

“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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ḥafīzahullāh

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ISTIGHFĀR

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Foreword

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 Prophet Nūḥ’s ﷺ advice 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 Al-Qurṭubī ﷺ writes that a person once came to Al-Ḥasan Al-Baṣrī ﷺ and complained of being afflicted with drought. Al-Ḥasan Al-

Başrī 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**, or merely **أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ**. 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-Hijjah 1433 /October 2012

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، الرَّحْمَنِ الرَّحِيمِ،
مَلِكِ يَوْمِ الدِّينِ، إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ،
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ، صِرَاطَ الَّذِينَ
أَنْعَمْتَ عَلَيْهِمْ، غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا
الضَّالِّينَ، آمِينَ (الفاحة ١)

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

*In the name of Allāh,
the Most Beneficent, the Most Merciful*

All praise is for Allāh, Cherisher of the worlds, the Most Beneficent, the Most Merciful, Master of the Day of Judgement. You alone do we worship, and You alone do we turn to 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. (1:1-7)

O Allāh, send Your Special Mercy upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent Your Special Mercy upon Ibrāhīm ؑ and upon the family of Ibrāhīm ؑ. Indeed, You are Praised, Exalted. O Allāh, send blessings upon Muḥammad ﷺ and upon the family of Muḥammad ﷺ just as You sent blessings upon Ibrāhīm ؑ and upon the family of Ibrāhīm ؑ. Indeed, You are Praised, Exalted. (Al-Bukhārī)

١ رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ دُرِّيَّتِنَا
أُمَّةً مُّسْلِمَةً لَّكَ، وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا،
إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة ٢: ١٢٨)

٢ سَمِعْنَا وَأَطَعْنَا، غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ
الْمَصِيرُ (البقرة ٢: ٢٨٥)

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

1. Our Rabb, make us both submissive to You, and [make] of 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 Very-Merciful. (2:128)
2. We have listened, and obeyed. Our Rabb, [we seek] Your pardon, and to You is the return. (2:285)
3. Our Rabb, do not hold us accountable if we forget or make a mistake. Our Rabb, do not place on us such a burden as You did place on those before us. 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. (2:286)

٤ رَبَّنَا إِنَّا أَمَّا فَاغْفِرْ لَنَا دُنُوبَنَا وَقِنَا

عَذَابَ النَّارِ (آل عمران ١٦:٣)

٥ رَبَّنَا اغْفِرْ لَنَا دُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا

وَتُبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

(آل عمران ١٤٧:٣)

٦ رَبَّنَا فَاغْفِرْ لَنَا دُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا

وَتَوَفَّنَا مَعَ الْأَبْرَارِ، رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى

رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَمَةِ، إِنَّكَ لَا تُخْلِفُ

الْمِيعَادَ (آل عمران ١٩٤:٣-١٩٣)

4. Our Rabb, Indeed we have believed; so forgive our sins and save us from the punishment of the Fire. (3:16)

5. Our Rabb, forgive us our sins and our excesses in our conduct, make firm our feet, and help us against the disbelieving people. (3:147)

6. Our Rabb, forgive us our sins, and remove our evil deeds from us, and grant us death as one of the righteous. Our Rabb, give us what You have promised us through Your messengers, and do not put us to disgrace on the Day of Judgement. Surely You do not go back on Your promise. (3:193-194)

٧ رَبَّنَا ظَلَمْنَا أَنفُسَنَا، وَإِن لَّمْ تَغْفِرْ لَنَا

وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَسِرِينَ (الأعراف ٧: ٢٣)

٨ سُبْحَانَكَ تَبَّتْ إِلَيْكَ

(الأعراف ٧: ١٤٣)

٩ لَئِن لَّمْ يَرِ حَمْنًا رَبَّنَا وَيَغْفِرْ لَنَا لَنَكُونَنَّ

مِنَ الْخَسِرِينَ (الأعراف ٧: ١٤٩)

١٠ رَبِّ اغْفِرْ لِي وَإِلَاحِي وَأَدْخِلْنَا فِي رَحْمَتِكَ،

وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ (الأعراف ٧: ١٥١)

١١ أَنْتَ وَلِيْنَا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ

خَيْرُ الْغَافِرِينَ، وَاكْتُبْ لَنَا فِي هَذِهِ الدُّنْيَا

حَسَنَةً وَفِي الْآخِرَةِ إِنَّا هُدْنَا إِلَيْكَ (الأعراف

٧: ١٥٦-١٥٥)

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. (7:23)
8. Pure are You. I repent to You. (7:143)
9. If our Rabb does not have mercy us, and does not forgive us, we shall certainly be among the losers. (7:149)
10. My Rabb, forgive me and my brother, and admit us into Your mercy; You are the Most-Merciful of the merciful. (7:151)
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. (7:155-156)

