



The Istiadhah

Seeking Refuge with Allah
from Shaytaan

Lesson

The Istiadhah

Lesson 1: What is the Istiadhah and why do we say it?

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Lesson 1: What is the Istiadhah and why do we say it?

What is a Tafsir?

Shaytan/Satan

Who is he and why is he cursed?

Adhere: follow through; carry out

Cursed deserving a curse; marked for the Hellfire

Hinder: to prevent or make difficult to do something

Lure: to try to get someone to do something or go toward/to something

Lenient: not strict, soft

Refrain: to hold back from doing something

Refuge: shelter from danger or hardship

(From Tafsir Ibn Kathir)

The Istiadhah is seeking **refuge** with Allah from Shaytan (Satan).

Istiadhah means, "I seek refuge with Allah from the cursed Satan so that he is prevented from affecting my religious or worldly affairs, or **hindering** me from **adhering** to what I was commanded, or **luring** me into what I was prohibited from."

Indeed, only Allah is able to prevent the evil of Satan from touching the **son of Adam**. This is why Allah allowed us to be **lenient** and kind with the human devil, so that his soft nature might cause him to **refrain** from the evil he is indulging in (doing, giving into). However, Allah required us to seek refuge with Him from the evil of Satan, because he neither accepts bribes nor does kindness affect him, for he is pure evil. Thus, only He Who created Satan is able to stop his evil. This meaning is reiterated in only three Ayat in the Qur'an.

Who is the "son of Adam?"

*(Show forgiveness, enjoin what is good, and turn away from the foolish (i.e. don't punish them).)
(7:199)*

This is about dealing with human beings. He then said in the same Surah,

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

Allah also said in Surat Al-Mu'minun,

“(Repel evil with that which is better. We are Best-Acquainted with the things they utter. And say: "My Lord! I seek refuge with You from the whisperings (suggestions) of the Shayatin (devils). And I seek refuge with You, My Lord! lest they should come near me.” (23:96-98).”

Further, Allah said in Surat As-Sajdah,

“The good deed and the evil deed cannot be equal. Repel (the evil) with one which is better, then verily he, between whom and you there was enmity, (will become) as though he was a close friend. But none is granted it (the above quality) except those who are patient - and none is granted it except the owner of the great portion (of happiness in the Hereafter, i.e. Paradise and of a high moral character) in this world. And if an evil whisper from Shaytan tries to turn you away (from doing good), then seek refuge in Allah. Verily, He is the Hearing, the Knowing” (41:34-36).

Lesson 2: When do we say it?

- **Before reciting the Quraan:**

“So when you recite the Qur'ân, seek refuge with Allâh from Shaitân (Satan), the outcast (the cursed one).”(16:98)



- **When One is Angry:**

Ubayy bin Ka`b said, "Two men disputed with each other in the presence of the



Messenger of Allah and the nose of one of them became swollen because of extreme anger. The Messenger of Allah 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.'”

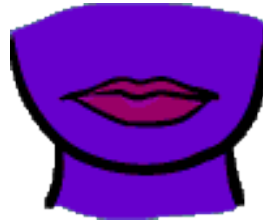
- **If an evil whisper comes to you from Shaytan.**

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



Lesson 3: What are some other benefits of saying the istiadhah?

- The Isti`adhah cleanses the mouth from the foul speech that it has indulged in.



- It also purifies the mouth and prepares it to recite the speech of Allah.

- Further, the Isti`adhah entails seeking Allah's help and acknowledging His ability to do everything.



- The Isti`adhah also 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.



- The Isti`adhah is a form of drawing closer to Allah and seeking refuge with Him from the evil of every evil creature.

Does this mean we physically come close to Allah?

(Tafsir ibn Kathir)

Lesson 4: Do We Have to Say It?

What is the Arabic term to describe acts which are "recommended?"

The majority of the scholars state that reciting the Istiadhah (in the prayer and when reciting the Qur'an) is recommended and not required, and therefore, not reciting it does not constitute a sin. However, Ar-Razi recorded that `Ata' bin Abi Rabah said that the Isti`adhah is required in the prayer and when one reads the Qur'an.



Also, the Prophet always said the Isti`adhah. In addition, the Isti`adhah wards off the evil of Satan, which is necessary; the rule is that the means needed to implement (carry out) a requirement of the religion is itself also required. And when one says, "I seek refuge with Allah from the cursed devil." Then this will suffice.

(Tafsir Ibn Kathir)

Lesson 5: How do we say it?

Here is the wording of the istiadhah:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

au-oo-thoo bi-laa-hee mi-nash-shay-taw-nir-ra-jeem

Memory Assignments

- ☐ Memorize the istiadhah.
- ☐ Memorize 16:98, the proof for reciting the istiadhah before reciting Quraan.
- ☐ Memorize 7:200, the proof for saying the istiadhah when Shaytan whispers evil to you.

You can use the learning posters from TJ and the audio on the TJ Istiadhah page and posters to help you learn the meanings and to memorize them in sha Allah.

Mastery Points:

Make sure that you can do the following activities now that you have completed this unit. If not, it is a good idea to go back and review the lesson:

- ☐ explain what the istiadhah means in English
- ☐ state the purpose of saying the istiadhah
- ☐ recite the istiadhah from memory with correct pronunciation

- ☐ Can give three instances when the istiadhah should be said WITH the PROOF for each one.
- ☐ Can name some of the benefits of saying the istiadhah besides warding off Shaytan.
- ☐ Can write the istiadhah from memory (optional).