

I'm not a robot















## How many times to say istighfar

There are versions speaking about "a hundred of times", "hundred times" in one day, and "more than 70 times" and also "70 times" in a single sitting. If Prophet Muhammad (ﷺ), the man to whom the Jannah is guaranteed, seeks forgiveness of Allah at least 100 times a day, where do our chances lie to get Jannah? So forgive me, for no one forgives sins except You." It is stated in Al-Bukhari that whoever makes this Sayyidul Astaghfar dua during the day with a firm belief in it and dies on the same day (before the evening) will be one of the residents (dwellers) of Jannah (Paradise). In fact, asking Allah to forgive fellow believers is a virtuous act. Here's a simple guide to get you started: Make Intention (Niyyah): Before beginning, sincerely intend to seek forgiveness from Allah. It was narrated that Ibn 'Umar (may Allah be pleased with him) said: We used to count the Messenger of Allaah (peace and blessings of Allaah be upon him) saying in a single gathering one hundred times. *Rabb ighfir li wa lihibbi 'alayna inaka anta al-Tawwaab al-Kabeem* (O Lord, forgive me and accept my repentance, for You are the Acceptor of repentance, the Most Merciful). Regular recitation of Istighfar brings abundant provisions. Saying "Astaghfirullah" regularly, whether it's 100 times, 1000 times, or more, keeps your heart connected to Allah and cleanses you of sins, therefore it makes sense to repent in any case as Allah knows best. It's essential to regularly ask Allah for forgiveness, whether it's after each prayer or before sleeping, and to trust in His mercy.Here are some duas that we can recite while doing Istighfar: "I ask forgiveness of my sins from Allah, who is my Lord, and I turn towards Him." "There is no deity except You; exalted are You. Indeed, it is He who is the Forgiving, the Merciful." (Surah Az-Zumar 39:53) One of Allah's 99 beautiful names is Al-Ghaffaar, meaning The Great Forgiver. Grants knowledge: Enhances understanding and wisdom. O4. Verily, You alone are the Relenting, the Forgiving "Source: Sunan al-Tirmidhi 3434Grade: Sahih (authentic) according to Al-Albani رحمه الله تعالى ورحمته وبركاته" "I ask forgiveness of my sins from Allah, who is my Lord, and I turn towards Him." "There is no deity except You; exalted are You. Indeed, it is He who is the Forgiving, the Merciful." (Surah Az-Zumar 39:53) Farhat People often overlook the profound significance of the simple yet powerful dua (supplication) known as Istighfar — saying "Astaghfirullah" (I seek forgiveness of Allah). So, did you say "Astaghfirullah" 100 times today? Istighfar helps prevent sins. And if you want to do more than that, there is nothing wrong with it so long as you do not choose a specific number or a specific way, rather when doing the additional amount you should do whatever is easy for you, because it is not prescribed to set a specific number for acts of worship if it is not narrated in the sharī' texts. This shows the immense importance of Istighfar for all Muslims. Let us reflect on the countless benefits and virtues of reciting this beautiful supplication. Insha Allah. Q1. Whenever you are in distress start reciting it and Insha Allah it will take you out of your anxiety and will put you in a peaceful situation and will give you happiness.Istighfar removes anxiety and duas are answered.Istighfar opens the door of sustenance.Istighfar opens the door of mercy.Istighfar opens the door of knowledge.Istighfar is also gateway of productivity.Istighfar relieves you. Reciting Astaghfirullah 1000 times can help cleanse the heart and relieve the mind of tension. This already means that the final amount of repetition isn't that what really matters. Allah's mercy is unlimited, and it is Satan (Shaitan) who tries to convince us that we are beyond forgiveness. The point is that first of all a Muslim must repent from a sin he committed and was aware of, if he really believes in Allah. [Al-Hijr 15:49]Then, verily! Your Lord for those who do evil (commit sins and are disobedient to Allah) in ignorance and afterward repent and do righteous deeds, verily, your Lord thereafter, (to such) is Oft-Forgiving, Most Merciful. When the prophet (ﷺ) says that he performs repentance 70 times or a hundred of times this is a strong recommendation to repent and ask for forgiveness. It opens the doors of knowledge. Q3. It is the Sunnah of our beloved Prophet (ﷺ) to seek istighfar 100 times daily. No one is perfect, and as humans, we will lose strength, sometimes repeatedly. Doing Istighfar and reciting Astaghfirullah offers a