



DUA WHEN ENTERING THE RESTROOM

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اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

O Allah, indeed I seek refuge in You from all offensive and wicked things.

[Bukhari]

DISCUSSION POINTS

- The toilet is not only a place of physical filth, but is also an area of spiritual impurity
- The Prophet (Allah bless him and grant him peace) mentioned that restrooms are frequented by evil jinn. These creatures take pleasure in whispering evil thoughts to the minds of those who enter these spaces, potentially causing spiritual harm.
- Our only defense against these ills is to seek protection from Allah Most High.
- Hence, along with protecting ourselves from physical impurities when we use the restroom, we should recite this dua before entering the toilet area to save ourselves from any spiritual harm.
- Of note, it is not appropriate to take the name of Allah Most High in the toilet area of the restroom. So, this dua should be recited before crossing into that area of the bathroom. Additionally, other Sunnah acts, such as entering the restroom with the left foot and exiting with the right foot, should be done with this boundary in mind.