



## Whoever says 'subhān Allah wa bihamdih (glory be to Allah, and praise be to Him)' one hundred times a day, his sins will be erased, even if they were as much as the foam of the sea

Abu Hurayrah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "Whoever says 'subhān Allah wa bihamdih (glory be to Allah, and praise be to Him)' one hundred times a day, his sins will be erased, even if they were as much as the foam of the sea."

[Authentic hadith] [Narrated by Bukhari & Muslim]

The Prophet (may Allah's peace and blessings be upon him) informs that whoever says "subhān Allah wa bihamdih (glory be to Allah, and praise be to Him)" one hundred times a day, his sins will be erased and forgiven, even if they were as much as the white foam that appears above the water of the sea when it is wavy and stormy.

<https://sunnah.global/hadeeth/en/show/5516>

