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Seeking forgiveness a hundred times a day

Compiled and translated by Abbas Abu Yahya

Article taken and slightly adapted from: followingthesunnah.wordpress.com

بسم الله الرحمن الرحيم

From al Aghra (رضي الله عنه)[1] who said I heard the Messenger of Allaah (صلى الله عليه وسلم)[2] saying:

يا أيها الناس ! توبوا إلى الله واستغفروه فإني أتوب إلى الله وأستغفره في كل يوم مائة مرة

'O you people repent to Allaah and seek His forgiveness, since indeed I repent to Allaah and I seek His forgiveness a hundred times every day.'[3]

[1] (رضي الله عنه) **(rad iyallaahu `anhu) May Allaah the Most High be pleased with him**
[2] (صلى الله عليه وسلم) **(sallallaahu 'alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him**
[3] **Collected by Imaam Ahmad and Shaykh Albaanee declared it to have a Saheeh Isnaad in Saheehah no. 1452.**