As for this man, he has filled his hand with good

‘Abdullāh ibn Abu Awfa (may Allah be pleased with him) reported that a man came to the Prophet (may Allah's peace and blessings be upon him) and said: "I cannot retain any of the Qur'an. Teach me what suffices me." He said: "Say: 'Glory to Allah, praise to Allah, there is no god but Allah, Allah is the greatest, and there is no power and no strength but from Allah, the Exalted, the Great.'" The man said: "O Messenger of Allah, these words are for Allah, Exalted and Glorified, what is for me?" He said: "Say: 'O Allah, have mercy on me, give me provision, keep me sound, and guide me.'" When the man stood up, he made a gesture with his hand [that he received a lot], the Messenger of Allah (may Allah's peace and blessings be upon him) said: "As for this man, he has filled his hand with good."

[Good hadith] [Narrated by Abu Daoud - Narrated by Ahmad]

This Hadīth explains the rule for anyone who is unable to retain any of the Qur'an and how to pray. The Prophet (may Allah's peace and blessings be upon him) guided the Bedouin, who could not retain any of the Qur'an, to say: "Glory to Allah, praise to Allah, there is no god but Allah, Allah is the greatest, and there is no power and no strength but from Allah, Glorified and Exalted. When the Bedouin asked for a supplication for him to say in prayer, the Prophet (may Allah's peace and blessings be upon him) taught him to say this supplication, which includes the good of the world and the Hereafter: "O Allah, have mercy on me, give me provision, keep me sound, and guide me." Finally, the Messenger of Allah (may Allah's peace and blessings be upon him) emphasized the value of these supplications and words of remembrance by saying that the Bedouin had "filled his hand with good," i.e. attained a great deal of good.

http://sunnah.global/hadeeth/en/show/10915