Istikhara dua

In Arabic, transliteration and English, from Sahih al-Bukhari.

Istikhara means asking Allah to choose what is good. The Prophet ﷺ taught it for every decision, large or small, as he taught a surah of the Quran. To pray it: make wudu, pray two rakahs of nafl outside the disliked times, then say the dua, naming your decision at "this matter".

The wording is the wording on our page, with its source under each dua. Quran ayat: Tanzil Project (tanzil.net), Uthmani script. Quran English: Sahih International. Reviewed by Hafez Mawlana Abu Darda and Mawlana Akramul Haque Fenwi, Islamic scholars. For a more accurate answer to your own situation, consult a scholar. Full guide: amalkit.com/duas/dua-istikhara.

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ، فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ، وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَّامُ الْغُيُوبِ، اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ، وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ، وَاقْدُرْ لِيَ الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

Allāhumma innī astakhīruka bi-ʿilmik, wa astaqdiruka bi-qudratik, wa asʾaluka min faḍlikal-ʿaẓīm, fa-innaka taqdiru wa lā aqdir, wa taʿlamu wa lā aʿlam, wa anta ʿallāmul-ghuyūb. Allāhumma in kunta taʿlamu anna hādhal-amra khayrun lī fī dīnī wa maʿāshī wa ʿāqibati amrī faqdurhu lī wa yassirhu lī thumma bārik lī fīh. Wa in kunta taʿlamu anna hādhal-amra sharrun lī fī dīnī wa maʿāshī wa ʿāqibati amrī faṣrifhu ʿannī waṣrifnī ʿanh, waqdur liyal-khayra ḥaythu kāna thumma arḍinī bih.

O Allah, I ask You to choose for me by Your knowledge, and to enable me by Your power, and I ask You of Your great bounty. You are able and I am not, You know and I do not, and You are the Knower of the unseen. O Allah, if You know this matter (name it) is good for me in my religion, my life and my end, then decree it for me, make it easy for me and bless me in it. And if You know this matter is bad for me in my religion, my life and my end, then turn it away from me and turn me away from it, and decree for me the good wherever it is, and make me content with it.

Sahih al-Bukhari 1162