SEVENTY DUAS OF ISTITGHFAR

(Along With Durood Shareef)

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Printed text of this edition has been checked and rechecked several times by Ulama-e Kiram and Language masters.

Allah forbid! If any error, mistake, misprint etc may come to your knowledge, it is an earnest request to inform us immediately.

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JazakAllahu-Khayrein.

Seventy Duas of Istighfar
(along with Durood Shareef)
Bait-ul-Ilm Trust thanks all those who have assisted in any manner to make this publication a success. May Allah 'Azza wa jall' the Most Merciful, reward them abundantly in this world and in Hereafter. (Aameen)
Istighfar means to seek Allah's forgiveness for one's sins. Man is prone to sin while Allah is all forgiving. Sin and misdeeds are the dirt of the heart while taubah (repentance) and Istighfar are the cleansing agents. Those who make Istighfar often are worthy of appreciation, for a Hadith says:

The best forms of Istighfar are found in the Quran Shareef or taught by our beloved Nabi or the Sahabah or the Tabi‘een in that order. Next are the forms taught by the Awliya (or religious elders).

The book of Shaikh Qutubuddin Hanfi "Ad‘iyah tul hajji wal umrah" is appended to "Irshaad us saari" of Mulla Ali Qari. It contains the seventy Istighfar attributed to Sayyidina Hassan Basri; these are repeated on the 7th, 9th and 10th of Zulhijjah and they are entitled "Al Munqazah min nan".

In the book under review, Maulana Muhammad Hanif Abdul Majeed (May Allah increase him in knowledge and deeds) has translated these seventy istighfar and arranged them into seven sections. In this way, one section may be read each day of the week. All the Istighfar may be read in the fore-mentioned nights so that their blessings may pour on the reader.

May Allah approve it. Praise belongs to Allah from the first to the last.
Preface to the Urdu Edition

In the name of Allah, the Most Beneficent, the Most Merciful.

Praise belongs to Allah , who is Sufficient. And peace be on His chosen slaves.

To proceed! Praise belongs to Allah again, praise belongs to Allah . During my pilgrimage. I was enabled to read the book Irshaad al sari ila manaasik by Mulla Ali Qari, again and again.

Before concluding the book, Allamah Qutubuddin al Hanafi has presented a collection of supplications made during Hajj and Umrah, and the seventy Istighfaar are among them. Their origin is attributed to Sayyidina Hasan Basri. It is recommended that the seventy Istighfaar may be offered during a pilgrim's stay at Mina and during Tahajjud prayers. It is also stated in a narrative that Sayyidina Ali
used to seek forgiveness of Allah جلجله in these wor-
ds at the time of Sahri. The last portion of
the night up to the onset of dawn is the best
time to solicit forgiveness of Allah جلجله. In fact, in the
final third of the night, Allah جلجله descends to the
heaven of earth (as behoves His Majestic Being)
and calls out, "Is there anyone who will repent
whose repentance I will accept. Is there anyone to
seek forgiveness that I might forgive him."(Ibn Kathir,
Ma'ari-jul-Quran v8 p160)

Allah جلجله has described His pious slaves,

{And in the dawns they pray for forgiveness}
(az:Zariyat, s1:18)
In other words, in spite of occupying themselves
in worship all night they request to be forgiven in the
morning because they could not do justice to the
worship of Allah جلجله.

The perfect form of Istighfaar is that it is
repeated at least seventy times. Hence, we have
published the seventy Istighfaar in a separate vol-
ume to enable all Muslims to repent to Allah جلجله
and seek His forgiveness. They may practice it
particularly during travel, in the nights of Ramadan,
when they spread about in the earth to propagate
Islam for the sake of Allah جلجله, the Exalted,
during the performance of Hajj and Umrah. They
may repent for their sins and ask for forgiveness of
Allah جلجله in these words.

The seventy Istighfaar have been divided into
seven sections over the seven days of the week.
Starting from Friday one should may supplicate
Allah جلجله in these words coming to the last
Istighfaar on Thursday. Those people who also
observe the supplications of al-Hizbul-A'zam and
Munaajat Maqbool may add ten Istighfaar from this
book to their daily rota. They will obtain innumerable
blessings therefrom. They will thus repent sincerely
for their past sins and resolve not to commit sin any
more. They will include those sins, in particular
which are not even considered sin, or insignificant
sin, or which are committed collectively, or sins
which violate rights of fellow men. Examples of
these are: taking servants to task beyond the
degree of violation of their responsibility, to tighten
the belt unjustly on one's wife or other dependants
in the family, to punish students and subordinates
beyond their crime, and so on.