wealth of spiritual and worldly benefits. Practicing Istighfar and reciting Astaghfirullah are powerful spiritual acts that help purify the soul and draw us closer to Allah. Brings sustenance: Opens the doors to halal livelihood. The Hadith in Sahih Muslim and the Sunan have specified that "more" to be 100. Indeed, I have been one of the wrongdoers." (Surah Anbya Verses 87) Hazrat Ashah (RA) reported: Before his passing, the Messenger of Allah (SAW) frequently supplicated the following Dua. Don't forget: By saying Astaghfirullah 100 times a day, you are following the Sunnah of the Prophet (PBUH). It may also help us, if we are suffering from depression. It calms us and lessens our depression.Astaghfirullah also helps us to refrain from all forms of sins. Last Updated on January 9, 2025 by Muhammad Haseeb A. Note: Some Hadiths mention that ... The Prophet (PBUH) taught us: "Whoever seeks forgiveness regularly, Allah will appoint for him a way out of every distress, relief from every anxiety, and provide for him from sources he never imagined." (Abu Dawood) This shows how duas related to Istighfar can not only cleanse our sins but also bring relief and provision. Praise be to Allah.It is mustahabb for the Muslim to pray for forgiveness a great deal. If you are righteous, then, verily, He is Ever Most Forgiving to those who turn unto Him again and again in obedience, and in repentance. I confess to You my sins and ask for Your forgiveness. It is the Sunnah of our beloved Prophet Muhammad (ﷺ) to seek forgiveness from Allah at least 100 times daily. On the other hand we may perform sins unknowingly or without intention or simply have doubt whether or not what we did was right. ... This doesn't necessarily means that we must sit and repeat 70 - 100 times astaghfirullah in one sitting, even if this is pretty fine and will be following the sunnah, but instead of idle talk, or listening to nonsense or music; it would be better to use any free minute to remember Allah and this can be done for example by asking Allah for forgiveness, as first it will strengten our faith, keep us away from sins and gets us nearer to Allah just to name a few benefits. If Prophet Muhammad (ﷺ), the one who is guaranteed Paradise, humbles himself in seeking forgiveness a hundred times a day, how much more do we need to seek Allah's mercy? As we all know, our hearts find peace in the remembrance of Allah through dhikr and prayers. Here are few of them:And (commanding you): "Seek the forgiveness of your Lord, and turn to Him in repentance, that He may grant you good enjoyment, for a term appointed, and bestow His abounding Grace to every owner of grace (i.e. the one who helps and serves needy and deserving, physically and with his wealth, and even with good words). Note: Some Hadiths mention that ... The Hadith in Sahih Muslim and the Sunan have specified that "more" to be 100. It was narrated from Abu Hurayrah (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: "I ask Allah, may He be glorified and exalted, for forgiveness and I repent to Him one hundred times every day." Narrated by al-Nasaa'i in al-Sunan al-Kubra (6/114) and by Ahmad in al-Musnad (24/50). It was classed as *hasan* by the commentators on al-Musnad. Allah promises relief to those who seek His forgiveness. What is the difference between Tawbah and Istighfar?Istighfar is the act of seeking forgiveness, often through the dua "Astaghfirullah." Tawbah is a more comprehensive act that includes feeling regret for the sin, asking for forgiveness, and making a sincere intention not to commit the sin again. So why wait? However, for major sins, it is important to perform sincere Tawbah (repentance), which includes feeling regret, asking for forgiveness, and resolving not to repeat the sin. Even the Prophet Muhammad (peace be upon him), who was sinless, would say Astaghfirullah more than 100 times daily. The salannuslim.com web site, entirely supported by individual donors and well wishers. When we turn to Allah in Tawbah, acknowledging our mistakes and sincerely seeking forgiveness, we receive His abundant mercy.Remember: The doors of repentance are always open. Never delay seeking forgiveness, as none of us knows what tomorrow may bring. Benefits of Reciting Istighfar (Astaghfirullah): Istighfar is a gateway to relief and happiness. "Glorious You are O Allah, and with Your praise, and blessed is Your Name, and exalted is Your majesty, and none has the right to be worshipped but You." Website: People often forget the importance of the simple yet powerful dua (supplication) - Istighfar (i.e., saying "Astaghfirullah") (I