

Jabir bin Abdullah (May Allah be pleased with them) said:

- 1 The Prophet (peace be upon him) used to teach us to seek Allah's Counsel in all matters, as he used to teach us a Surah from the Qur'an.
- 2 He would say: When anyone of you has an important matter to decide, let him pray two Rak'ahs other than the obligatory prayer.
- 3 and then say: "O Allah, I seek the counsel of Your Knowledge,  
and I seek the help of Your Omnipotence,  
and I beseech You for Your Magnificent Grace.  
Surely, you are Capable, and I am not.  
You know and I know not,  
and You are the Knower of the unseen.
- 4 O Allah, if You know that this matter is good for me in my religion and in my life and for my welfare in the life to come, - [or say: in this life and the afterlife] -  
  
then ordain it for me and make it easy for me, then bless me in it.
- 5 And if You know that this matter is bad for me in my religion and in my life and for my welfare in the life to come, - [or say: in this life and the afterlife] - then distance it from me, and distance me from it,
- 6 and ordain for me what is good wherever it may be,
- 7 and help me to be content with it."<sup>(1)</sup>

1 Narrated by Al-Bukhari (1162)

### From the Qur'an

- ﴿You would have known it. You know what is within me, and I do not know what is within You. It is you who are the Knower of the hidden.﴾ (5: 116)
- ﴿Or, who answers the distressed when he prays to Him, and removes adversity, and makes you successors on earth? Is there a god alongside Allah? How little you reflect.﴾ (27: 62)

### The Narrator








Jabir ibn Abdullah ibn Amr ibn Haram, al-Ansari, also known as Abu Abdullah, participated in the Second Pledge of Al-Aqaba when he was still a young boy with his father. He also witnessed the battles of Badr and Uhud and participated in the Battle of Siffin alongside Ali ibn Abi Talib. He served as the chief jurist (Mufti) of Medina during his time. He passed away in the year 78 AH (697 CE).

### Summary

The Prophet, peace be upon him, was diligent in instructing his Ummah (community) on the supplication of istikhara (seeking guidance from Allah) and the steps to take when they are indecisive about a certain matter.



# Message and Meaning

-  **1** The Prophet, peace be upon him, emphasized the importance of teaching his Ummah how to perform istikhara when they were uncertain about matters in the world. He wanted to ensure that people knew what to do and how to seek guidance from Allah. He stressed the significance of memorizing the supplication of istikhara, just as he taught them the verses of the Quran. Muslims are in need of seeking guidance from Allah through istikhara, just as they need the Quran for their prayers, remembrance of Allah, and dealings with others.
-  **2** When a servant intends to seek guidance from Allah through istikhara, they should start by performing two voluntary rak'ahs (units of prayer) as a means of drawing closer to Allah and preparing themselves for supplication. This applies to everyone except women in a state of menstruation or postnatal bleeding, as their istikhara is limited to supplication only.
-  **3** Then, they should supplicate with the specific supplication of istikhara, in which they ask Allah to choose for them what is best. They acknowledge Allah's knowledge and expertise, and they seek His ability to do what is most righteous for them. They hope for His gracious favor and mention that Allah is All-Powerful and All-Knowing, nothing is hidden from Him, and nothing is beyond His dominion.
-  **4** They then engage in private conversation with Allah, saying: "O Allah, if You know that this matter (mention the specific matter) is good for me in my religion, livelihood, and the outcome of my affair, then decree it for me, make it easy for me, and bless it for me." They ask Allah to make it destined and facilitated for them.
-  **5** If they know that this matter is not good for them in their religion, livelihood, and the outcome of their affair, they ask Allah to divert it from them and to divert them from it. They acknowledge that if it is harmful for them, Allah will turn it away from them and prevent their hearts from becoming attached to it.
-  **6** They then ask Allah to decree what is best for them in all their affairs, wherever they may be, and to make them content with what He has decreed for them. They recognize that what is considered good may not always bring contentment, and they may live in a state of sadness and dissatisfaction.
-  **7** The one seeking guidance should mention their specific matter in their supplication, saying: "O Allah, if You know that marrying this person, or pursuing this job, or buying/selling this item, or any other matter (mention the specific matter), is good for me, then decree it for me."



