

# **Seeking guidance in forming a decision (Al-Istikharah)**

**On the authority of Jabir Ibn AAabdullah , he said: 'The Prophet (SAW) would instruct us to pray for guidance in all of our concerns, just as he would teach us a chapter from the Quran. He would say ' If any of you intends to undertake a matter then let him pray two supererogatory units (two rakah nafilah) of prayer and after which he should supplicate:**

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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 - وَيُسَمِّي حَاجَتَهُ -  
خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي،  
فَأَقْدِرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ، وَإِنْ  
كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي  
وَمَعَاشِي وَعَاقِبَةِ أُمْرِي، فَاصْرِفْهُ وَاصْرِفْنِي  
عَنْهُ وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي

بِهِ .

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Allahumma innnee astakheeruka  
biAAilmik, wa-astaqdiruka biqudratik,  
wa-as-aluka min fadlikal-atheem, fa-  
innaka taqdiru wala aqdir, wata-lamu  
wala alam ,wa-anta allamul ghuyooob,  
allahumma in kunta ta-lamu anna  
hathal-amr (say your need) khayrun lee  
fee deenee wama ashee waAAaqibati  
amree faqdurhu lee, wayassirhu lee,  
thumma barik lee feeh, wa-in kunta  
taAAalamu anna hathal-amr sharrun lee  
fee deenee wama aashee waaqibati  
amree fasrifhu annee wasrifnee anh,  
waqdur liyal-khayra haythu kan,  
thumma ardinee bih

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**O Allah, I seek Your counsel by Your knowledge and by Your power I seek strength and I ask You from Your immense favour, for verily You are able while I am not and verily You know while I do not and You are the Knower of the unseen. O Allah, if You know this affair - and here he mentions his need- to be good for me in relation to my religion, my life, and end, then decree and facilitate it for me, and bless me with it, and if You know this affair to be ill for me towards my religion, my life, and end, then remove it from me and remove me from it, and decree for me what is good wherever it be and make me satisfied with such.'**