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Section 7: The Best Time to Perform Istikhara

36) Istikhara after a two Rak`at Mustahab Salat

قَالَ الإِمَامُ جَوادِ عَليهِ السَّلامْ:

وَلْتَكُنْ الإِسْتِخَارَةُ بَعْدَ صَلاَتِكَ رَكْعَتَيْن...

Imam al-Jawad (as) aid: `It is best that you seek the best (from Allah) after a two rakat Salat. " 142

37) Istikhara after Salat

قَال الإِمَامُ الصَّادِقُ عَليهِ السَّلامْ:

إِذَا أَرَادَ أَحَدُكُمْ شَيْئاً فَلْيُصَلِّ رَكْعَتَيْنِ ثُمَّ لْيَحْمَدِ اللهَ وَ لْيُثْنِ عَلَيْهِ وَ يُصَلِّي عَلَى النَّبِيِّ وَ أَهْلِ بَيْتِهِ وَ يَقُولُ: ((أَللهُمَّ إِنْ كَانَ هَذَا الأَمْر خَيْراً لِي فِي دِينِي وَ دُنْيَايَ فَيَسِّرْهُ لِي وَ اقْدِرْهُ وَ إِنْ كَانَ غَيْرَ ذَلِكَ فَاصْرِفْهُ عَنّي.))

Imam al-Sadiq (as), said: `If any of you wish to do something, (then start off by) praying a two rak`at Salat and praise and extol Allah and send blessings on the Prophet and his family then say:

أَللهُمَّ إِنْ كَانَ هَذَا الأَمْرُ خَيْراً لِي فِي دِينِي وَ دُنْيَايَ فَيَسِّرْهُ لِي وَ اقْدِرْهُ وَ إِنْ كَانَ غَيْرَ ذَلِكَ فَاصْرِفْهُ عَنّي.

O' Allah if there is good in this action for me in my religion and in my life, then make it easy for me and destine it for me; but if it is other than this, then turn it away from me. " 243

38) Istikhara after Salat al-Fajr

قَالَ الإِمَامُ الصَّادِقُ عَليهِ السَّلامْ:

إِذَا صَلَّيْتَ صَلاَةَ الْفَجْرِ فَقُلْ بَعْدَ أَنْ تَرْفَعَ يَدَيكَ حِذَاءَ وَجْهِكَ: ((أَللهُمَّ إِنَّكَ تَعْلَمُ وَلاَ أَعْلَمُ وَأَنْتَ عَلاَّمُ الْغُيُوبِ فَصَلِّ عَلىَ مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَخِرْ لِي فِي جَمِيعِ مَا أَمَرْتُ بِهِ مِن أُمورِي خِيَارَ بَرَكَةٍ وَعَافِيَةٍ.)) ثُمَّ تَقُولُ فِي الْسَجْدَةِ مِائَةَ مَرَّةٍ : ((أَسْتَخِيرُ اللهَ بِرَحْمَتِكَ وَأَسْتَقْدِرُ اللهَ فِي عَافِيَةٍ بِقُدْرَتِهِ.)) ثُمَّ أَتَتْ حَاجَتُكَ فَإِنَّهَا خَيْرٌ لَكَ فِي كُلِّ حَالٍ.

Imam Jafar al-Sadiq (as) said: "When you have finished Salat al-Fajr, then lift up your hands such that they are in front of your face and say the following:

أَللهُمَّ إِنَّكَ تَعْلَمُ وَلاَ أَعْلَمُ وَأَنْتَ عَلاَّمُ الْغُيُوبِ فَصَلِّ عَلىَ مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَخِرْ لِي فِي جَمِيعِ مَا أَمَرْتُ بِهِ مِن أُمورِي خِيَارَ بَرَكَةٍ وَعَافِيَةٍ.

O' Allah, verily You know (better) and we do not know and you are the Knower of the Unseen, so send blessings on Muhammad and the family of Muhammad and give me the best in all that I resolve to do of that which will be a blessing and good (for me).

Then go into sajdah and say the following line one hundred times:

أَسْتَخِيرُ اللهَ بِرَحْمَتِكَ وَأَسْتَقْدِرُ اللهَ فِي عَافِيَةٍ بِقُدْرَتِهِ.

I ask the best from Allah by Your Mercy, and I seek the power and strength to perform this good work from Allah. "

Then, ask for your (legitimate) desires since in this is what is good for you in whatever happens."

39) Istikhara in the Final Sajdah of Salat al-Lail

قَالَ الإِمَامُ الصَّادِقُ عَليهِ السَّلامْ:

((أَسْتَخِيرُ اللهَ بِرَحْمَتِهِ)) تَقُولُ وَ مَرَّةٍ مِائَةً مَرَّةٍ سَاجِدٌ وَأَنْتَ اللَّيْلِ صَلاَةِ مِنْ رَكْعَةٍ أَخِرِ فِي أَسْتَخِيرِاللهَ.

al-Imam al-Sadiq (as) said: "In your final rakat of Salat al-Lail, while you are in sajdah, ask Allah for the best by reciting the following one hundred and one times:

أَسْتَخِيرُ اللهَ بِرَحْمَتِهِ

`I seek the best from Allah by His mercy. "3

40) Istikhara in the Final Sajdah of Nafilah of Salat al-Fajr

قَالَ الإِمَامُ الصَّادِقُ عَليهِ السَّلامْ:

أَنْ يَسْتَخِيرَ اللهَ الرَّجُلُ لا فِي أَخِرِ سَجْدَةٍ مِنْ رَكْعَتي الْفَجْرِ مِائَة مَرّةٍ و مَرّةً تَحْمَدُ اللهَ وَ تُصلِّي عَلَىَ النَّبِي وَآلِهِ ثُمَّ تَسْتَخِيرُ اللهَ خَمْسينَ مَرَّةً ثُمَّ تَحْمَدُ اللهَ وَ تُصَلِّي عَلَىَ النَّبِيَّ وَ تَمِّمْ الْمِائَةَ وَ الْوَاحِدَة.

Imam al-Sadiq (*as*) *said the following regarding asking Allah for the best: "In the final sajdah of the recommended prayers of Salat al-Fair, one should seek the best from Allah by praising Allah and sending blessings on the Prophet and his family and then by asking Allah for the best fifty times followed by praising Allah and sending blessings on the Prophet one hundred and one times.* " 445

1. Fath al-Abwab, Page 143 / Wasa'il ash-Shi'a, Volume 8, Page 77, Hadith 10122
2. Man La Yahduru al-Faqihi, Volume 1, Page 355, Hadith 1554 / Tahdhib alAhkam, Volume 3, Page 180 / Wasa'il ash-Shi'a, Volume 8, Page 66, Hadith 10099
3. Makarim al-Akhlaq, Page 320 /Man La Yahdhuru al-Faqihi, Volume 1, Page 355, Hadith 1555
4. Wasa'il ash-Shia, Volume 8, Page 73, Hadith 10112 / Man La Yahdhuru al-Faqih, Volume 1, Page 355, Hadith 1556

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