# Implementation

1

It is the responsibility of the preacher and educator to prioritize teaching Muslims what they need in their daily lives, such as the rulings of ritual purity, prayer, fasting, and so on, as well as the supplications and remembrances they seek, such as morning and evening remembrances, etiquettes of eating, drinking, dressing, supplication for guidance, fulfilling needs, and the like.

2

Muslims should diligently seek guidance from Allah in all their affairs, recognizing their dependence on Him to make the best choices for them.

3

It is important not to underestimate any matter, no matter how small or insignificant it may seem. Seeking guidance from Allah in all matters can help avoid distress and lead to a more fulfilling life.

4

Following the example of the Prophet Muhammad (peace be upon him) and his companions, Muslims should make it a habit to seek guidance from Allah in all aspects of their lives. This includes seeking guidance before making important decisions or taking significant actions.

5

When seeking guidance from Allah, it is recommended to perform acts of worship, such as offering voluntary prayers, as a prelude to seeking guidance. This can help increase the likelihood of having one's supplication answered.

6

We learn from the Hadith that a Muslim should begin their supplication by praising and glorifying Allah, as well as sending blessings upon the Prophet Muhammad (peace be upon him). This sets the foundation for a sincere and accepted supplication.

7

Muslims should choose the appropriate times for seeking guidance and making supplications, such as the last third of the night, the time of Friday prayer, and other blessed times. It is also important to avoid times that are discouraged for supplication unless the matter is urgent and cannot be delayed.

8

It is important to be patient and not rush in making supplications. Starting with praising and glorifying Allah, followed by sending blessings upon the Prophet Muhammad (peace be upon him), is a recommended way to begin supplications.

9

Muslims should remember that seeking guidance and making supplications are acts of worship that should be directed solely to Allah. He is the All-Knowing and All-Powerful, capable of answering prayers and guiding His servants.

10

It is crucial to seek guidance and make supplications with the intention of seeking what is beneficial for both one's religion and worldly affairs. The ultimate criterion should be the compliance with the teachings of Islam.



Muslims should ask Allah to bless them in what they seek and make their affairs easy. Sometimes, what seems difficult may actually be a source of great reward and benefit.



It is important to pray for Allah's blessings in what one seeks, as blessings bring goodness and increase the chances of success.



When seeking guidance from Allah, it is essential to follow what He has decreed and make use of the means and resources He has provided. It is important not to follow one's desires, as it may lead to the waste of the guidance sought.



It is important to recognize that Allah's decree is inevitable. Sometimes, one may seek guidance but not receive what they desire. It is crucial to trust in Allah's wisdom and accept His decision.



In supplications, it is recommended to ask Allah to protect one from any harm or evil that may be associated with what they seek. This shows a deep reliance on Allah's wisdom and protection.



One of the most important aspects of seeking guidance is to ask Allah to decree what is best for oneself, regardless of personal desires. Allah may withhold something that seems good, but in reality, it may not be beneficial for one's religion or worldly affairs.



Muslims should ask Allah to be pleased with whatever He has decreed for them. Being content and satisfied with Allah's decree brings happiness and tranquility to the heart, even in times of difficulty.



There is no shame in mentioning to Allah, the Most Blessed and Exalted, the matter for which one seeks guidance, regardless of its significance. Allah loves to be sought and relied upon, whether it is in matters big or small.



In conclusion, seeking guidance and making supplications are important aspects of a Muslim's life. It is crucial to rely on Allah, ask for His guidance, and be content with His decree. By doing so, one can find peace and guidance in every aspect of their life.

