

Isti'adhah

Q: What is the Isti'adhah?

A: The Isti'adhah is the seeking of refuge with Allah.

Q: How do we seek refuge with Allah?

A: We seek refuge with Allah by saying:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

‘Authu billahi minash shaytanir rajim.

Q: What can you say when you are angry?

A: When you are angry you should say the Isti'adhah.

Two men disputed with each other in the presence of the Messenger of Allah (salla Allahu alayhi wa sallam) and the nose of one of them became swollen because of extreme anger. The Messenger of Allah (salla Allahu alayhi wa sallam) said,

إِنِّي لَأَعْلَمُ شَيْئًا لَوْ قَالَ لَذَهَبَ عَنْهُ مَا يَجِدُ:
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

(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, p.54)

Q: Is the Isti'adhah required before reciting the Quraan?

A: The majority of scholars say that reciting the Isti'adhah is not wajib (obligatory) and not saying it is not a sin. However, Allah tells us in Surah 16 Ayah 98 that we must seek refuge with Him before reciting the Quraan.(Tafsir Ibn Kathir, p. 55)

Q: What are some benefits of the Isti'adhah?

A: Isti'adhah cleanses the mouth of bad speech and prepares it to recite the Quraan. (Tafsir Ibn Kathir, p. 55) The Isti'adhah also blocks off the evil Shaytan.

Q: Why is the devil called shaytan?

A: The word shaytan comes from the word *shatana* which means far thing. Shaytan is 'far away from every type of righteousness.' (Tafsir Ibn Kathir pg 57)

Q: What does the Isti'adhah mean?

A: Isti'adhah means "I seek refuge with Allah from the cursed Shaytan." Shaytan can prevent people from following their religion or hinder their worldly affairs. He tries to stop you from doing what you are supposed to be doing and tempts you into doing what you are not supposed to do. (Tafsir Ibn Kathir pg 56.)

Q: The meaning of Ar- Rajim

A: Ar- Rajim means "being expelled from all types of righteousness." (Tafsir Ibn Kathir pg.58)