A man must repent for such mistakes and
lapses. He may also beseech Allah جلجله to forgive
all believing men and women. He must pray to Allah جلجله
to enable all Muslims to refrain from sin and
disobedience, from hurting fellow men, from cheating in working hours, from lying in business dealings, from concealing defect in merchandise. May Allah protect us from such misdeeds. Aameen!

O Lord of the worlds through the grace of the chief of the Messengers!

Request for Supplication

In conclusion, we request readers to include in their supplication our respected teacher, Maulana Maula Bux, the Muhtamim of Madrasah Siddiqiya, Mastoong, Baluchistan, and Maulana Ata-ur Rahman, the teacher Jamia-tul-Uloom-Islamiyah, and Hafiz Afzal Ahmad teacher at Madrasa Bait-ul-Ilm. They have been very helpful in correcting, perfecting and translating this book. May Allah reward them heavily! Please also remember in Your supplication everyone associated with this book in one way or other.

(The Author)

Note: English Translation of the Quran is reproduced from the translation of Abdul Majid Daryabadi.

True Repentance

1. Man is liable to sin and it is not surprising that a Believer should sin. But, when he happens to commit it, a true Believer must feel terribly ashamed and repent sincerely before Allah.

Allah likes that very much and the Hadith describes that as Tawbah to repent is tawbah. (al-Targhee, fada’il: Istighfaar, p 98)

2. He must then resolve never to repeat the sin. He must make a firm resolve that he will never go near that sin. He must form a sincere intention not to violate his tawbah.

3. If he has been derelict in obligations to Allah, or encroached upon the rights of His slaves then he must begin to make amends by discharging his duties and giving rights of fellow men. He must seek forgiveness for being errant in the first place. If he cannot compensate something immediately then it must find mention in his will for it is not enough to merely apologise unless the victimized people forgive. Examples of violation of rights include usurpation of shares of sisters and younger brothers in the will, misappropriation of debt, delaying repayment of trade dues, cruelty to youngsters and subordinates, etc.
Collective Repentance

Today, all of us are guilty of a grave crime. The doctrines of Allah are flouted openly, the practices and sayings of the Prophet are ignored without compunction. We no longer live on the pattern chalked out for us by the Holy Prophet . We are not concerned in the least to revive these practices or to obey his directives. We do not use our authority to correct the wrong and we are unwilling to use an encouraging word to coax someone along the right path. We are thus guilty of ignoring our responsibilities in this regard. The results of this irresponsible attitude are many.

First, we no longer see whole groups and tribes of people embracing Islam. Day by day, Muslims are getting weaker and weaker in practicing Islam. Hence, we must seek forgiveness of Allah in the words of these seventy Istighfaar, or any other form of Istighfaar.

We must think of other Muslims too and get them to follow suit. Let us resolve today that henceforth we shall practice the teachings of Islam and propagate them. We must give thought to our duty in this connection and preach and spread the religion of Allah the world over.

This, in fact is the practical side of repentance. It is our responsibility to spread the word of Allah . We must let non-Muslim be impressed by our character and behaviour so that they feel inclined towards Islam.

A person, who dies as a non-Muslim or a habitual disobedient, is ruined for ever. But, the results are happy and encouraging for a person who stands in contrast to this first person, for he invites other people to Islam constantly.

Our women too must occupy themselves in this noble task and follow the example of Sayyidah Khadijah, Sayyidah Ayshah, Sayyidah Zaynab .

In the following lines, we present to You the merits of Istighfaar. May Allah guide us and enable the Ummah to repent to Allah Aameen, O Lord of the Worlds!

The Merit of Istighfaar

Man’s seeking forgiveness of Allah is much like by Allah . It is also innate to man to forgive someone and be happy over it when the other confesses his guilt. This is very apparent in
the relationship of teacher and student, husband and wife, ruler and subject and so on. A teacher may be boiling with rage over a terribly derelict student but the moment he says "I am sorry, I committed a mistake and will not do it again," the anger subsides. A wife may have done something most unpleasant to her husband but once she says, "I was wrong and will never repeat it," the husband is all-smiles. A ruler may be very hard-hearted and may have drunk from the cup of Hajjaj but when his subject affirms, "I am a confirmed wrong-doer, forgive me" the hardness gives way to the soft corner in the ruler’s heart.

