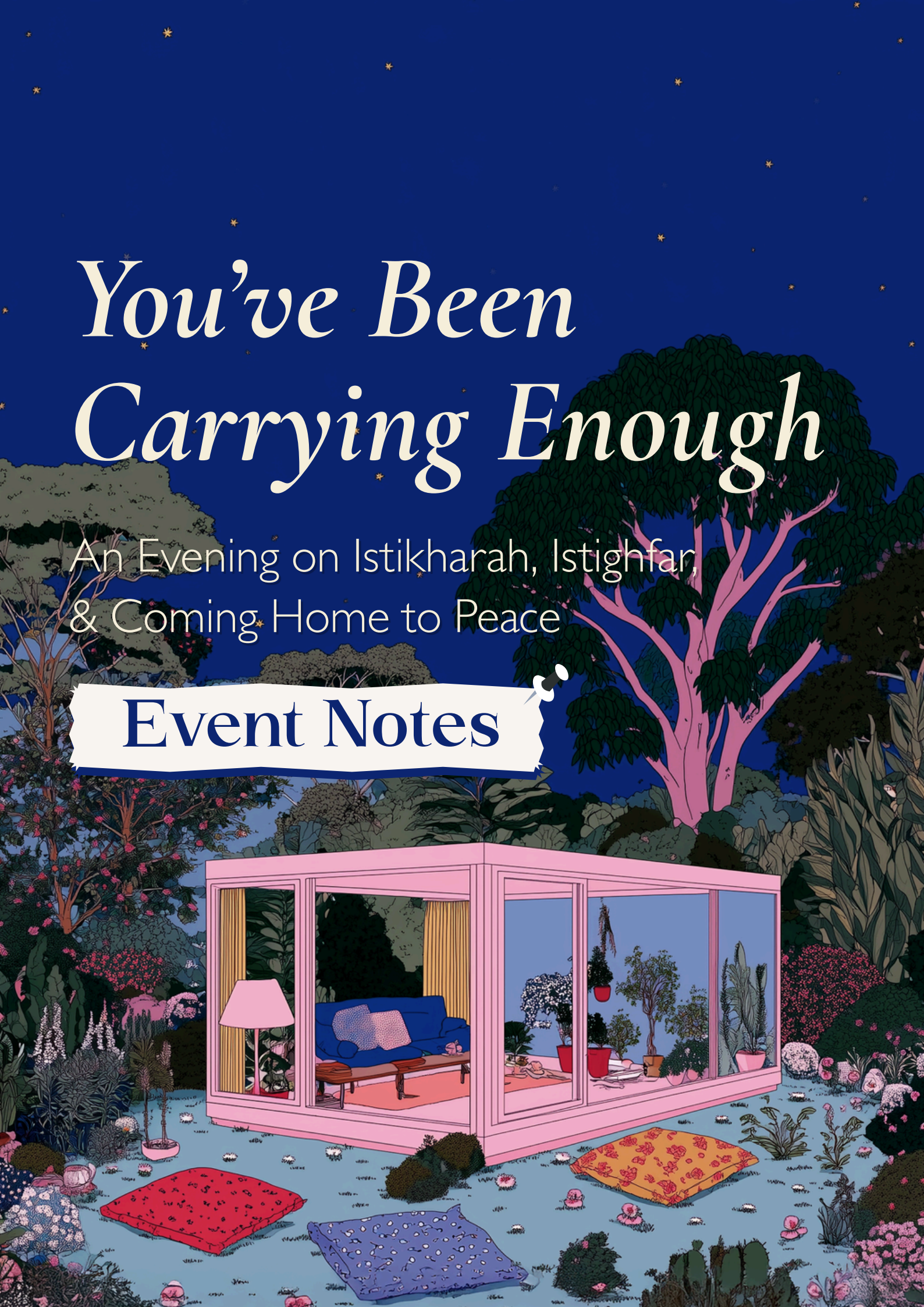


You've Been Carrying Enough

An Evening on Istikharah, Istighfar,
& Coming Home to Peace

Event Notes



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamualaikum Champs,

We had a beautiful session learning about two prophetic tools for the heart: *Istikharah* and *Istighfar*. By definition, as servants of Allah, we are all seekers. And that is what the prefix “ا - س - ت” in both *Istikharah* and *Istighfar* denotes: to seek. The former is used to seek guidance for the unknown future, and the latter, to seek healing for the unchangeable past.

Two different practices, but one true purpose: to seek and to return to Allah SWT.

These notes that you are reading capture some of our favourite takeaways from the Session. I pray that they bring nothing but peace to you!

Fida

Istikharah: *A tool for the everyday*

A lot of our exhaustion comes from carrying what was always meant to be in His Hands. For example, we are drowning in decision fatigue as we make roughly around 36,000 decisions daily. More if you are a mother, teacher or someone in a leadership role.

The Sahabahs memorised the Du'a of Istikharah the way they memorised a Surah of the Quran because they used it constantly, even for everyday choices.

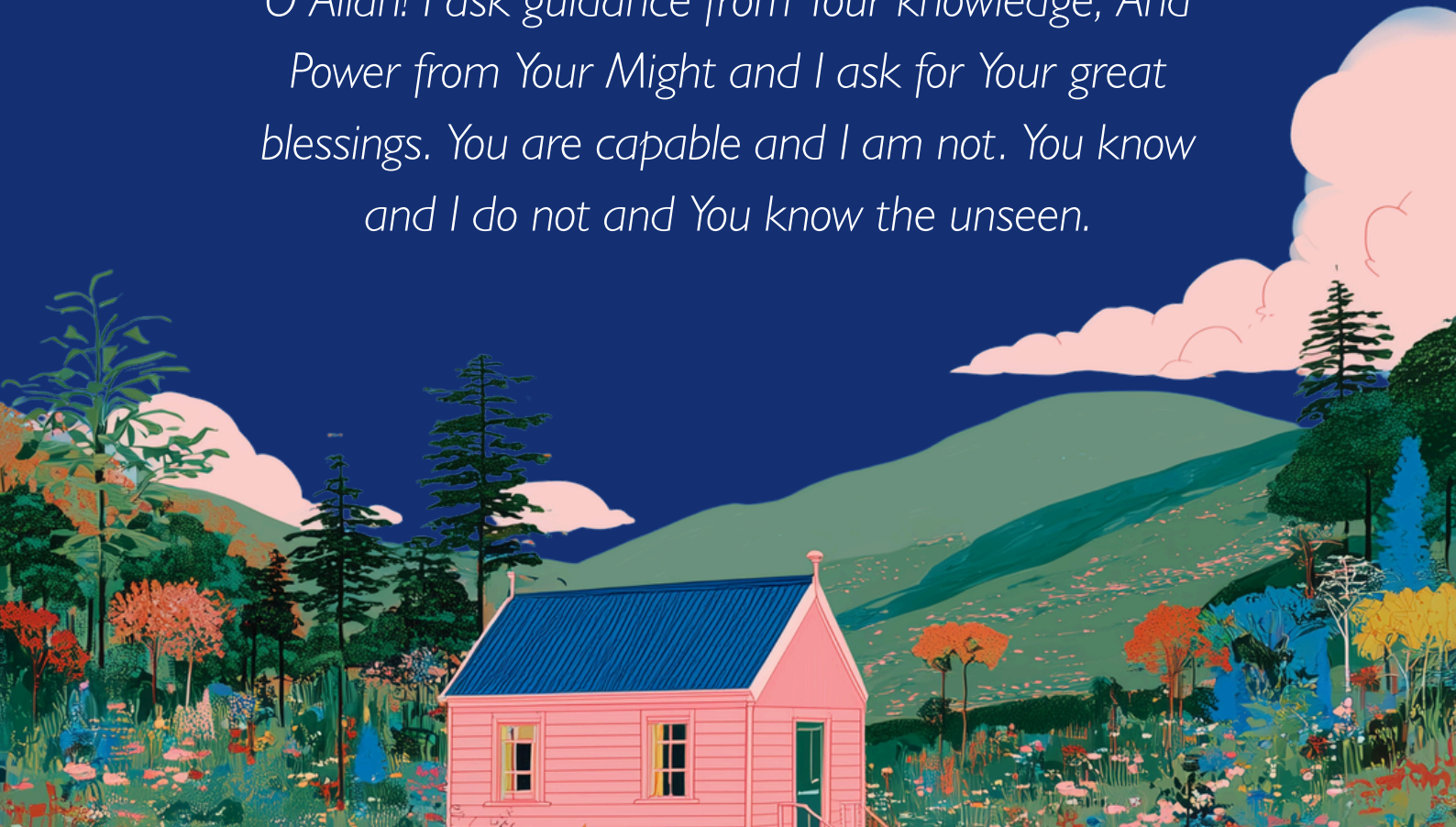
The Prayer of Istikharah, which is also a Sunnah Prayer, transforms mundane decision-making into an act of sincere devotion and a way to attain Allah's Love.

Narrated Jabir bin `Abdullah RA:

Rasulullah ﷺ used to teach us the way of doing Istikharah in all matters as he taught us the Surahs of the Qur'an. He said, "If anyone of you thinks of doing any job he should offer a two rak`at prayer other than the compulsory ones and say (after the prayer):

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ،
وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ
وَتَعْلَمُ وَلَا أَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ

*O Allah! I ask guidance from Your knowledge, And
Power from Your Might and I ask for Your great
blessings. You are capable and I am not. You know
and I do not and You know the unseen.*



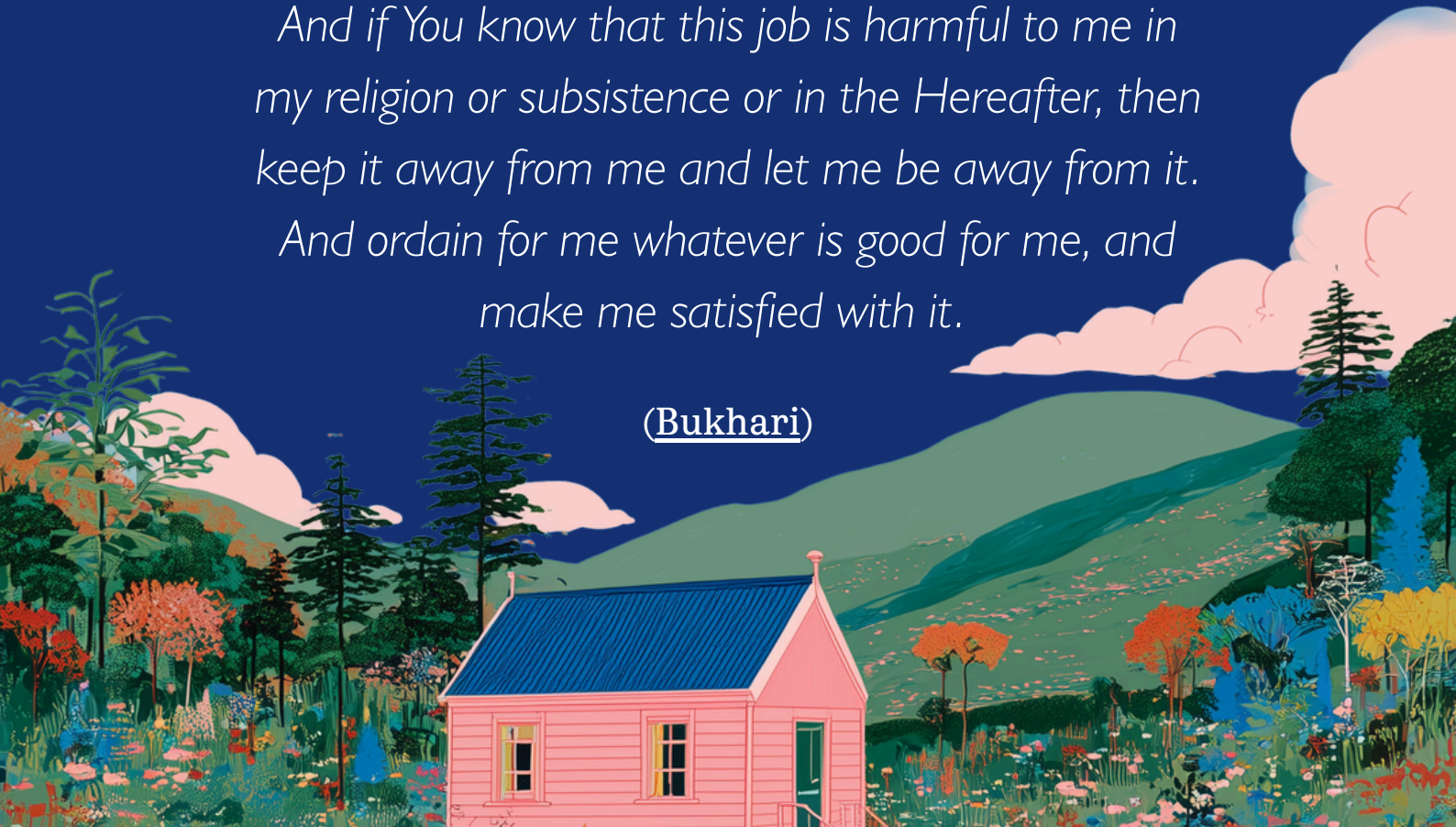
اللَّهُمَّ إِنِّ كُنْتُ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي
دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي فَاقْضُ لَهُ لِي وَيَسِّرْهُ
لِي ثُمَّ بَارِكْ لِي فِيهِ

*O Allah! If You know that this job is good for my
religion and my subsistence and in my Hereafter -
Then ordain it for me and make it easy for me.
And then bless me in it.*

وَإِنِّ كُنْتُ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي
وَمَعَاشِي وَعَاقِبَةِ أُمْرِي فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي
عَنْهُ، وَاقْضُ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

*And if You know that this job is harmful to me in
my religion or subsistence or in the Hereafter, then
keep it away from me and let me be away from it.
And ordain for me whatever is good for me, and
make me satisfied with it.*

(Bukhari)



Du'a of Istikharah:

An Act of Surrender: Handing it over to Allah SWT

The Du'a:

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ
وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ

Oh Allah, I ask guidance from Your Knowledge
and I ask power from Your Might

The Release:

When we make the Du'a of Istikharah, we are handing over our limited knowledge to the One Who is All-Knowing, and we are handing over our limited capabilities to the One Who is All-Powerful. This surrendering and releasing is when peace settles in the heart.

The True *Peak* of the Istikharah Du'a is Contentment, Not Control

The Istikharah Du'a ends with this:

وَأَقْدُرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

And ordain for me whatever is good for me, and **make me satisfied with it.**

and ending with this:

MAKE ME CONTENT WITH IT

to

MAKE IT EASY

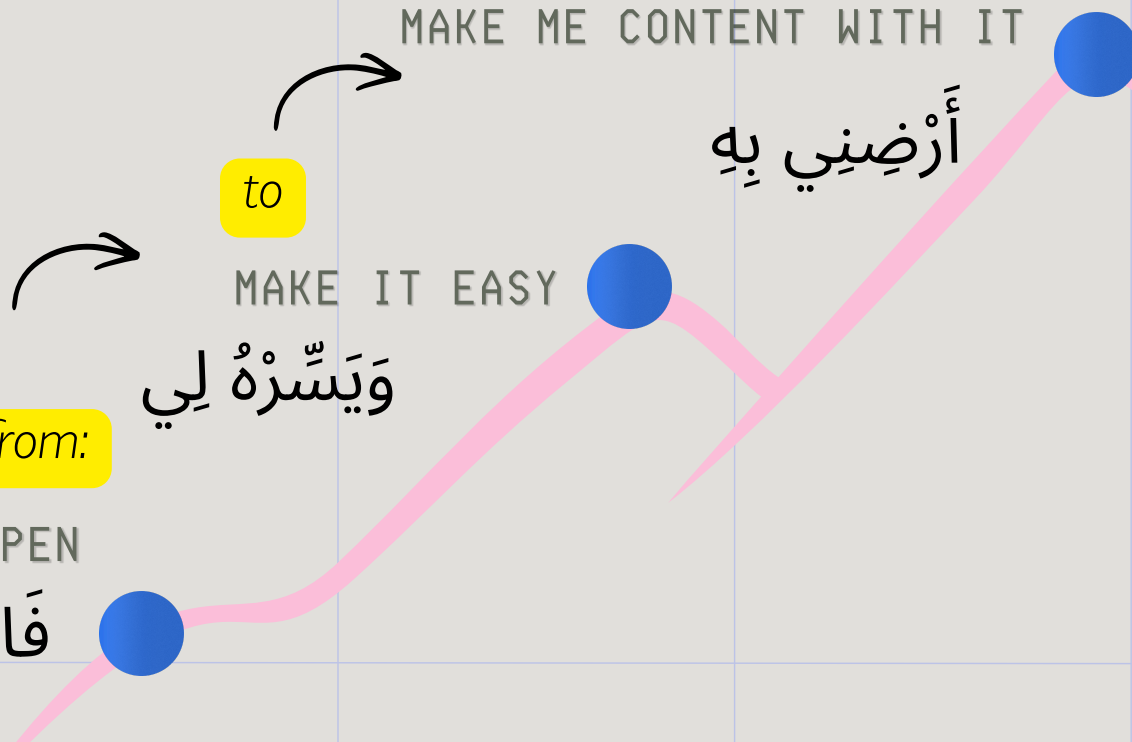
وَيَسِّرْهُ لِي

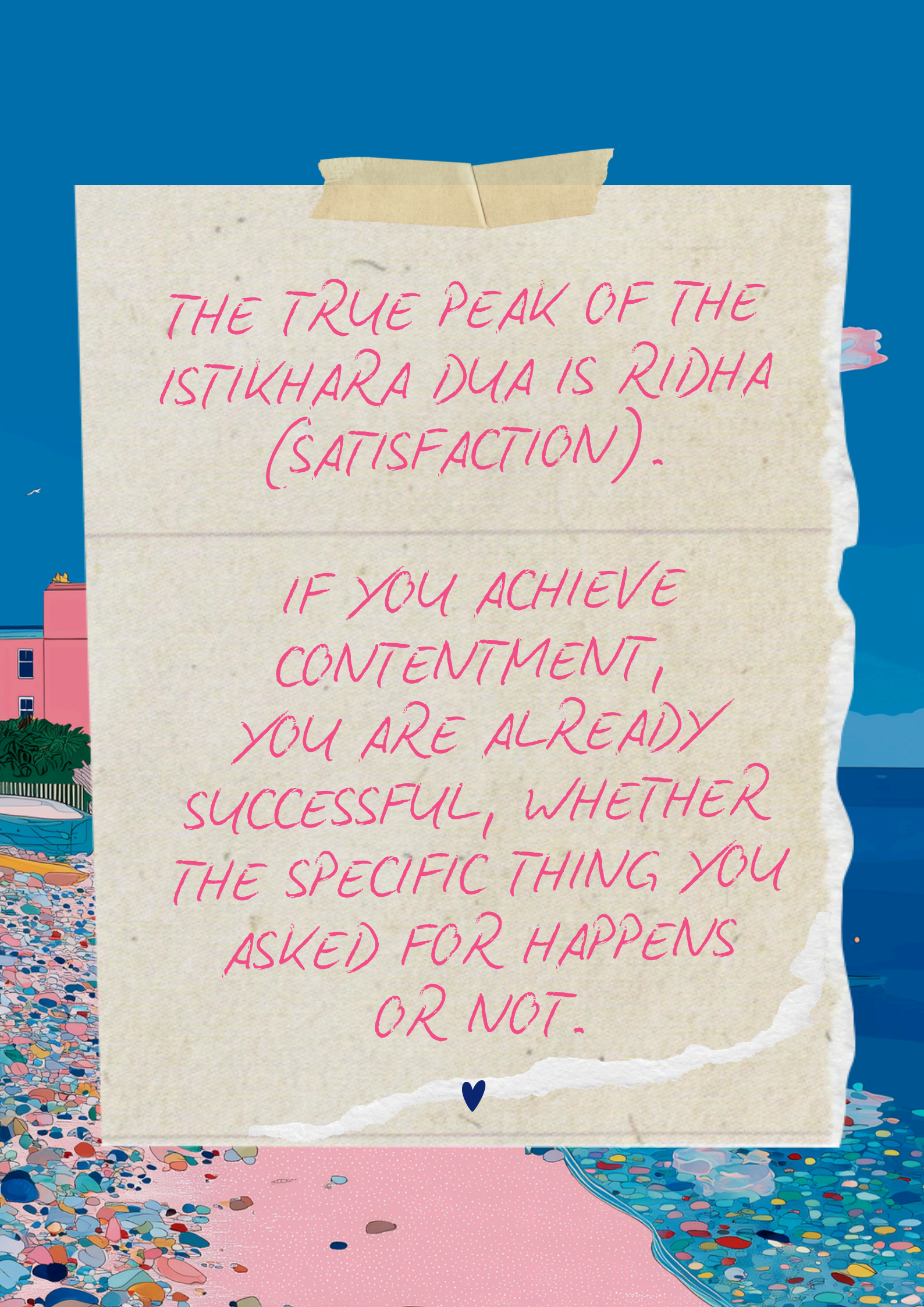
أَرْضِنِي بِهِ

The Du'a goes from:

MAKE IT HAPPEN

فَأَقْدُرْهُ لِي





THE TRUE PEAK OF THE
ISTIKHARA DUA IS RIDHA
(SATISFACTION).

IF YOU ACHIEVE
CONTENTMENT,
YOU ARE ALREADY
SUCCESSFUL, WHETHER
THE SPECIFIC THING YOU
ASKED FOR HAPPENS
OR NOT.



Istighfar: Shifting the Gaze

Istighfar was never meant to point at your sin; it is designed to return you to Allah. It is shaytan's trick to make you dwell on your sin until it incapacitates you, whereas the true focus of Istighfar is always Allah SWT and how He comes to us as Ghafir (the One Who forgives) , Ghafar (the One Who forgives again and again), & Ghafur (the One Whose forgiveness is vast & complete).

THE ANATOMY OF A MISTAKE

THE ADAM INSTINCT

The Action:
Made an admission

The Mindset:
**Vulnerability &
Sincerity**

The Result:
**Recorded in the
Quran & Forgiven**

THE IBLIS INSTINCT

The Action:
Made an excuse

The Mindset:
**Defensive &
Justification**

The Result:
**Arrogance &
Kicked out of Heaven**

< Notes



رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَّمْ تَغْفِرْ لَنَا
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخُسِرِينَ

“Our Lord! We have wronged ourselves.
If You do not forgive us and have mercy on us,
we will certainly be losers.”

Surah Al-A'raf: 23

Zulm (Oppression/Wrongdoing) literally means to put something **out** of its intended, proper context. So when we sin, we oppress ourselves by using our time, faculties, or bodies outside of their divine intention.

This Du'a by Prophet Adam AS teaches us that Istighfar simply places us back into our original role, i.e. a Servant of Allah.

the Du'a of Yunus AS
Safety in the Dark

لَا إِلَهَ إِلَّا أَنْتَ

There is no god
but You

*Nothing and no one else
has Power nor Might
other than Allah SWT.*

سُبْحَانَكَ

You are above
all imperfections

*Allah SWT & His plans
are perfect - no matter
the situation.*

إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

I have certainly been
of the wrongdoers

*This isn't said in despair.
It's said in safety, because
he AS knew Who his Rabb is.*

Istighfar not only allows us to return back to our original state, but it also unlocks:

- 1) Relief from anxiety and distress
- 2) Physical Provisions (wealth, children, vital rain)
- 3) Barakah (The divine extension of goodness in the little we possess)
- 4) Gardens as vast as the heavens in the Hereafter

(Quran Nuh 71:10-12).

A Complete Spiritual Architecture

<i>Istikharah</i>	<i>Istighfar</i>
<i>I seek guidance from Allah.</i>	<i>I seek forgiveness from Allah.</i>
focusing on: <i>The Future</i>	focusing on: <i>The Past</i>
Allah's Attribute: <i>His Knowledge & Power</i>	Allah's Attribute: <i>His Mercy & Forgiveness</i>
end goal: <i>Redha</i>	end goal: <i>Returning to Him</i>



Returning Home to Peace:

Whether we return
to Allah SWT
through the door of
obedience
(Istikharah) or the
door of repentance
(Istighfar), the
destination is one:
Allah SWT.

And that is where
true peace &
contentment lies.