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Istikhara ki Namaz

Istikhara Ka Maqsad

Istikhara ka matlab hai Allah (s.w.t) se bhalai aur hidayat talab karna jab insan kisi faisle mein do-rahe pe ho, jaise shaadi, safar, karobar ya koi bada qadam ya kisi bhi kaam me koi sahi faisla lena ho to Ye namaz insan ko Allah (s.w.t) ke ilm aur qudrat ke hawale karti hai, taake behtar faisla ho sake.



Namaz-e-Istikhara Kya Hai?

Namaz-e-Istikhara ek sunnat namaz hai jo kisi faisle ya kaam mein Allah se hidayat aur bhalai mangne ke liye parhi jati hai. Ye do rakat Nafil Namaz hoti hai, aur is ke baad ek khas dua padhi jati hai jo Rasool Allah (SAW) ne sikhayi.

Sunnat Tarika (Step-by-Step)

1. **Pakizaagi:** Sab se pehle wuzu karain. Agar chahen to ghusl bhi kar sakte hain agar zarurat ho, taake dil-o-dimag pak ho.
2. **Waqt:** kabhi bhi koi bhi waqt jaiz hai lekin jab namaz ya kisi bhi sajdah ke liye mana kiya gaya ho us waqt na parhein (Jaise – zawal ke waqt ya suraj nikalne (sunrise) ke waqt ya suraj guroob (sunset))

Dua-e-Istikhara: Namaz ke baad hath utha kar, ya baith kar, Istikhara ki dua parhain jo Niche di gayi hai. Dua ke darmiyan Hazal Amra ki jageh apna maqsad zikr karna zaroori hai, maslan "Agar ye



shaadi" ya "Agar ye safar" ke alfaaz shamil karain.

Namaz ki Daleel

Sahih Bukhari, Hadith No. 1162 (Kitab-ul-Jumua) mein Hazrat Jabir (RA) farmate hain: *"Rasool Allah (SAW) humein Istikhara har kaam ke liye sikhate thay, jaisa ke Quran ki surah sikhate thay. Aap (SAW) farmate thay: Jab tum mein se koi kisi kaam ka irada kare, to do rakat nafl namaz parhe, phir ye dua mange..."* Is hadith mein dua bhi zikr ki gayi hai jo Niche di gayi hai.

Aur Hadith ki Tafseel

Sahih Bukhari, Hadith No. 7390 mein bhi Istikhara ka zikr hai, jahan Rasool Allah (SAW) ne farmaya ke Istikhara ke baad Allah pe tawakkal karna chahiye.

Ye hadith batati hai ke Istikhara sirf dua nahi, balki sunnat-e-Nabwi ka ek hissa hai jo har chhote bade kaam mein karna chahiye.



Amali Tafseel

Kitni Baar Karna?: Agar ek baar Istikhara ke baad dil mein sukoon na mile ya jawab na samajh aaye, to kuch dino tak dohrayen.

Khwab Ka Intezar?: Istikhara ka jawab khwab mein milna zaroori nahi. Kabhi dil mein sukoon ya nafrat se, kabhi halaat ke badalne se bhi jawab mil sakta hai..In Shaa Allah

Dil Ki Halat: Istikhara ke waqt dil ko khali rakhein, apni pasand na thopen, balki Allah pe chor dain.

Khwab Ki Tashreeh: Agar khwab aaye, to us ki tabeer ke liye kisi Khwab ke tabeer ke ilm me mahir aise logon se mashwara kar sakte hain, lekin khwab zaroori nahi hai



Ahmiyat

- Istikhara Allah aur bande ke darmiyan rabta hai. Ye sikhata hai ke har faisla Allah (s.w.t) ke hawale karna chahiye.
- Sahih Bukhari ki hadith se saaf hai ke ye Rasool Allah (SAW) ki zindagi ka hissa tha aur sahaba ko bhi sikhaya gaya.

Ghalat Fehmiyan

- Istikhara sirf shaadi ke liye nahi, har kaam ke liye hai.
- Ye jadu ya faal nahi, balki dua aur namaz ka tariqa hai.
- Koi khas din ya waqt zaroori nahi, har waqt kar sakte hain.

Istikhara Ki Dua

Arabic:



اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ 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
أَمْرِي، فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ، وَإِنْ
كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي
وَعَاقِبَةِ أَمْرِي، فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ، وَاقْدُرْ لِي
الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ.

"Allahumma inni astakhiruka bi'ilmika wa astaqdiruka
biqudratika wa as'aluka min fadlika al-'azim, fa innaka
taqdiru wala aqdiru, wa ta'lamu wala a'lamu, wa anta
'allamul-ghuyub. Allahumma in kunta ta'lamu anna
hazal-amra (yahan apna maqsad zikr karain) khairun
li fi dini wa ma'ashi wa 'aqibati amri, faqdurhu li wa
yassirhu li thumma barik li fihi. Wa in kunta



*ta'lamu anna **hazal-amra** sharrun li fi dini wa ma'ashi wa 'aqibati amri, fasrifhu 'anni wasrifni 'anhu, waqdur liyal-khaira haithu kana thumma ardini bihi."*

Tarjuma:

"Aye Allah! Main teri ilm se bhalai mangta hoon, aur teri qudrat se taqat mangta hoon, aur tere bade fazal se sawal karta hoon, kyun ke tu qudrat rakhta hai aur main nahi rakhta, tu janta hai aur main nahi janta, aur tu ghaib ko janne wala hai. Aye Allah! Agar tu janta hai ke ye kaam (yahan apna maqsad zikr karain) mere deen, meri zindagi aur mere anjam ke liye behtar hai, to ise mere liye muqaddar kar de aur asaan kar de, phir is mein mere liye barkat daal de. Aur agar tu janta hai ke ye kaam mere deen, meri zindagi aur mere anjam ke liye bura hai, to ise mujh se door kar de aur mujhe is se door kar de, aur mere liye bhalai muqaddar kar de jahan bhi ho, phir mujhe is se razi kar de."

Daleel Sahih Bukhari Se

Sahih Bukhari, Kitab-ul-Jumua, Hadith No. 1162 mein Hazrat Jabir (RA) farmate hain: "*Rasool Allah (SAW)*



humein har kaam ke liye Istikhara sikhate thay, jaisa ke Qur'an ki surah sikhate thay."

Is hadith se saaf hota hai ke Istikhara sunnat-e-Nabwi (saw) hai aur har chhote bade kaam mein Allah se hidayat mangna chahiye.

Mukammal Tarika

- Raat ko sone se pehle Istikhara karna chahe to kar sakte hai lekin zaruri nahi
- Dil se pak niyyat rakhein aur Allah (s.w.t) pe bharosa rakhein.
- Istikhara ke baad jo rasta dil mein sukoon de ya khwab mein koi ishara mile ya dil jis faisle ki taraf zada jhuk jaye us pe a'mal karein...In Shaa Allah

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