It is a corollary of this innate nature that Allah is pleased when His slaves seek forgiveness. Man must beg to be pardoned on committing a crime and realize that he has erred. Not only that, he must also think little of his pious deeds. He must be grateful to Allah for his favour in enabling him to do the pious deed, for Allah may even take him to task for shortcomings in his pious deeds.

This is why Allah had commanded His last Prophet to wind up His fard (obligatory) duties with the expression:

فَسَيَسْتَغُفْرَ لَهُمْ رَبُّهُ أَنَّهُ كَانَ كَأَبَآٰ

then hallow the praise of Your lord, and ask forgiveness of Allah. Surely, He is ever Releenting.

In the same way, He said about His sincere slaves that at the conclusion of their night-long worship they do not display pride but seek forgiveness. The Prophet has said, "there are glad tidings for a man who finds in his record of deeds a large credit for Istighfaar." (at Targheeb, V2p)

The Prophet said "Surely, my heart needs cleaning and I turn in repentance to Allah a hundred times every day (Mishkat 203)

Thus when Sayyidina Abu Bakr requested him to teach him something to recite after regular prayer, the Prophet suggested to him that he should make this supplication.

(O Allah, I have wronged myself....)

Mind You, it is prayers that he has offered! The man who has offered prayers is none other than Abu Bakr! He is confessing that he has wronged himself and requests that he may be forgiven. What is the wisdom behind it?

The truth is that Allah is Supreme and no
one can do justice to worship of him. The Istighfaar is for this reason to atone for the shortcoming in worship.

The Prophet sought forgiveness after every prayer. The Quran commands us to offer Istighfaar after performing Hajj and even making plenty of supplications at Arafah.

The true procedure is to keep up worship and Istighfaar. Repentance after committing a sin is understandable but the true worshippers of Allah are they who ask for his forgiveness even after doing something good.

A Muslim may perform the most praiseworthy pious deed yet seek Allah's forgiveness, for he can never hope to do justice to worship due to him.

**Merit of seeking forgiveness After Ablution**

After performing ablution, one may make this supplication:

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سبحاناك اللهم وصمدت أشهد أن لا إله إلاَّ اَن أُستَعفِرُ وأَتَوبُ إِليُكَ
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Glory be to You, O Allah! And, with Your praise, I bear witness that there is no god but You. I ask for Your forgiveness and I repent to You.

When the worshipper makes this supplication, the words are written down, sealed and placed beneath the throne. They will be unsealed on the Day of Resurrection and prove useful to the worshipper as a means of salvation. Any shortcoming in ablution is atoned for by this supplication.

**Istighfaar after attending a meeting**

In the same way Istighfaar should be made after answering the nature's call. When getting up from an assembly, atonement is made for any wrong by making an Istighfaar. If anyone is backbited, the expiation for that may be made by making this supplication for him: "O Allah forgive us and forgive him." Similarly, Istighfaar may be made for dead parents and relatives who have died.

**For all Muslims**

Ubadah ibn Samit said that he heard the Messenger of Allah said, "If anyone makes Istighfaar for believing men and believing women (whether dead or alive), Allah will record a piety for him against every believer, man and woman." The Supplication is:

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اللهم اغفرنا وأغفر لنا وآمنين ومؤمنين ومسالمين
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70 Duas of Istighfaar
"O Allah! Forgive us and the believing men and women and the Muslim men and women, the living and the dead of them." Therefore, let us keep making this supplication every time.

**PUNISHMENT IS SUSPENDED IF FORGIVENESS IS SOUGHT**

Constant indulgence in *Istighfaar* is a means of averting divine punishment in this world and if a sincere repentance is made punishment in the hereafter will also be warded off.

Allah ﷺ has said:

> "And Allah will not punish them while You are amongst them nor will He punish them while they seek forgiveness" (al. Anfal, 8:33).

Allah ﷺ has said two things can save a man from punishment (i) the presence of the Prophet ﷺ in the world, and (ii) the constant making of *Istighfaar* by the people.

