتِ،

Vocabulary:

Transliteration	Translation	Arabic
wa	And	وَ
min	From	مِنْ
fitnah	Trials	فِتْنَةٍ
al mah-yaa(i)	Life	الْمَحْيَاءِ
al mamaat(i)	Death	الْمَمَاتِ،

A Closer Look

In the third line, we seek refuge from the fitnahs of life and death:

What is fitnah? Fitnah is an Arabic word for “trial” or “temptation.”

A trial is what you go through when you are tested, for example, if you lose your house or a loved one, this is a trial. A trial is basically a hard time.

A temptation is the desire (wanting) to doing something that you should avoid. For example, you may feel like you want to sneak a piece of candy . Sneaking is wrong. What you feel that makes you want to do it is a temptation .

Q: Can you name some fitnahs of life that we would want to ask Allah to protect us from?

Q: Can you name some fitnahs of death that we would want to ask Allah to protect us from?

Notebook It

Some ideas: Define what fitnah is and give examples of fitnah in life and death.

Memorize It

If you are memorizing as you go along, work on memorizing this line. If you can read Arabic, read it repeatedly in your study booklet or practice it with your teacher.



Line by Line: Line 4: Refuge from Masih Ad Dajjal

and from the evil [trials] of the False Christ (Anti-christ).

وَمِنْ شَرِّ [فِتْنَةِ] الْمَسِيحِ الدَّجَالِ

Vocabulary:

Transliteration	Translation	Arabic
wa	And	وَ
min	From	مِنْ
sharri	Evil	شَرِّ
al maseeh		الْمَسِيحِ
ad-dajjal		الدَّجَالِ

A Closer Look

In the fourth line, we seek refuge from the “Al Maseeh Ad-Dajjal”

What is the Masih Ad-Dajjal?

One of the signs of the coming of the Day of Resurrection is the appearance of the Masih Ad Dajjal, or anti-Christ, in English. The Dajjal will wreak havoc (make violent and needless disturbances) on the earth!



He will be called Dajjal because of his mischief. The meaning of Dajjal is ‘one who greatly resorts to fraud and deception (something false, not true).’²

‘[The] Dajjal will appear, and with him will be water and fire. That which people consider to be water will in fact be a burning fire, and that which people will consider to be fire will in fact be cool and sweet water. He who from amongst you happens to face him, should jump into that which he sees as fire for that will be nice and sweet water.’³

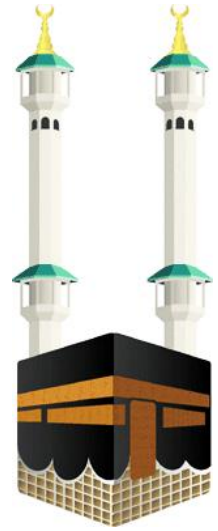


¹ Commentary in An Nawawi's Riyadh As Saliheen, Chapter 370, #1808

² Commentary to Riyadh As Saliheen Chapter 370, #1819

³ Riyadh As Saliheen, Chapter 370; #1809

Anas bin Malik (May Allah be pleased with him) said: The Messenger of Allah (sallallahu 'alayhi wa sallam) said, "There will be no land which will not be trampled by Dajjal (the Antichrist) but Makkah and Al-Madinah; and there will be no passage leading to them which will not be guarded by the angels, arranged in rows. Dajjal will appear in a barren place adjacent to Al-Madinah and the city will be shaken three times. Allah will expel from it every disbeliever and hypocrite."⁴



Umm Sharik (May Allah be pleased with her) reported: I heard the Prophet (sallallahu 'alayhi wa sallam) saying, "People will run away from Dajjal (the Antichrist) seeking shelter in the mountains."⁵



'Imran bin Hussain (May Allah be pleased with them) reported: I heard the Messenger of Allah (sallallahu 'alayhi wa sallam) saying, "Between time of the creation of Adam and the Resurrection Day, there is nothing greater than the mischief of Dajjal (the Antichrist)."⁶

⁴ Riyadh As Saliheen, Chapter 370; #1811

⁵ Riyadh As Saliheen, Chapter 370; #1813

⁶ Riyadh As Saliheen, Chapter 370; #1814



Anas (May Allah be pleased with him) said: The Messenger of Allah (sallAllahu 'alayhi wa sallam) said, "There has not been a Prophet who has not warned his Ummah of that one-eyed liar (Dajjal). Behold, he is blind in one eye and your Rubb (Allah) is not blind. On his forehead are the letters: (K.F.R.) (meaning Kafir- disbeliever)."⁷

