

## Lesson 11

# The Virtues of Surah al-Ikhlas & the Mu'awwidhatayn

## Learning Objectives



- In this lesson, I will:
- List when I should recite the three special Surahs
- Explore what these Surahs protect us from
- Explain one virtue of Surah al-Ikhlas

## Key Words

- Two Surahs of Protection: al-Falaq & an-Nas **الْمَعْوَدَتَيْنِ**
- Morning
- Evening



## Thinking Starter

Musa had a nightmare last night. What can he do to protect himself so that it does not happen again?

## Three Special Surahs

Surah al-Falaq and Surah an-Nas are known as 'al-Mu'awwidhatayn' (الْمَعْوَدَتَيْنِ).

Surah al-Ikhlas and the Mu'awwidhatayn are three very special Surahs. They have many amazing virtues and rewards.

The Prophet ﷺ used to recite Surah al-Ikhlas and the Mu'awwidhatayn at the following times and we should try to do the same too:



Before going to sleep



In the morning and the evening



After the five daily salahs



## Task 1

Connect the dots to make a shield, and count how many times you read the 3 Special Surahs in a day.

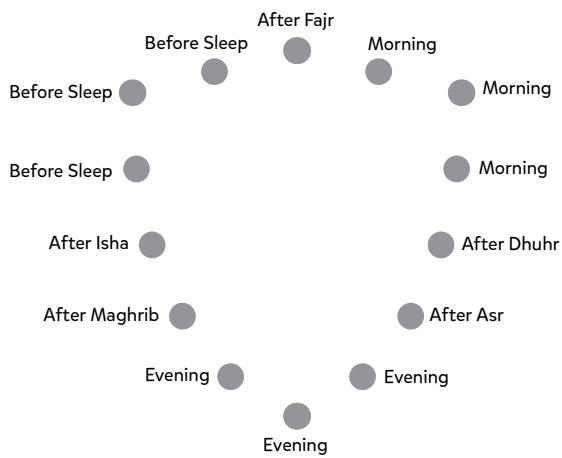
Total Number:



**Surah  
al-Ikhlas**

**Surah  
al-Falaq**

**Surah  
an-Nas**



Before going to sleep, the Prophet ﷺ would recite the 3 Special Surahs and blow into his hands. He would then pass his hands over his body. He would do this 3 times.

## Full Protection

These three Surahs are a powerful form of protection.

‘It will suffice you in all respects’ means it will be enough to protect you from all evil whether it is seen or unseen.

Our beloved Prophet

ﷺ said:

“Recite Surah al-Ikhlas and al-Mu‘awwidhatayn (Surah al-Falaq and Surah an-Nas) three times in the morning and the evening. **It will suffice you in all respects.**”

(Tirmidhi)



## Task 2

Think of all the evils these Surahs can protect you from and write them around the shield.

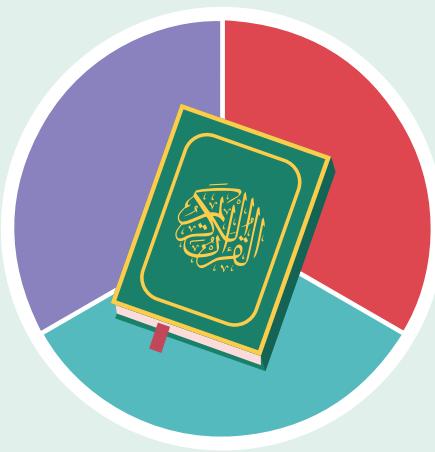


Can you recite 200 pages of the Qur'an in 1 minute?

### Surah al-Ikhlas

Our beloved Prophet ﷺ told us that Surah al-Ikhlas is equivalent to  $\frac{1}{3}$  of the Qur'an.

Allahu Akbar! Imagine that! You could recite Surah al-Ikhlas in one minute, and you will gain the reward of having recited a third of the Qur'an!



### Did You Know?

Whoever recites Surah al-Ikhlas ten times, Allah will build a palace for them in Jannah!

**10x  
Surah  
al-Ikhlas**

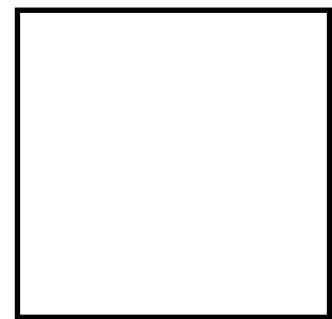
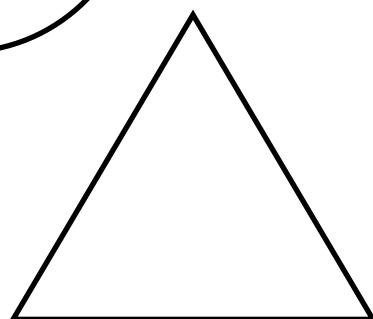
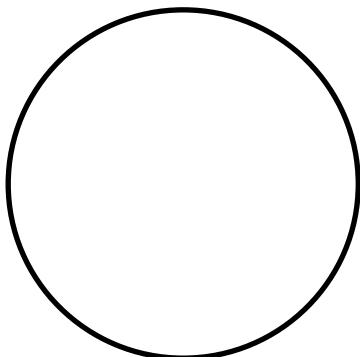
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### Task 3

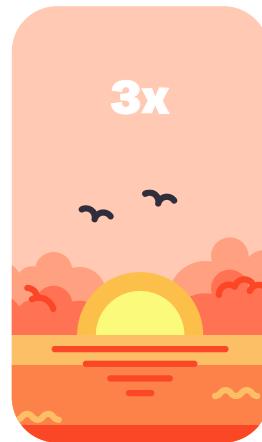
Colour 1/3 of all these shapes.



How many *juz'* (parts) are there in one third of the Qur'an?

#### I Act On What I Learn

I will recite these three Surahs three times in the morning and three times in the evening.



### P Progress Check



1. When is it Sunnah to recite these three special Surahs?



2. What do these three Surahs protect you from?



3. What is the reward of reciting Surah al-Ikhlas?