Hence, we must seek forgiveness regularly and urge our family members and acquaintances to do so too. In this way, not only will we be safe from worldly punishment but also get ourselves out of every kind of difficulty and worry.

**A PRE-CERTIFICATION TO GET OUT OF DIFFICULTY & WORRY**

It is reported by Sayyidina Ibn Abbas that the Prophet ﷺ said, "As for him who occupies himself in *Istighfaar*, Allah ﷺ will create ways for him to get out of every anxiety and will turn his straitened circumstances into abundance. He will grant him provision from where he least expected it.

In short, blessings of constant engagement in *Istighfaar* are:

1. Every difficulty is turned easy,
2. Every anxiety is removed,
3. Receipt of provision from unexpected source.

**ALL SINS MAY BE PARDONED, NO MATTER HOW MANY**

Sayyidina Anas ﷺ said that he heard the Messenger of Allah ﷺ said that Allah ﷺ has said, 'O My Slave! of course, I will remain forgiving you till you keep on making du'a (supplication) and be hopeful of me. I am not worried about your
number of sins. And O son of Adam, If your sins rise up to the skies, and still you seek forgiveness, I will forgive you, and I will not be concerned with this.

O Adam's son, If you come with so many sins that fill the whole Earth and meet me in such a manner that you do not make anyone partner to me (you should not have faith in anyone except Allah in any part of your heart. All the people together cannot benefit or harm anybody even to the smallest extent the whole universe cannot do any thing without Him. Everything with anyone is given by Him) I will bestow my similar forgiveness to you. (Tirmizi 59, chapter Al-Dawat)

**SALVATION IN WEEPING ON SINS**

Sayyidina uqbah ibn Aamir said that he asked the Messenger of Allah "What is the means to salvation?" He said, (1) "Keep Your tongue under control lest it go against You and (2) weep on Your mistakes."

**EXPLANATION**

The second advice in the Hadith is that You must weep on Your sins. One must try to weep while he seeks forgiveness, or, at least, seem to cry.

Sayyidina Abdullah ibn Abbas has narrated that the Prophet said: "There are two eyes that the fire will not touch and they will be safe from Hell. The eye that weeps from fear of Allah and the eye that spent the night on the path of Allah in vigilance."

We have reproduced the Ahadith on repentance and Istighfaar and their explanation from Maulana Mufti Muhammad Ashiq Ilahi'si's book (al-istibsar wal-istibshar al-Marooft Bil fazaal-e-Istighfar pgs33-64)

**ALLAH LOVES ISTIGHFAAR**

Sayyidina Abu Hurayrah has reported that the Messenger of Allah said, "By Him Who holds my life, if You stop committing sin then Allah will take all of You away and will create such people who will commit sin and will seek forgiveness, and Allah will forgive them."
SUPPICATION FOR FORGIVENESS

We now present some supplications that the Quran teaches us to seek forgiveness. All of us must learn them after understanding their meaning particularly our women folk who are permitted to make these supplication even during their monthly period when they are not allowed to recite the Quran.

The first is the supplication of Sayyidina Adam taught to him by Allah to seek forgiveness for the lapse and Allah forgave him.

"Our lord, we have wronged ourselves and if You were not to forgive us and have mercy on us, we shall certainly become among the losers." (al-A´araf 7:3)

Allah has also taught:

"O my Lord, forgive and have mercy, and You are the best of those who have mercy." (al-mu’minoon, 23:118)

We must make this supplication regularly for Allah has taught it to us Himself.

The next supplication is also to seek pardon.

"And pardon us, and grant us forgiveness, and have mercy on us. You are our Lord. Help us, then, against disbelieving people." (al-Baqarah, 2:286)

"Our Lord forgive us, then, our sins and expiate our evil deeds, and cause us to die with the righteous." (Aal-Imran, 3:193)

"You are our protector. So forgive us, and have mercy on us, and You are the best of those who forgive". (A´araf, 7:155)

We must make these supplication for forgiveness and mercy particularly in the prostration
posture in optional prayers after the expression We must teach them to Young children too.

