

How To Pray Salat-UI-Istikhara

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Please check The Islamic Workplace blog Insha Allah for the latest video clips, links and other resources on this topic.

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Source: Fiqh-us-Sunnah, volume 2, number 32 and volume 4, number 141.

Often, we have to make major life-changing decisions: whether to undertake a major project or not, whether to apply for a promotion or not, whether to change career or not, whether to invest in a certain company or not, whether to get married or not, whom to get married to, etc.

Istikhara (Arabic) means to ask Allah to guide one to the right thing concerning any affair in one's life, especially when one has to choose between two *permissible* alternatives, e.g. a career choice, getting married, etc. Similarly, a traveller should consult good righteous persons before setting out on a journey, because Allah says, "And consult them (O Prophet) in affairs (of moment)," (Qur'an, 3: 159) and one of the characteristics of the believers is that "they (conduct) their affairs by mutual consultation" (Qur'an, 42: 38). Qatadah said, "Every people who seek the pleasure of Allah and consult with one another are guided to the best course in their affairs." The traveller should also make *istikharah* and seek guidance from Allah.

Sa' d ibn Waqas reported that the Prophet, peace be upon him, said, "*Istikharah* (seeking guidance from Allah) is one of the distinct favors (of Allah) upon man, and a good fortune for the son of Adam is to be pleased with the judgment of Allah. And a misfortune of the son of Adam is his failure to make *istikharah* (seeking Allah's guidance), and a misfortune for the son of Adam is his displeasure with the judgment of Allah." Ibn Taimiyyah said, "He who seeks guidance from the Creator and consults the creatures will never regret it."

Salatul *Istikharah* is a *sunnah*. It is a prayer that one may pray if one must choose between permissible alternatives: it is two non-obligatory rak'at (that can be recited separately or in combination with the regular sunnah prayers or the prayer for entering the mosque [...] during any time of the day or night, and to recite therein whatever one wishes of the Qur'an after reciting al-Fatihah. After the two-rak'ats, one praises Allah and sends salutations to the Prophet sallallahu alehi wasallam and recites the following supplication which has been recorded by al-Bukhari in Jabir's hadith (see full text

below): “The Prophet sallallahu alehi wasallam would teach us al-istikhara for all of our affairs as he would teach us a surah from the Qur’an. He said: ‘If one of you is deliberating over an act, he should pray two non-obligatory rak’at and say:

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَعِينُكَ بِقُدْرَتِكَ وَأَسْأَلُكَ
 مِنْ فَضْلِكَ الْعَظِيمِ. فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ. وَتَعْلَمُ وَلَا أَعْلَمُ
 وَأَنْتَ عَلَّامُ الْغُيُوبِ. اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ
 خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي. فَاقْدِرْهُ لِي وَ
 يَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ. وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ
 شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي. فَاصْرِفْهُ عَنِّي وَ
 اصْرِفْهُ عَنِّي. وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ لِمَّ ارْضَيْتُ بِهِ.

For a video on how to recite the Istikhara dua in Arabic, please to the following link:

<http://makkah.wordpress.com/2006/12/25/before-any-major-decision-pray-salat-ul-istikhara/>

Here are the English transliteration and translation of the above du’a:

‘Allahumma inni astakhiruka bi’ilmika, Wa astaqdiruka bi-qudratika, Wa asaluka min fadlika al-’azim Fa-innaka taqdiru Wala aqdiru, Wa ta’lamu Wala a’lamu, Wa anta ‘allamu l-ghuyub. Allahumma, in kunta ta’lam anna hadha-l-amra (*then the person reciting the du’a should mention the matter for which he is seeking Allah’s guidance*) Khairun li fi dini wa ma’ashi wa’aqibati amri (*or ‘ajili amri wa’ajilihi*) Faqdirhu li wa yas-sirhu li thumma barik li Fihi, Wa in kunta ta’lamu anna hadha-lamra shar-run li fi dini wa ma’ashi wa’aqibati amri (*or fi’ajili amri wa ajilihi*) Fasrifhu anni was-rifni anhu. Waqdir li al-khaira haithu kana Thumma ardini bihi