۱۲ رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي،

رَبَّنَا وَتَقَبَّلْ دُعَاءَ، رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ

وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ (إبراهيم ۱۴: ۴۱-۴۰)

۱۳ إِنَّا أُمَّةٌ لِرَبِّنَا لِيَغْفِرَ لَنَا خَطِيئَاتِنَا (طه)

(۷۳: ۲۰)

۱۴ رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ

الرَّحِيمِينَ (المؤمنون ۲۳: ۱۰۹)

۱۵ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

(المؤمنون ۲۳: ۱۱۸)

۱۶ إِنَّا نَطْمَعُ أَنْ يَغْفِرَ لَنَا رَبُّنَا خَطَايَانَا

(الشعراء ۲۶: ۵۱)

12. My Rabb, make me steadfast in Ṣalāh, and my offspring as well. Our Rabb, grant my prayer. Our Rabb, forgive me and my parents and all the believers on the Day when the Reckoning will take place. (14:40-41)

13. We have believed in our Rabb, so that He forgives us for our sins. (20:73)

14. Our Rabb, we have believed; so forgive us and have mercy on us; You are the Best of the merciful. (23:109)

15. O my Rabb, forgive and have mercy; You are the Best of the merciful. (23:118)

16. Indeed we hope that our Rabb will forgive us our faults. (26:51)

١٧ وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ

الدِّينِ، رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي
بِالصَّالِحِينَ، وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي
الْآخِرِينَ، وَاجْعَلْ لِي مِنْ وَّرَثَةِ جَنَّةِ النَّعِيمِ

(الشعراء ٢٦: ٨٥-٨٢)

١٨ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي (القصص

٢٨: ١٦)

١٩ رَبِّ اغْفِرْ لِي (ص ٣٨: ٣٥)

٢٠ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي

أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ

صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي دَرَجَاتِي، إِنِّي تَوَّابٌ

17. [And the Cherisher of the worlds] who, I hope, will forgive my fault on the Day of Judgement. 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 Garden of Bliss. (26:82-85)

18. My Rabb, I have wronged myself, so forgive me. (28:16)

19. My Rabb, forgive me. (38:35)

20. 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,

إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ (الأحقاف ٤٦: ١٥)

٢١ رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا

بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا

رَبَّنَا إِنَّكَ رَعُوفٌ رَحِيمٌ (الحشر ٥٩: ١٠)

٢٢ رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ

لَنَا رَبَّنَا، إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ (المتحنة ٦٠: ٥)

٢٣ رَبَّنَا أْتَمِّمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا، إِنَّكَ

عَلَى كُلِّ شَيْءٍ قَدِيرٌ (التحريم ٦٦: ٨)

٢٤ رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ دَخَلَ بَيْتِي

مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ (نوح ٧١: ٢٨)

and truly I am one of those who submit to You. (46:15)

21. Our Rabb, forgive us and our brothers who preceded us in Faith, and do not place in our hearts any rancour against those who believe. Our Rabb, indeed You are Most-Kind, Most Merciful. (59:10)

22. 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. (60:5)

23. Our Rabb, preserve for us our light, and forgive us. Indeed, You have power over everything. (66:8)

24. My Rabb, forgive me and my parents and everyone who enters my home as a believer, and all the believing men and believing women. (71:28)

رَبَّنَا أُتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
وَوَقْنَا عَذَابَ النَّارِ (البقرة ٢: ٢٠١)

رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ (البقرة
١٢٧: ٢)

وَتُبَّ عَلَيْنَا، إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ (البقرة ٢:
١٢٨)

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ (المؤمنون
١١٨: ٢٣)

سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ، وَسَلَامٌ
عَلَى الْمُرْسَلِينَ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
(الصُّفَّتْ ٣٧: ١٨٢-١٨٠)

وَأُخِرُ دَعْوَانَا أَنْ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ ، آمِينَ .

Our Rabb, give us good in this world and good in the Hereafter, and save us from the punishment of the Fire. (2:201)

Our Rabb, accept (this) from us. Indeed, You - and You alone - are the All-Hearing, the All-Knowing. (2:127)

And accept our repentance. Indeed, You - and You alone - are the Ever-Relenting, Most-Merciful. (2:128)

My Rabb, forgive and have mercy; You are the Best of the merciful. (23:118)

Pure is your Rabb, the Rabb of all Might and Honour, from what they attribute (to Him). And peace be upon the Messengers, and all praise be to Allāh, the Cherisher of all the worlds. (37:180-2)

And the close of our prayer is, “All Praise be to Allāh, the Cherisher of all the worlds.”

Through Your Mercy (accept our prayer), O the Most Merciful of the merciful. Āmīn.