

The three Quls

The last three surahs of the Book: one that states who Allah is, and two that take refuge in Him. Together they are the shortest daily practice in the sunnah.



☀ He is One

قُلْ هُوَ اللَّهُ أَحَدٌ

“Say: He is Allah, One.” Four verses that answer the question what He is, and deny Him father, son and equal.

Qur'an 112:1

☀ The Self-Sufficient

اللَّهُ الصَّمَدُ

“Allah, as-Samad” — the One everything needs and who needs nothing. Then: He neither begets nor is begotten, and nothing is comparable to Him.

Qur'an 112:2-4

☀ A third of the Qur'an

A man was heard reciting it over and over. “By Him in whose Hand my life is, this surah is equal to a third of the Qur'an” — and he asked his companions whether reciting a third in one night was hard.

Sahih al-Bukhari 5013 · 5015

☀ Refuge from what is outside

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

“Say: I seek refuge in the Lord of the daybreak” — from what He created, from the night when it settles, from the knotted spells, and from an envier when he envies.

Qur'an 113:1-5

☀ Refuge from what is inside

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

“Say: I seek refuge in the Lord of mankind” — from the whisperer who withdraws, who whispers in the chests of men, from among the jinn and from men.

Qur'an 114:1-6

☀ Nothing like them had been seen

آيَاتُ أَنْزَلَتْ عَلَى اللَّيْلَةِ لَمْ يَرِ مِثْلَهُنَّ قَطُّ

“Verses were revealed to me tonight the likes of which have never been seen” — and he recited al-Falaq and an-Nas.

Sunan an-Nasa'i 954 · sahih

☀ At bedtime, three times

Every night he ﷺ cupped his hands, recited the three, blew into them and wiped what he could reach of himself, starting with his head and face. Three times.

Sahih al-Bukhari 5017

☀ When he was ill

When he fell sick he recited the two surahs of refuge over himself and blew. When the illness was heavy, 'A'ishah recited them and passed his own hands over him.

Sahih al-Bukhari 5016

☀ Morning, evening, and after prayer

“Say al-Ikhlās and the two surahs of refuge, evening and morning, three times — they will suffice you against everything.” 'Uqbah b. 'Amir was ordered to recite them after every prayer.

Sunan Abi Dawud 5082 · hasan · Sunan Abi Dawud 1523 · sahih