seek forgiveness of Allah). How often should I say Astaghfirullah?It is recommended to say Astaghfirullah at least 100 times daily, as per the Sunnah of the Prophet Muhammad (PBUH). One of the simplest yet most effective duas is Astaghfirullah, but there are also longer forms like Sayyidul Istighfar, which covers multiple aspects of repentance, gratitude, and supplication. The more you repeat it, the more benefits and rewards you gain. Saying Astaghfirullah not only cleanses our souls but also strengthens our connection with our Creator. Q5. One will receive sustenance from unexpected sources." (Sunan Ibn Majah) Rasullullah (ﷺ) said: "The one who seeks forgiveness for Muslim men and women twenty five or twenty six times every day, Allah will count that person among those whose du'a (supplication) is accepted. Dues are one of the most powerful tools Allah has given us. I seek refuge with You from the evil of what I have done. Some verses are addressing the previous Prophets and their people. Increases sustenance: "Seek forgiveness from your Lord. However, you can say it as much as you wish, especially when seeking forgiveness or in moments of reflection. Authentic Hadith on the Virtues of Istighfar: Ibn Abbas (may Allah be pleased with him) narrated: "If anyone constantly seeks pardon from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not." (Abu Dawood) Abdullah bin Abbas (may Allah be pleased with him) reported: "The one who frequently repents and says Istighfar, Allah will open a path from poverty and difficulties. They are our way of directly communicating with our Creator, seeking His mercy, guidance, protection, and forgiveness.When it comes to Istighfar, making dua regularly should be part of our daily routine. To summarize: Yes you can sit and perform istighfar as you stated, but it would be much better to use any free time to remember Allah, either for praising him or asking him for forgiveness as we don't Al know how many "small" mistakes we perform each day. If you're feeling down, angry, or overwhelmed, simply recite "Astaghfirullah." This self-calming practice can relieve your worries and soothe your mind, leading to a state of inner peace. Abu Hurayrah (may Allah be pleased with him) said: I never saw anyone say "Astaghfir Allaah wa astouhu biyah" (I ask Allaah for forgiveness and I repent to him)" more than the Messenger of Allaah (peace and blessings of Allaah be upon him). Allah says in the Quran: "Say: O My servants who have wronged themselves [by sinning], do not despair of the mercy of Allah. And Abu Hurayrah (may Allah be pleased with him) said: I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say: "By Allaah, I ask Allaah for forgiveness and I repent to Him more than seventy times every day." Narrated by al-Bukhaari (6307). Whether you are seeking forgiveness, relief from anxiety, or simply a stronger connection to Allah, Istighfar offers the way. The Prophet (peace and blessings of Allaah be upon him) used to pray for forgiveness one hundred times every day and night. Allah's mercy is vast, and through His forgiveness, He leads us to the path of righteousness and peace. [Al-Isra 17:25]And verily, I am indeed Forgiving to him who repents, believes (in My Oneness, and associates none in worship with Me) and does righteous good deeds, and then remains constant in doing them, (till his death). The Prophet (PBUH) encouraged making dua for the forgiveness of other Muslims. Through this person's blessings, those on earth will gain sustenance." (Ibn Majah) The Power of Istighfar: In just one minute, you can say "Astaghfirullah" more than 100 times! The benefits of seeking forgiveness are numerous: it grants forgiveness, opens the gates of Paradise, increases provisions, strengthens your resolve, repels harm, and even brings down rain. Through Tawbah (repentance) and Istighfar (seeking forgiveness), Allah gives us the opportunity to return to Him, no matter how many times we fall. So, if you sin, come back and repent. But these are again addressing us since Allah SWT wants us to learn from the story of previous people - His acceptance of forgiveness from them and His severe punishments for the ignorant groups. And Allah knows best. Here are the benefits of reciting Astaghfirullah 1000 times: Improves sleep: Helps you fall asleep quickly and peacefully. Promotes mental well-being: Acts as a natural remedy for anxiety and depression. Indeed, Allah forgives all sins. I beg forgiveness from Allah, and I turn to Him in repentance." (Al-Bukhari and Muslim) Incorporating these daily can enhance your connection with