*“O Allah, I consult You as You are All-Knowing and I appeal to You to give me power as You are Omnipotent, I ask You for Your great favor, for You have power and I do not, and You know all of the hidden matters . O Allah ! If you know that this matter (**then the person reciting the du’a should mention the matter for which he is seeking Allah’s guidance**) is good for me in my religion, my livelihood, and for my life in the Hereafter, (or he said: ‘for my present and future life,’) then make it (easy) for me. And if you know that this matter is not good for me in my religion, my livelihood and my life in the Hereafter, (or he said: ‘for my present and future life,’) then keep it away from me and take me away from it and choose what is good for me wherever it is and please me with it.”*

The Fiqh-us-Sunnah scholars maintain that there is nothing authentic concerning something specific (e.g. specific qur’anic ayats, etc.) that is to be recited in the prayer nor is there any authentic report concerning how many times one should repeat salat-ul-Istikhara.

An-Nawawi holds that *“after performing the istikharah, a person must do what he is **wholeheartedly inclined to do and feels good about doing** and should not insist on doing what he had desired to do before making the istikharah. And **if his feelings change**, he should leave what he had intended to do, otherwise he is not completely leaving the choice to Allah, and would not be honest in seeking aid from Allah’s power and knowledge. Sincerity in seeking Allah’s choice, means that one should completely leave what he himself had desired or determined.”*

The above duas for salat ul Istikhara was derived from hadiths (referred above in Fiqh-us-Sunnah) and narrated by Jabir bin Abdullah about Salat-ul-Istikhara in Sahih Bukhari (volume 2, hadith number 263 and again volume 9, hadith 487).

How to pray Salat-ul-Istikhara step-by step:

1. Perform Wudu (the ablution) if you do not have it already.
2. Pray 2 raka’at either with the intention of praying Istikhara separately by itself or jointly with 2 rakat of, for example, tahajjud.
3. Immediately **after you have completed the 2 rakats**, recite the abovementioned Istikhara Dua.
4. At the appropriate point in the du’a (**marked in red above**), mention the deed you wish Allah to provide you with guidance about.
5. Follow An Nawawi’s advice on how to interpret Allah’s guidance (again see above).
6. There is no limit on the number of times you can pray Salat-ul-Istikhara though the fuqaha mention that it is recommend to repeat it, up to 7 times if necessary (usually done on separate occasions). [cf: Radd al-Muhtar]

If you have questions about Salat Istikhara, its applicability in specific circumstances or its interpretation, here is a link that may help you Insha Allah: [the Islamonline website](#). This website is excellent because you can ask some of the leading scholars in the Islamic world a specific question about your situation if you do not find an answer in their fatwa bank.

Traduction française du Dua pour la Salate ul Istikahara

Traduction française de la prière istikara (la prière de la consultation ou demande du meilleur parti à prendre). D'abord, voici le Hadith Sahih rapporté par l'Imam Bokhari:

Selon Jaber Ben Abdallah (raa):

Le Prophète (saw) nous enseignait à demander l'inspiration à Dieu comme il nous enseignait les sourates du Coran. Il nous disait : Lorsque l'un de vous veut décider d'une chose qu'il fasse deux rakaates en dehors de la prière canonique puis qu'il dise

“O Seigneur je te demande en vertu de Ta Science de choisir pour moi la meilleure solution. je te demande de me l'accorder en vertu de Ta Prédestination, et je te demande de me faire bénéficier de Tes faveurs immenses, car Tu as la Puissance et j'en suis dépourvu, Tu es Celui qui Sait et je suis ignorant(e), et Toi seul connais le non-manifesté. O Seigneur si Tu sais que cette affaire m'est profitable pour ma vie en ce monde, pour ma religion ainsi que pour mes fins dernières (ou encor pour mon avenir immédiat ou lointain), destine la moi, rend la moi accessible et bénis la moi, mais si Tu sais que cette affaire m'est néfaste, tant pour ma religion que pour ma vie en ce monde et pour mes fins dernières, éloigne la de moi et éloigne moi d'elle, puis destine moi le bien où qu'il se trouve et rend moi satisfait(e) d'en avoir bénéficié”

Ensuite, qu'il indique son affaire.

