

# THE ISTIADHAH

الرَّجِيمِ	الشَّيْطَانِ	مِنْ	بِاللَّهِ	أَعُوذُ
the cursed	Shaytan	from	With Allah	I seek refuge

I seek refuge with Allah from the accursed Shaytan.

“So when you recite the Qur’aan, seek refuge with Allâh from Shaytaan (Satan), the outcast (the cursed one).”

(16:98)



“And if an evil whisper comes to you from Shaytaan, then seek refuge with Allah. Verily, He is Hearing, Knowing (7: 200).”

Ubayy bin Ka`b said, “Two men disputed with each other in the presence of the Messenger of Allah (sallallahu alayhi wa sallam) and the nose of one of them became swollen because of extreme anger. The Messenger of Allah (sallallahu alayhi wa sallam) said,

“I know of some words that if he said them, what he feels will go away, I seek refuge with Allah from the cursed Satan.”

Tafsir Ibn Kathir

## Benefits of the Istiadhah

- cleanses the mouth from the foul speech that it has said
- purifies the mouth and prepares it to recite the speech of Allah.
- entails seeking Allah's help and acknowledging His ability to do everything.
- affirms the servant's meekness, weakness and inability to face the enemy of his inner evil, whom Allah alone, Who created this enemy, is able to repel and defeat. This enemy does not accept kindness, unlike the human enemy.
- is a form of drawing closer to Allah and seeking refuge with Him from the evil of every evil creature.

Tafsir Ibn Kathir, Tafsir Surah al Faatihah