The Messenger of Allah (may Allah's peace and blessings be upon him) used to teach us Istikhārah (guidance-seeking prayer) in all matters, as he would teach us a Surah from the Qur’an

Jābir ibn ‘Abdullah (may Allah be pleased with him and his father) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) used to teach us Istikhārah (guidance-seeking prayer) in all matters, as he would teach us a Surah from the Qur’an. He would say: "When one of you intends to do something, let him perform two Rak‘ahs other than the obligatory prayer and then say: Allāhumma inni astakhīruka bi‘ilmika, wa astaqdiruka biqudratika, wa as’aluka min fadlik al-‘azhīm, fa ’innaka taqdiru wa la aqdiru, wa ta‘lamu wa la a‘lamu, wa anta ‘allāmu al-ghuyūb. Allāhumma in kunta ta‘lamu anna hādha al-’amra khayrun li fi dīni wa ma‘āshi wa ‘āqibati amri, (or he said) ‘ājili amri wa ājilihi, faqdurhu li wa yassirhu li, thumma bārik li fīh. Wa in kunta ta‘lamu anna hādha al-’amra sharrun li fi dīni wa ma‘āshi wa ‘āqibati amri, (or he said) wa ‘ājili amri wa ājilihi, fasrifhu ‘anni, wasrifni ‘anhu, waqdur li al-khayra haythu kāna, thumma ardini. (O Allah, I consult You for Your knowledge, and I seek strength from You for Your power, and I ask You of Your great bounty. Indeed, You are capable and I am not, and You know and I do not, and You are the All-Knower of the unseen. O Allah, if You know that this matter is good for me in my religion, my livelihood, and the outcome of my affairs, (or he said), my immediate and future affairs, then decree it for me, make it easy for me, and then bless it for me. And if You know this matter is evil concerning my religion, my livelihood or the outcome of my affairs, (or he said) my immediate and future affairs, then turn it away from me, and turn me away from it, and decree for me what is good wherever it may be, and make me content).'' He said: ''And let him name his need.''

[Authentic] [Narrated by Al-Bukhāri]

When a Muslim intends to undertake something where the correct course is uncertain, it is prescribed for him to perform the Istikhārah prayer. The Prophet (may Allah's peace and blessings be upon him) used to teach his Companions (may Allah be pleased with them) this prayer just as he would teach them a Surah from the Qur’an. One should pray two Rak‘ahs other than the obligatory prayer and then supplicate Allah, saying: "O Allah, I consult You" asking for success in choosing the better of the two options, and I ask You "for Your knowledge" that is extensive and encompasses everything, "and I seek strength from You" to make me capable as I have no might or strength except through You "for Your power" as nothing can escape You. "And I ask You of Your great bounty" and Your extensive

benevolence, as Your bounty is a favor from You and none is entitled to any blessing from You. "Indeed, You are capable" of everything, but I am weak and powerless "and I am not" capable of anything except with support from You. "And You know" with Your comprehensive knowledge that encompasses the hidden and the manifest, the good and the evil "and I do not" know anything except with Your favor and guidance "and You are the All-Knower of the unseen" as You possess ultimate knowledge and decisive power, while none has such power or knowledge except what You decree or grant. Then the Muslim supplicates his Lord, mentioning his specific need by saying: "O Allah", I have entrusted my matter to You, so "if You know" in Your knowledge of this matter "and let him name his need", such as buying this house, purchasing this car, marrying this woman, or any other matter. If it has already been decreed in Your knowledge that this matter contains "good for me in my religion," which protects my affairs, "my livelihood," in this world, "and the outcome of my affairs," or he said: "in my immediate and future affairs," both in this world and the Hereafter, then "decree it", prepare it, and complete it "for me," and make it smooth and "easy for me," " and then bless it for me", increasing the good within it. "And if You know", O Allah, "that this matter" I have sought counsel for is "evil concerning my religion, my livelihood, and the outcome of my affairs—or he said: in my immediate and future affairs—then turn it away from me, and turn me away from it, and decree for me what is good wherever it may be, and make me content with it," accepting all of Your decrees, whether it pleases or displeases me.

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