Source of french translation: [Forum de la grand mosquee de Lyon](#).

Salate Istikhara (la prière de la consultation) est constituée de 2 raq'at, c'est à dire deux unités de prières, c'est la même que Salate el Fajar, la prière de l'aube.

Beaucoup ne la font que pour les grandes décisions, avant de prendre la décision de se marier par exemple, mais c'est une prière que tu peux faire pour n'importe quelle décision, que ce soit pour un voyage, un investissement, un travail... pour tout...

Il ne semble pas qu'il y ait un moment précis dans la journée pour la faire; le meilleur moment pour faire des prières surérogatoires, pour faire des Doh'as c'est la nuit, plus précisément le dernier tiers de la nuit.

Istikhara Gebet (in German)

Recite dieses DUA nach Istikahra Gebetaus

“Riyad-us-Salihin”Kapitel 14

Gebet um Gottes Führung (Istikhara) und Beratung untereinander

Qur’an: Allah, der Erhabene, spricht:

“... und ziehe sie in (allen weltlichen) Angelegenheiten zu Rate.” [3:159]

“... und ihre Angelegenheiten in gegenseitiger Beratung regeln...” [42:38]

Dschabir (r) berichtet: Der Gesandte Allahs (s) lehrte uns immer wieder, in jeder Angelegenheit, Gottes Führung {Istikhara) zu erbitten, wie er uns immer wieder eine Sure aus dem Qur’an lehrte.

Er sagte:

“Wenn jemand von euch beabsichtigt, etwas zu tun, so soll er zusätzlich zwei Rak’a verrichten und dann sprechen: ‘Oh Allah! Ich bitte Dich um Deinen Rat aufgrund Deines Wissens; ich bitte Dich um Kraft aufgrund Deiner Kraft, und ich bitte Dich, mir von Deiner unermesslichen Güte (zu geben); denn Du allein hast die Macht und ich nicht. Du weißt alles und ich weiß nichts. Du allein weißt das Verborgene. Oh Allah! Wenn Du weißt, dass diese Sache gut für mich ist, für meine Religion, mein Leben auf Erden und für mein Leben im Jenseits, so bestimme sie mir, und erleichtere mir, sie zu erreichen! Dann segne dies (was Du mir gewährt hast). Weißt Du jedoch, dass diese Sache schlecht ist für mich, für meine Religion, für mein Leben auf Erden und für mein Leben im Jenseits, so wende sie von mir ab, und halte mich von ihr fern! Bestimme mir Gutes, wo immer es auch sei, und mache mich zufrieden damit.*” Er sagte: “Und er soll seine Sache nennen.”

(Al-Bukhari)

* Auf Arabisch lautet das Istikhara-Gebet

“Allahumma inni astakhiruka bi’ilmika, wa astaqdiruka biqudratika, wa as’aluka min fadlikal-azim, fa innaka taqdiru wa la aqdir, wa ta’lamu wa la a’latn, wa anta alldmulghuyub. Allahumma in kunta ta’lamu anna hadhâl-amra khairun li fi dini wa ma’dschi wa aqibati amri. (oder: “adschili amri wa adschilih) fa-qdurhu li wayassirhu li, thumma barik li fih. Wa in kunta ta’lamu anna hadhal-amra schatron li fi dini wa ma’aschi wa aqibati amri (oder: “adschili amri wa adschilih) fa asrifliu anni, wasrifni anh, yvaqdur lil-khaira haithu kan, thumma ardini bih.”

