



## **O Allah, I seek refuge in You from hunger, for it is an evil bed-fellow, and I seek refuge in You from treachery, for it is an evil hidden trait**

Abu Hurayrah (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) used to say: "O Allah, I seek refuge in You from hunger, for it is an evil bed-fellow, and I seek refuge in You from treachery, for it is an evil hidden trait."

[Good hadith] [Narrated by Ibn Majah - An-Nasaa'i - Narrated by Abu Daoud]

The Prophet (may Allah's peace and blessings be upon him) sought refuge with Allah from hunger, which is indeed an evil companion because it prevents one's heart and body from feeling comfortable. He also sought refuge from betraying the trust of people and the trust of Allah, for, indeed, it is an evil trait that is hidden in a person's heart.

<https://sunnah.global/hadeeth/en/show/5883>

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