K F R

'Abdullah bin 'Umar (May Allah be pleased with them) said: One day the Messenger of Allah (sallAllahu 'alayhi wa sallam) mentioned Al-Masih Dajjal (the Antichrist) in the presence of the people and said, "Verily, Allah is not one-eyed but Al-Masih Ad-Dajjal is blind in the right eye which looks like a swollen grape."⁸

Allah will also give him some extraordinary powers to test the belief of the Muslims. Dajjal will claim to be the lord of the world. A large portion of the Jews will be with him. He has also been named as Al-Masih Ad-Dajjal in some narrations. Jesus, son of Mary (Peace be upon them) will have the honour of killing him.⁹

⁷ Riyadh As Saliheen, Chapter 370; #1817

⁸ Riyadh As Saliheen, Chapter 370; #1819

⁹ Commentary in Riyadh As Saliheen, Chapter 370; #1819



Notebook It

Ideas: Tell some facts about the Masih Ad Dajjal. Illustrate where Islamically possible.

Memorize It

If you are memorizing as you go along, work on memorizing this line. If you can read Arabic, read it repeatedly in your study booklet or practice it with your teacher.



Wrapping It Up

Can you answer the following questions easily? If not, be sure to review.

- Why do we say the duaa seeking refuge from four things?
- When do we say this duaa?
- What four things are we seeking refuge from?
- Tell three things about the punishment in the Hellfire
- Tell about two punishments of the grave
- What does the word fitnah mean?
- Give one example of a fitnah in life and one example of a fitnah in death
- Who is the Masih Ad Dajjal? Tell one or two things he will do.
- The coming of the Masih Dajjal is a sign of what event?

Also, don't forget that you can make duaa's of your choice* after this duaa for protection from four things.

*Of your choice here means of those that Allah loves, those narrated by the Prophet (salla Allahu alayhi wa sallam). Please see the footnotes of Prophet's Prayer for more clarification of this.

Have you started saying this duaa in your prayer?



Notebooking Page

Seek Refuge from Four Things
After tashahhud

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ

Oh Allah! I seek refuge with You from:

English

Arabic

English

Arabic



Study Booklet

The study booklet can be used to aid in memorization as well as a review tool. It is a tabbed book and when assembled would look as shown below. The pieces are in graduated sizes. Cut them out and staple them in order from shortest to longest so that the extra length from one to the next becomes a tab.

Progress Chart
Line 4: Refuge from Mashih Ad Dajjal
Line 3 Refuge from Fitnan
Line 2: Refuge from Punishment of Grave
Line 1: Refuge from Hellfire
English Translation
Duaa in Arabic

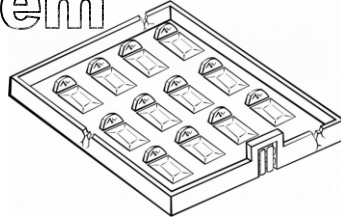
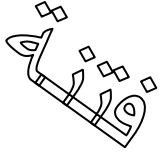
Seeking Refuge from 4 Things Before Tasleem





