

Verse 28 – Surah Al- Kahf

وَأَصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْغَدَاةِ وَالْعَشِيِّ
يُرِيدُونَ وَجْهَهُ ۖ وَلَا تَعْدُ عَيْنَاكَ عَنْهُمْ تُرِيدُ زِينَةَ الْحَيَاةِ
الدُّنْيَا ۖ وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَن ذِكْرِنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ
فُرْطًا ۝

And keep yourself patiently with those who call on their Lord morning and evening, seeking His Face (pleasure), and let not your eyes overlook them, desiring the pomp and glitter of the life of the world; and obey not him whose heart We have made heedless of Our Remembrance, one who follows his own lusts and whose deeds have been lost

For Protection from *Dajal*

- DO**
- Have patience & self control
 - Make friends with those who:
 - Want to please Allah
 - Remember Him at all times

DON'T

 - Get easily impressed by glamour
 - Make friends with those who:
 - Don't remember Allah
 - Only follow their desires
 - Are extreme in their behaviour

- وَأَصْبِرْ نَفْسَكَ
- مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْغَدَاةِ وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ
- وَلَا تَعْدُ عَيْنَاكَ عَنْهُمْ تُرِيدُ زِينَةَ الْحَيَاةِ الدُّنْيَا
- وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَن ذِكْرِنَا
- وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرْطًا