

“Whoever holds fast to istighfār, Allāh will create for him an exit from every difficulty and freedom from every sorrow, and provide for him from where he had not even imagined.” (Abū Dāwūd)

الْإِسْتِغْفَارُ



Istighfār

*Formulae for seeking forgiveness
from the Glorious Qur’ān*

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dāmat barakātuhum

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ISTIGHFĀR

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Preface

Istighfār (seeking forgiveness from Allāh ﷻ) has many virtues and benefits besides the greatest benefit, which is the forgiveness of Allāh ﷻ. The Prophet ﷺ said, “Whoever holds fast to istighfār, Allāh will create for him an exit from every difficulty and freedom from every sorrow, and provide for him from where he had not even imagined.” (Abū Dāwūd)

The Qur’ān records the advice of Prophet Nūḥ ﷺ to his people:

...Pray to your Lord for forgiveness; indeed He is Very-Forgiving. He will cause the heavens to rain upon you in abundance, and will help you with riches and sons, and will cause gardens to grow for you, and cause rivers to flow for you.

Imām Qurṭubī ﷺ writes that a person once came to Ḥasan Baṣrī ﷺ and complained of being afflicted with drought. Ḥasan Baṣrī ﷺ advised him to seek the forgiveness of Allāh ﷻ. Another person complained

of poverty, to which he replied, “Seek the forgiveness of Allāh.” Another asked him to make du‘ā to Allāh ﷻ that he be given a child, to which he again advised, “Seek the forgiveness of Allāh.” Another complained that his garden had dried up, and was advised the same: “Seek the forgiveness of Allāh.” When asked why he had given the same answer to all those who had come to him with various needs, he replied that he was not giving them any advice of his own, but only repeating what Allāh ﷻ promised in the aforementioned āyah.

Due to the many benefits we are able to acquire through istighfār we should make it part of our daily routine to recite it in abundance. The Prophet ﷺ said, “Glad tidings be to the one who finds in his book of deeds an abundance of istighfār.” (Ibn Mājah) Istighfār should be done when supplicating to Allāh ﷻ, and can be done at any other moment during the day or night. We may read any formula of istighfār, be it:

- **أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ**
- **أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ**
- or merely **أَسْتَغْفِرُ اللَّهَ**

We should do istighfār at least 100 times in a day, as was the practice of the Prophet ﷺ.

It occurred to this unworthy one to make a compilation of all the formulae of istighfār that appear in the Qur'ān, so that we may seek Allāh's forgiveness using those most eloquent of words too. This compilation may be read at any time and as often as desired. Keeping in mind the many benefits and virtues istighfār holds, it should be read at least once daily, if not more frequently. Inshā'allāh, it will bring enormous benefits in both worlds.

May Allāh ﷻ accept this humble effort and make it a means of forgiveness for the compiler and for all who read it, and may He grant us all the benefits of istighfār. Āmīn.

(Ḥaḍrat Mawlānā) Muhammad Saleem Dhorat

Dhul-Ḥijjah 1433 /October 2012





سُبْحَانَكَ يَا إِلَٰهَ الْعِزَّةِ
يَا إِلَٰهَ الْعِزَّةِ

*Pure are You (from all imperfections).
I repent to You. (Al-A'raf)*



How to Read This Book

1. If possible, read this book daily.
2. If not, then at the very least on a weekly basis.
3. Endeavour to read the complete book on auspicious days and nights and in blessed places, so that you may acquire the benefits of all the supplications during these blessed occasions.
4. Try to study the translation to familiarise yourself with the supplications.
5. Do not read inattentively, or out of habit alone; read with full attention and concentration, with a sense of need and awareness that you are beseeching the Almighty.
6. If you are able to, then shed tears while reading; otherwise at least adopt the appearance of crying.
7. Remember that du‘ā - supplication to Allāh ﷻ - is a very great form of ‘ibādah. So as well as reading with the intention of beseeching Allāh ﷻ for refuge and the fulfilment of your needs, also read with the intention of ‘ibādah.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، الرَّحْمَنِ الرَّحِيمِ، مَلِكِ
يَوْمِ الدِّينِ، إِلَهِكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ، اهْدِنَا
الصِّرَاطَ الْمُسْتَقِيمَ، صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ،
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ. آمِينَ (الفاتحة)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا
صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ
حَمِيدٌ مُجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ
مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مُجِيدٌ (البخاري)

*In the Name of Allāh,
the Most-Beneficent, the Most-Merciful*

All Praise is for Allāh, Rabb (the Cherisher and Sustainer) of all the worlds, the Most-Beneficent, the Most-Merciful, Master of the Day of Judgement. You alone do we worship, and You alone do we ask for help. Guide us on the Straight Path, the path of those upon whom You have bestowed Your Favour, not of those who have incurred Your Wrath, nor of those who are astray. Āmīn.

O Allāh! Send Your Special Mercy upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent Your Special Mercy upon Ibrāhīm (ﷺ) and upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted. O Allāh! Send blessings upon Muḥammad (ﷺ) and upon the family and followers of Muḥammad (ﷺ) just as You sent blessings upon Ibrāhīm (ﷺ) and upon the family and followers of Ibrāhīm (ﷺ). Indeed, You are Praised, Exalted.

١ رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ، وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)

٢ سَمِعْنَا وَأَطَعْنَا، غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ (البقرة)

٣ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا، رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا، رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ، وَاعْفُ عَنَّا، وَاعْفُرْ لَنَا، وَارْحَمْنَا، أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ (البقرة)

٤ رَبَّنَا إِنَّنَا أَمْنَا فَأَعْفِرْ لَنَا ذُنُوبَنَا، وَقِنَا عَذَابَ النَّارِ (آل عمران)

1. O our Rabb! Make us both submissive to You, and [make] from our progeny as well a people submissive to You; and show us our ways of pilgrimage and accept our repentance. Indeed, You, and You alone, are the Most-Relenting, the Most-Merciful.
2. We have listened, and obeyed. O our Rabb! [we seek] Your pardon, and to You is the return.
3. O our Rabb! Do not hold us accountable if we forget or make a mistake. O our Rabb! Do not place on us such a burden as You did place on those before us. O our Rabb! Do not make us bear a burden for which we have no strength. And pardon us, and forgive us, and have mercy on us. You are our Rabb, so help us against the disbelieving people.
4. O our Rabb! Indeed, we have believed; so forgive our sins and save us from the punishment of the Fire.

٥ رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا، وَثَبِّتْ

أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ (آل عمران)

٦ رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا

مَعَ الْأَكْبَرِ، رَبَّنَا وَأَتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا

تُخْزِنَا يَوْمَ الْقِيَامَةِ، إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ (آل عمران)

٧ رَبَّنَا ظَلَمْنَا أَنفُسَنَا، وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا

لَنَكُونَنَّ مِنَ الْخَسِرِينَ (الأعراف)

٨ سُبْحَانَكَ تُبْتُ إِلَيْكَ (الأعراف)

٩ لَئِن لَّمْ يَرْحَمْنَا رَبُّنَا وَيَغْفِرْ لَنَا، لَنَكُونَنَّ مِنَ

الْخَسِرِينَ (الأعراف)

١٠ رَبِّ اغْفِرْ لِي وَلِإِخْوِي وَأَدْخِلْنَا فِي رَحْمَتِكَ،

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5. O our Rabb! Forgive our sins and our excesses in our conduct, make firm our feet, and help us against the disbelieving people.

6. O Our Rabb! Forgive our sins and expiate for us our misdeeds, grant us death (and include us) with the righteous (in the Hereafter). O Our Rabb! Grant us what you have promised us through Your Messengers and do not put us to disgrace on the Day of Judgement. Indeed, you do not break Your Promise.

7. Our Rabb, we have wronged ourselves, and if You do not forgive us and do not have mercy on us, we shall, indeed, be among the losers.

8. Pure are You (from all imperfections). I repent to You.

9. If our Rabb does not have mercy on us, and does not forgive us, we shall certainly be among the losers.

10. O my Rabb! forgive me and my brother, and admit us into Your mercy; You are the Most Merciful of

وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ (الأعراف)

١١ أَنْتَ وَلِيُّنَا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ
الْغَافِرِينَ، وَ اكْتُبْ لَنَا فِي هَذِهِ الدُّنْيَا حَسَنَةً وَفِي
الْآخِرَةِ إِنَّا هُدْنَا إِلَيْكَ (الأعراف)

١٢ رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي،
رَبَّنَا وَقَبَّلْ دُعَاءَ، رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ
يَوْمَ يَقُومُ الْحِسَابُ (إبراهيم)

١٣ إِنَّا أُمَّةٌ لِرَبِّنَا لِيَغْفِرَ لَنَا خَطِيئَاتِنَا (طه)

١٤ رَبَّنَا أُمَّةٌ نَسَئًا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ
الرَّحِيمِينَ (المؤمنون)

١٥ رَبِّ اغْفِرْ وَارْحَمْ، وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون)

all the merciful.

11. You are our Guardian, so forgive us, and have mercy on us; You are the Best among those who forgive. And ordain for us good in this world and in the Hereafter. We turn to You in repentance.

12. O my Rabb! Make me steadfast in ṣalāh, and my offspring as well. O our Rabb! Accept my prayer. O our Rabb! Forgive me and my parents and all the believers on the Day when the Reckoning will take place.

13. We have believed in our Rabb, so that He forgives us for our sins.

14. O our Rabb! We have believed; so forgive us and have mercy on us; You are the Best of the merciful.

15. O my Rabb! Forgive and have mercy; You are the Best of the merciful.

١٦ إِنَّا نَطْمَعُ أَنْ يَغْفِرَ لَنَا رَبُّنَا خَطِيئَاتِنَا (الشعراء)

١٧ وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ

الدِّينِ، رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ،
وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ، وَاجْعَلْنِي مِنْ

وَرَثَةِ جَنَّةِ النَّعِيمِ (الشعراء)

١٨ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي (القصص)

١٩ رَبِّ اغْفِرْ لِي (ص)

٢٠ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ

عَلَيَّ وَعَلَىٰ وَالِدَيَّ، وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَ

أَصْلِحْ لِي فِي ذُرِّيَّتِي، إِنِّي تُبْتُ إِلَيْكَ وَإِيَّيْكَ مِنَ

الْمُسْلِمِينَ (الأحقاف)

16. Indeed, we hope that our Rabb will forgive us our faults.
17. [And the Rabb of the worlds] who, I hope, will forgive my fault on the Day of Judgement. O my Rabb! Give me wisdom and join me with the righteous, and destine for me an honourable mention in later generations, and make me among those who will inherit the Jannah of Bliss.
18. O my Rabb! I have wronged myself, so forgive me.
19. O my Rabb! Forgive me.
20. O my Rabb! Grant me [the ability] that I may offer gratitude for the favour You have bestowed upon me and upon my parents, and that I may do righteous deeds that You like. And grant righteousness, for my sake, to my descendents. Truly, I repent to You, and truly I am one of those who submit to You.

٢١ رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالْإِيمَانِ، وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا
رَبَّنَا إِنَّكَ رَعُوفٌ رَحِيمٌ (الحشر)

٢٢ رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا
رَبَّنَا، إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ (المتحنة)

٢٣ رَبَّنَا أَتْمِمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا، إِنَّكَ عَلَى
كُلِّ شَيْءٍ قَدِيرٌ (التحریم)

٢٤ رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ دَخَلَ بَيْتِي
مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ (نوح)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَوَقِنَا
عَذَابَ النَّارِ (البقرة) رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ

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21. O our Rabb! Forgive us and our brothers who brought Īmān before us; and do not place in our hearts any rancour against those who believe. O Our Rabb! Indeed, You are Most Kind, Most Merciful.

22. O our Rabb! Do not make us a trial for those who disbelieve. And forgive us, our Rabb; You – and You alone – are the All-Mighty the All-Wise.

23. O our Rabb! Perfect and preserve for us our light (on the Bridge of Şirāt) and forgive us. Indeed, You have power over everything.

24. O my Rabb! Forgive me and my parents and everyone who enters my home as a believer, and all the believing men and believing women.

O Our Rabb! Give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. O Our Rabb! Accept (this) from us. Indeed, You and You alone are the All-Hearing, the All-Knowing.

الْعَلِيمُ (البقرة) وَتُبَّ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة)
 رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (للمؤمنون)
 سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ عَلَى
 الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (الصفّات) وَإِخْرُ
 دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ تَعَالَى
 عَلَى خَيْرِ خَلْقِهِ، سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ
 أَجْمَعِينَ، بِرَحْمَتِكَ يَا أَرْحَمَ الرَّحِيمِينَ. آمِينَ ❁

رَبِّ هَبْ لِي مِنْ لَدُنْكَ
 ذُرِّيَّةً طَيِّبَةً

O my Rabb! Grant me pious children by
 Your Grace. (Āl-‘Imrān)

And accept our repentance. Indeed, You and You alone are the Most-Relenting, the Most-Merciful. O My Rabb! Forgive and have mercy; You are the Best of all the merciful. Pure is Your Rabb, the Rabb of all Might, from what they attribute (to Him). Peace be upon the Messengers. All Praise is for Allāh, Rabb of all the worlds. And the end of our prayer is, ‘All Praise is for Allāh, Rabb of all the worlds.’ May special mercy from Allāh, the Most-High, be upon the Best of Creation, our Leader and Master Muḥammad (ﷺ), and upon all his family and followers, and his companions. Through Your Mercy (accept our prayer), O the Most Merciful of all the merciful! Āmīn.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ
إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

*There is no deity but You, You are pure
(from all imperfections). Indeed, I was from
amongst the wrongdoers. (Al-Anbiyā)*

Sayyidul-Istighfār

— *Comprehensive Forgiveness Du‘ā* —

Read morning and evening once

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ ، خَلَقْتَنِي وَأَنَا عَبْدُكَ ،
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ ، أَعُوذُ بِكَ مِنْ
شَرِّ مَا صَنَعْتُ ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ ، وَأَبُوءُ لَكَ
بِذُنُوبِي ، فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ (البخاري)

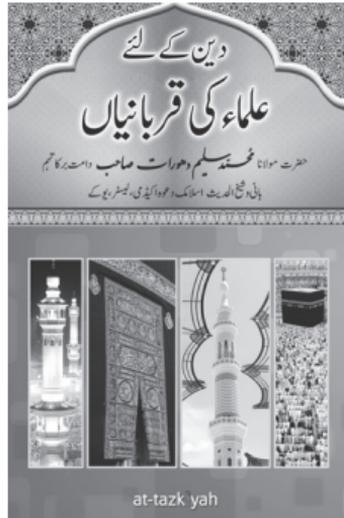
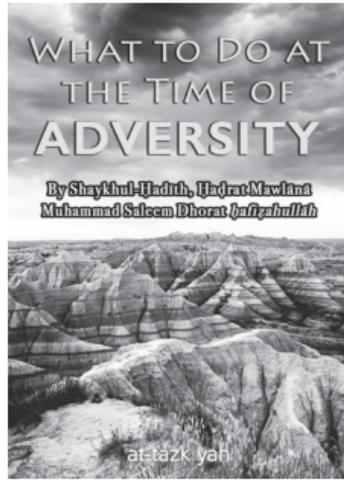
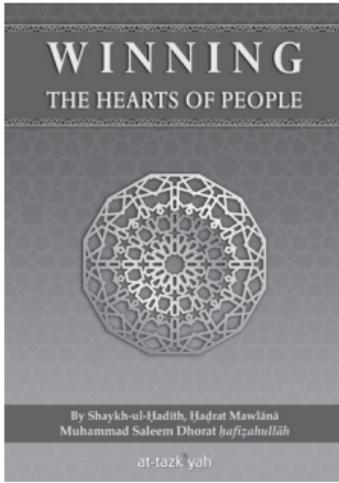
Translation: O Allāh! You are My Rabb, there is no deity but You. You created me and I am Your slave, and as far as I am able, I abide by my solemn promise and covenant (to be obedient) to You. I seek refuge in You from the evil consequences of my actions, I fully acknowledge the favours that You have bestowed upon me, and I confess to You all my sins. Forgive me, for no one forgives sins but You.

Virtue: This is the most comprehensive formula with which repentance can be sought. It has been named ‘Sayyidul-Istighfār’ in the Ḥādīth. Rasūlullāh

عبد الله said, 'Whoever reads this du'ā with conviction in the morning and dies before the night will be from the people of Jannah, and whoever reads it with conviction at night/after sunset and dies before the morning will be from the people of Jannah.'

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
عَبْدِكَ وَرَسُولِكَ وَصَلِّ
عَلَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ
وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ

O Allāh! Send Your Special Mercy upon Muhammad, who is Your Servant and Your Messenger, and send Your Special Mercy upon the believing men and women and Muslim men and women. (Ibn Hibbān)



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