



DUA WHEN EXITING THE RESTROOM

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الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

All praise is due to Allah who has relieved me from harm and
cured me.
[Ibn Majah]

DISCUSSION POINTS

- Relieving ourselves is a mundane act; however, it also involves thousands of complex reactions within the body.
- Through the mercy of Allah Most High, we are able to extract the beneficial nutrients from our food and drink and expel the harmful byproducts.
- Had it not been for these processes, we would suffer harm from the non-beneficial substances in our diets.
- Reciting this supplication after exiting the restroom reminds us to thank Allah for the immense bounties of digestion, health, and well-being.