

**Day 18:**

## **Remembrance said in the morning and evening**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ . (ثَلَاثًا إِذَا أَمْسَى)

aAAoothu bikalimatil-lahit-tammati min sharri ma khalaq. (three times in the evening).

‘I take refuge in Allah’s perfect words from the evil He has created .’

(three times in the evening )