

ISTIKHARAH

Istikharah means asking for goodness. Hence, if you intend to do something, you may ask Almighty Allah to lead you to the best option. A tradition holds that one may ask Almighty Allah for the best option in the last prostration of the Night Prayer, repeating the following statement one hundred times:

أَسْتَخِيرُ اللَّهَ بِرَحْمَتِهِ۔

Istikharah is also recommended in the last prostration of the supererogatory (mustahab / nafilah) dawn (fajr) Prayer and in every genuflection (ruku') of the supererogatory (mustahab / nafilah) Noon Prayer.