

When Getting Undressed

بِسْمِ اللَّهِ

Bis-mil-lāh

(In the Name of Allāh)¹

The text of the Hadeeth:

The Prophet (Sallallahu Alaihi wa Sallam) said: "The screen (Sitr) which is between the eyes of the *Jinn* (creatures created from fire) and the private parts ('*Aw-rāt*) of the human beings - when anyone of them removes his clothing - is that he says: '**Bis-mil-lāh**'".²

Explanation of the Hadeeth:

The saying of the Prophet (Sallallahu Alaihi wa Sallam): **Bis-mil-lāh** means, In the Name of Allāh, *I remove my clothing*, seeking His protection from every evil being and every harm. This is because the **Name** of Allāh is like a **seal** - covering the human being - which the *Jinn* cannot break open and get through.

One *must not* add to this expression "*Ar-Rahmān Ar-Raḥeem*," since the Prophet (Sallallahu Alaihi wa Sallam) stopped upon these words, for this particular occasion.

In this same way, the Prophet (Sallallahu Alaihi wa Sallam) limited himself to these words (*Bis-mil-lāh*) before performing ablution (*Wudoo'*)³ and before eating.⁴

On other occasions, he (Sallallahu Alaihi wa Sallam) added to the words '**Bis-mil-lāh**' other

¹ Fortress of the Muslim, no. 9.

² Reported by at-Tabarānee in "al-Mu'jam al-Awsat;" from Anas Bin Mālik (may Allāh be pleased with him). Al-Albānee said that it is **Saḥeeḥ** (authentic) in **Saḥeeḥ al-Jāmi'**, no. 3610.

³ Fortress of the Muslim, no. 12.

⁴ Fortress of the Muslim, no. 178.

supplications, as when entering the bathroom,⁵ leaving one's home,⁶ upon sleeping,⁷ etc.

From this we know that for every occasion the Prophet (Sallallahu Alaihi wa Sallam) has prescribed *specific words*. Hence, the believer must faithfully adhere to his specific words, keeping in mind that it is *revelation* (from Allāh)!

Allāh, the Most High, said:

مَا ضَلَّ صَاحِبُكُمْ وَمَا غَوَىٰ ﴿٢﴾ وَمَا يَنْطِقُ عَنِ الْهَوَىٰ ﴿٣﴾ إِنْ هُوَ إِلَّا وَحْيٌ يُوحَىٰ ﴿٤﴾

Your companion (Muḥammad) has neither gone astray, nor does he speak of (his own) desire.

It is only a *revelation* revealed.

(53:2- 4)

[Taken from: '*Reflections Upon Selected Daily Supplications*' - Abu Muhammad]

⁵ Fortress of the Muslim, no. 10.

⁶ Fortress of the Muslim, no. 16, 17.

⁷ Fortress of the Muslim, no. 105.