

## **8597 - Warding off the insinuating whispers of the Shaytaan**

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### **the question**

Sometimes the imaam recites a long soorah and my mind wanders unintentionally. What should I do? Is it permissible for me to repeat some aayahs of the Qur'aan or du'aa's, or should I listen to the imaam's reading?

### **Detailed answer**

Push away the worldly thoughts that come to you whilst praying as much as you can, and listen to the imaam's recitation and ponder the meanings of what he is reciting, so that you may benefit from it, avoid letting your thoughts wander and ward off the insinuating whispers of the Shaytaan. Recite al-Faatihah in both the silent and loud prayers (where the recitation is done silently or out loud), and recite another soorah or passage of the Qur'aan in the silent prayer, focusing on the meaning of the words. Perhaps by this means Allaah will help you to focus your mind and overcome this lack of concentration. It is also prescribed for you to seek refuge with Allaah from the accursed Shaytaan when you face too many insinuating whispers.

And

Allaah is the source of strength. May Allaah bless our Prophet Muhammad and his family and companions, and grant them peace.