Masih Ad Dajjal

Seeking Refuge from 4 Things Before Tasleem



Duaa in Arabic

English Translation

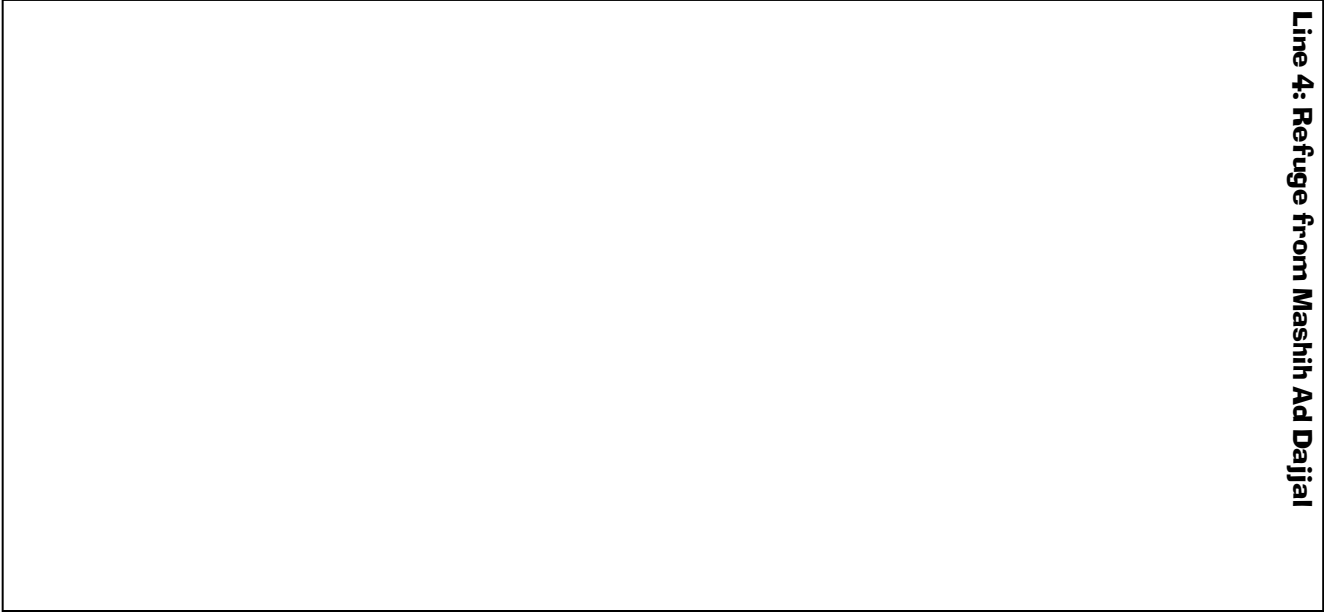
Line 1: Refuge from Hellfire

Line 2: Refuge from Punishment of Grave

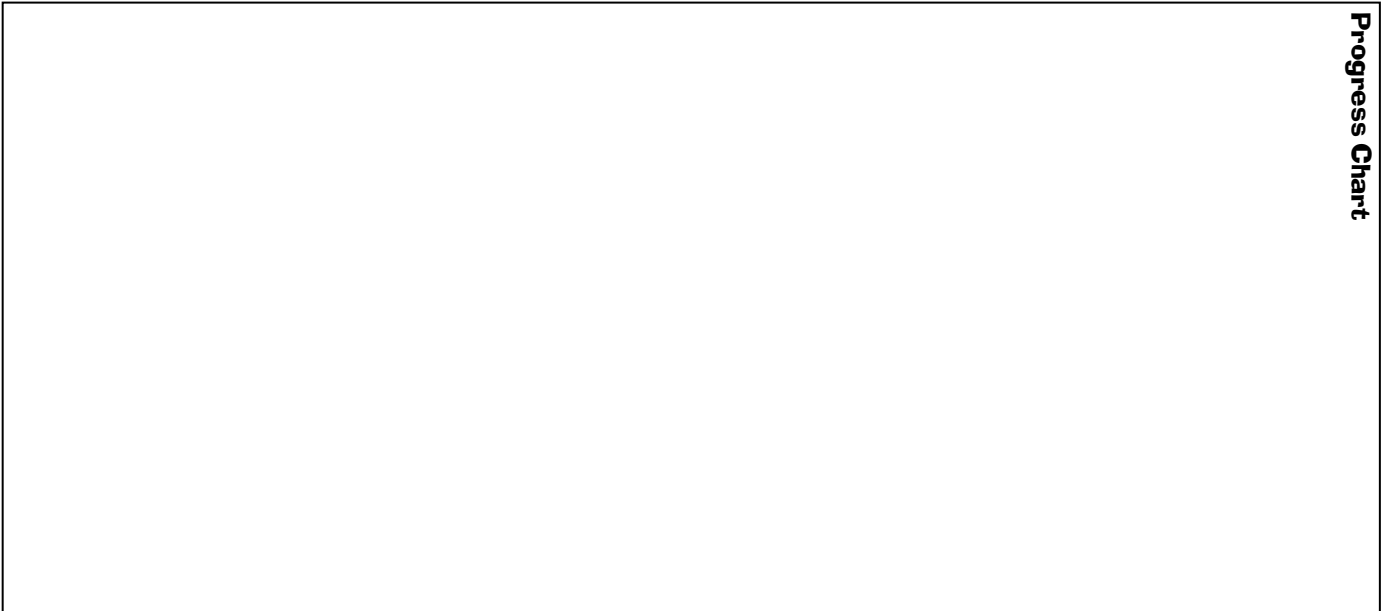
Line 3 Refuge from Fitnan



Line 4: Refuge from Mashih Ad Dajjal



Progress Chart



Cut out and glue to last page of study booklet

Seeking Refuge from 4 Things	
Line 1	★
Line 2	★
Line 3	★
Line 4	★