[Riyad us-Salihin Nr. 718]

Source of german translation of above dua: [Maroc Oase](#)

Salat-ul-Istikara en Espanol (in Spanish)

Jabir -r.a.- quien era uno de los compañeros del Profeta Muhammad (saws), narró:

“El Mensajero de Allah (saws) solía enseñarnos el Istikhara en todos los asuntos, igual que nos enseñaba una Sura (versículo) del Corán. Él solía decir: Si alguno de vosotros tiene un asunto importante que dilucidar, que haga dos rakas (unidades) voluntarios, que no sean de las obligatorias, a cualquier hora del día o de la noche y luego suplicad: Allahumma inní astakhíruka bi-ilmik, wa astaqdiruka bi-qudratik, wa asaluka min fadlika al-adhím, fa-innaka taqdir wa la aqdir, wa taalamu wa la aalam, wa Anta allámul-quiúb. Allahumma in kunta taalamu anna hadhal-amra (aqui la persona menciona el asunto por el cual se solicita la guía) khairun li fi Diní wa maashí wa áqibati amrí, faqdurhu li wa iassirhu li, zumma bárik li fíhi. Wa in kunta taalamu anna hadha al-amra (aqui la persona menciona el asunto por el cual se solicita la guía) sharrun li fi Diní wa maashí wa áqibati amrí, fasrifhu anní wasrifní anhu, waqdur li al-khaira haizu kana, zumma arddini bihi.

(¡Oh Allah! Te pido que escojas lo mejor para mí, por Tu conocimiento de ello. Y por Tu poder te pido que me capacites para la elección. Y así te pido de Tu inmenso favor. Porque Tú puedes y yo no puedo. Tú sabes y yo no sé. Y Tú eres el concededor de todo lo oculto. ¡Oh Allah! Si sabes que este asunto (aqui la persona menciona el asunto por el cual se solicita la guía) es bueno para mí, tanto en mi religión como en mi vida y su objetivo final es sano, decrétao para mí y facilítamelo. Después, bendíceme en él. Y si sabes que este asunto (aqui la persona menciona el asunto por el cual se solicita la guía) es malo para mí, tanto en mi religión como en mi vida y su objetivo final no es sano, apártalo de mí y apártame de él. Y decreta el bien para mí dondequiera que esté. Después, déjame satisfecho con el asunto decretado”.

Habiendo solicitado la guía de Allah como lo antecedido, entonces la persona prosigue sus asuntos cotidianos y espera por la debida respuesta de Allah. Ésta se puede manifestar en la persona mediante la seguridad o más indecisión que se sienta en el corazón respecto al asunto.

Así que cuando sientas en tu corazón una sensación de vigor, optimismo o confianza respecto al asunto en cuestión, debes interpretar esto como una respuesta positiva de Allah (SWT) y en adelante se debería proceder consecuentemente con el asunto en cuestión. Por otro lado, si lo contrario es verdadero y tus sensaciones de duda preocupaciones no se han aclarado, entonces deberías evitar el asunto en cuestión como si este significase malas consecuencias.

Allah (SWT) dice: "... es posible que os disguste algo que sea un bien para vosotros y que améis algo que sea n mal. Sólo Allah sabe y vosotros no sabéis."(Corán 2:216)

De hecho la esencia de esta oración es probar la confianza que uno tiene en Allah, por lo tanto, la necesidad de atenerse a la guía de Allah aun si esto significase continuar o abandonar el asunto en cuestión. Allah dice también:

"...y el que pone su confianza en Allah, Allah le es suficiente. Es cierto que la voluntad de Allah siempre se realiza y Allah le ha dado a cada cosa una justa medida" (Corán 65:3)

*SWT= Glorificado y Enaltecido sea

Source of the above dua in Spanish: [Islam Bolivia La Verdad](#)

Note from Br. Rafik. If you find this pamphlet useful by the Grace of Allah, please remember me in your du'as, and please visit my blog at <http://theislamicworkplace.com> or <http://makkah.wordpress.com> to see the extensive du'as section and the section on how to deal with stress and difficulty according to Islam. You can also email to me at ribeekun@gmail.com Insha Allah.