105387 - Reciting dhikr verbally when the heart is distracted

the question

I recite a lot of dhikr and wird that were narrated from the Prophet (blessings and peace of Allah be upon him), repeating the words verbally when my heart is distracted with other things. Do I have to think about what I am saying every time I recite this dhikr?

Detailed answer

Praise be to Allah.

What is prescribed is to focus on the meaning of the words one is uttering so that one may attain the benefit of dhikr (remembering Allah). Therefore you should strive to reflect upon what you are saying when you recite dhikr. Then if the heart becomes distracted sometimes, there is no blame on you, in sha Allah. We advise you to seek refuge a great deal with Allah from the Shaytaan when you experience waswasah (whispers from the Shaytaan; compulsive thoughts).

And Allah is the source of strength. May Allah send blessings and peace upon our Prophet Muhammad and his family and companions. End quote.

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Shaykh ‘Abd al-‘Azeez ibn ‘Abdillah ibn Baaz, Shaykh ‘Abdullah ibn Ghadyaan, Shaykh Saalih al-Fawzaan, Shaykh ‘Abd al-‘Azeez Aal ash-Shaykh, Shaykh Bakr Abu Zayd

Fataawa al-Lajnah ad-Daa’imah li’l-Buhooth al-‘Ilmiyyah wa’l-Iftaa’ (24/244)