Allah. Did you know? There are numerous verses in the Quran emphasizing the importance of seeking forgiveness from Allah: Surah Hud (11:3): "And (commanding you): "Seek the forgiveness of your Lord, and turn to Him in repentance, that He may grant you good enjoyment for a term appointed, and bestow His abounding Grace to every owner of grace." Surah Al-Hijr (15:49): "Declare (O Muhammad SAW) unto My slaves, that truly, I am the Oft-Forgiving, the Most-Merciful." Surah An-Nahl (16:119): "Then verily, your Lord is Most Forgiving to those who repent, believe, and do righteous deeds." Surah Al-Isra (17:23): "Your Lord knows best what is in your inner-selves. Source: The Quran, Authentic Hadiths and Productive Muslim. The Doors of Repentance Are Always Open. The gates of repentance remain open, so don't delay your repentance by waiting for tomorrow, for tomorrow is uncertain. Repent today and make it a habit to seek forgiveness by reciting "Astaghfirullah." Say with sincerity: "I believe in Allah's mercy. If you regularly visit this site and wish to show your appreciation, or if you wish to see further development of salannuslim.com, please donate us Donate IMPORTANT : All content hosted on salannuslim.com is solely for non-commercial purposes and with the permission of original copyright holders. So, repeat Astaghfirullah as much as you can and experience the peace and comfort it brings. Therefore reciting istighfar 100 times is in accordance with sunnah too. Some of the most profound rewards are mentioned in the Quran and Hadith: Forgiveness of sins: Allah promises to forgive those who sincerely seek His pardon. "But I am truly Most Forgiving to whoever repents, believes, and does good..." (Surah Taah 20:82) Relief from anxiety: Istighfar removes inner worries and grants peace. Erases sins: Cleanses your heart from the burden of sins. Recite "Astaghfirullah" regularly: Say "Astaghfirullah" (I seek forgiveness from Allah) with humility. All sorrow and hardship will be replaced with prosperity and contentment. If you want to stick to this number (one hundred) following thereby the example of the Prophet (peace and blessings of Allah be upon him), then you will have the reward. Believes stress: Calms the mind, alleviating tension and worries. [Ta-Ha 20:82]And say (O Muhammad SAW): "My Lord! Forgive and have mercy, for You are the Best of those who show mercy!" [Al-Mumeneen 23:118]Need more verses? I will not despair!" The Importance of Istighfar in the Quran: Allah, in His infinite mercy, has made Al-Ghaffaar (الغفار) — The Great Forgiver, one of His Names. But if you sin again, repeat your repentance. There is no limit—each time you seek forgiveness, you are opening the doors to Allah's mercy and blessings. Similarly, whoever makes this Istighfar dua during the night with a firm belief in it and dies before the morning will also be one of the dwellers of Jannah (Paradise).For more information, visit our blog, Jannah - The Reward for True Muslims. It provides emotional relief. Feel sincere regret and guilt, ask Allah for forgiveness, and promise not to repeat the same mistake. Can Istighfar erase major sins?Yes, Istighfar can erase sins from unexpected sources." (Abu Dawood) By saying Astaghfirullah tasbeeh regularly, you open the doors to Allah's mercy and protection. He was the Prophet of Allah SWT who was pure and free of any sin. Whenever you are distressed, start reciting it, and, inshallah, you will feel a sense of relief and comfort. Whether it's in moments of reflection or during dhikr (remembrance of Allah), repeating Astaghfirullah can help cleanse your soul and purify your heart. But if you turn away, then I fear for you the torment of a Great Day (i.e. the Day of Resurrection). Narrated by Abu Dawood (1516) and al-Tirmidhi (3430); classed as saheeh by al-Abbaani in Saheeh Abi Dawood. Wondering how to perform Istighfar? All sorrow and hardship will be removed, and in its place prosperity and contentment granted. Provides emotional comfort: Helps you feel better and lifts your mood. The hadith in question is one out of many which highly recommend performing istighfar (seeking forgiveness or repenting to Allah). It's human nature to commit sins. "Allah Almighty is free from imperfection, and I begin with praising Him. It opens the doors of sustenance. Let us see the benefits and virtues of reciting this simple beautiful supplication inShaAllah.Istighfar (Astaghfirullah) is the gateway of relief and happiness. It helps alleviate depression. So did you say "Astaghfirullah" (I seek forgiveness of Allah) 100 times today? Repeat 100 Times: As per Sunnah, recite Astaghfirullah 100 times daily, especially after prayers. It is a reason for increased wealth and children. It clears the mind, allowing us to focus on our duties. It was narrated from al-Agharr al-Muzani (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: "I ask Allah for forgiveness one hundred times a day." Narrated by Muslim (2702). Because we know that our prophet Muhammad (ﷺ) was granted forgiveness, but not us, nevertheless he (ﷺ) performed it, either to be thankful as he informed us in another context in a hadith or to teach his ummah. Whenever you feel distressed or anxious, start reciting it, and Insha'Allah, it will calm your heart and bring peace. Start today, and make Istighfar a part of your daily routine. [Hud 11:3]Declare (O Muhammad SAW) unto My slaves, that truly, I am the Oft-Forgiving, the Most-Merciful. Quick tip: Incorporate Istighfar into your daily routine. It is considered the best dua for seeking forgiveness.Here's how to recite Sayyidul Istighfar Dua: Allahuma anta Rabbi, la ilaha illa Anta, khalqtani wa ana abduka, wa ana 'ala ahdika wa wa'dika ma ista'ta'tu, a'udhu bika min sharri ma sana'tu, abu'u laka bin'i matika 'alayya, wa abu'u bihibanbi faghlir li fa'i innahu la yaghhiru adhi-dhunuba illa anta... Translation: "O Allah Almighty, You are my Lord; there is no god but You. Seeking forgiveness draws down Allah's mercy. Reminding ourselves to seek forgiveness often strengthens our resolve to avoid wrongdoing. When sadness or frustration overwhelms you, saying "Astaghfirullah" repeatedly lifts your spirit. Regularly saying this reminds us that Allah is everywhere and in this way there is very small chances of doing wrongful actions.Ibn Abbas (May Allah be pleased with them) said: The Messenger of Allah (ﷺ) said, "If anyone constantly seeks pardon (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not." [Abu Dawood] In another hadith, Abdullah bin Abbas (may Allah be pleased with them) narrates that Rasuullah (ﷺ) said: "The one who (regularly) says Istighfaar, that is, frequently repent to Allah Ta'aala for sins committed, Allah Azza Wa-Jal will open a path from poverty and difficulties. When we ask Allah for forgiveness, He grants us wisdom. Istighfar is a pathway to productivity. Make a Promise Not to Repeat the Sin: Be sincere in your commitment not to repeat the same mistake. Explore important duas for daily life to see how you can integrate more supplications into your routine. It removes anxiety, and your duas are answered. Therefore reciting istighfar 100 times is in accordance to sunnah too. Ibn Umar reported: We counted the Messenger of Allah, peace and blessings be upon him, saying one hundred times in a single sitting before he stood up. "My Lord, forgive me and accept my repentance. How can I include istighfar in my daily routine?You can incorporate Istighfar during Dhikr after prayers, before going to sleep, or whenever you remember. One will receive sustenance from unimagined and unexpected sources." Rasuullah (ﷺ) has said in another Hadith: "The one who seeks forgiveness for Muslim males and females from Allah Ta'aala twenty six or twenty five times every day, Allah Ta'aala will count that person among those Du'a is accepted, and through the barakah of whom those on earth gain Rizq (sustenance)." Do Tasbeeh of Astaghfaar at least 100 times daily as it is the Sunnah of Prophet Muhammad (ﷺ) In one minute, you can say "Astaghfirullah" more than 100 times! The virtue of seeking forgiveness is well-known, it is a reason of obtaining forgiveness, entering Paradise, having good provisions, increasing one's strength, repelling harm, having affairs facilitated, the descent of rain, and increasing in wealth and children.The doors of repentance are always open therefore don't delay your repentance in a hope of tomorrow, as tomorrow is uncertain. Repent now and make it a habit to ask Allah's forgiveness by reciting "Astaghfirullah." Say I believe in Allah's mercy. I have sinned, I have gone astray, I have been negligent, but still I believe in Allah's soothing mercy and forgiveness, I'll not despair!One of the 99 Names of Allah is Al-Ghaffaar (الغفار) — The Great Forgiver The Forgiver, the One who forgives the sins of His slaves time and time again. When you feel that sadness within you, when you are disturbed and frustrated, when anxiety surrounds you, say "Astaghfirullah" "Astaghfirullah"...Reciting Astaghfirullah is an effective method of calming our self and wipes away the variety of worldly worries from our mind and body.

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