**THE BEST WORDS OF ISTIGHFAAR**

The Prophet has taught such excellent words in which to seek forgiveness that we cannot even conceive them on our own. For instance, he has said:

"O Allah جل جلاله, You are my Lord. There is no god except You. You have created me. And I am Your slave and I stand by Your covenant and Your promise to the best of my ability. I seek refuge in You from the evil of that which I have done. I acknowledge Your blessings on me and I acknowledge my sin. Then pardon me, for none but You forgive sins." (Saheeh-e- Bukhari Hadith # 6356)

The Hadith tells us that if anyone makes this supplication sincerely in the morning and if he dies before evening, he will go straight to Paradise. And if anyone makes it in the evening and dies before next morning then he will go to Paradise directly. Therefore, we must make it a practice to repeat this supplication morning and evening, rather after every prayer because the Prophet has called it **Sayyid-ul-Istighfaar** (the best manner of seeking
fiveness). Obviously, Allah wishes to favour His slaves through this *Istighfaar*, which He taught them through His Prophet . He wants to forgive them anyway. If anyone is unfortunate in not being able to memorise it in Arabic then he must, at least, let his mind go through the meaning deeply. He must also encourage other people to ask Allah to forgive them.

If anyone wishes to make a brief supplication, he may memorise these words:

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أَسْتَغْفِرْنَا لِلَّهِ وَعِبَادَهُمُ الْمُجْتَهِدِينَ
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"I ask Allah, my Lord for forgiveness of all sins. And I repent to Him."

Of course, it is enough to say simply 

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أَسْتَغْفِرْنَا لِلَّهِ
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"I ask Allah for forgiveness." Our women-folk must make it a practice to seek forgiveness of Allah regularly, for themselves and all Muslim brothers and sisters.

1. O Allah ! I seek Your forgiveness for every sin over which my body had prowess through the health You gave, and I had ability to do it through the flowing favours from You. My hand stretched towards the sin fed by Your nourishment. Yet I was protected from sights by Your covering.
When doing it, I feared You, I relied on Your protection recalling Your clemency against Your grasp. So, I relied on Your pardon and Benevolence.

O my Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

2. O Allah! I seek Your forgiveness for every sin that draws me towards Your wroth or Your displeasure, or inclines me to what You have forbidden me, or distances from what You have called me to.

O Lord! Shower Your blessings, peace and favours on Sayyidina Muhammad, and on the family of Sayyidina Muhammad, and forgive my sin, O the Best of those who forgive.

3. O Allah, I seek Your forgiveness for every sin to which I accustomed any of Your creatures because of my own digression, or cheated him by my sleuth and taught him what he had not known, and beautified for him what he had known. But, tomorrow, I will face You with the burden of their and my sins.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad, and on the family of Sayyidina Muhammad, and forgive the sins, O the Most forgiving of all those who forgive!
4. O Allâh, I seek forgiveness for every sin that leads to tyranny, and strays from the right path, and diminishes wealth, and devours inheritance, and blots honour and respect, and reduces number (family).

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive the sin, O the most forgiving of those Who Forgive.

5. O Allâh, I seek Your forgiveness for every sin through which I tired my limbs, by night and by day, and I hid myself from Your creatures, out of shame, behind Your concealing me. And there
How long will I disobey You and You will not take me to task! In spite of my evil deeds, I kept asking You (for things) and You have given me (my requests). Have I shown gratitude for even a single blessing out of Your several blessings!

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

7. O Allah! I seek Your forgiveness for every sin for which I did repent to You, and I did take an Oath on You, before You, and called upon those near to You of Your righteous slaves to witness that I will not return to sin. But the devil through his cunning inclined me to it (while I had by my failing not deserved Your help so) lacking Your help I stooped to sin, my evil desire inviting me to it, and I committed the sin concealing myself from Your slaves but was brazen faced before You. (All this) knowing well that nothing will conceal me from You—neither a curtain nor a
door. Nothing can prevent Your sight—not even an obstacle! Yet I violated Your forbidding and perpetrated the sin.

But, You did not disclose me. Rather, You let me continue on the same level as Your close righteous friends as though I was always Your obedient slave who abides by Your commands and fears Your warnings.

So, I continued to be grouped with Your slaves, none knowing my secrets except You but You did not distinguish me from them. In fact, You perfected Your blessings on me as if I was Your pious slave, and then let me excel through those blessings as if I enjoyed their rank in Your sight. These, Your favours on me, sprang from Your clemency and forgiveness. And there were more. Nothing but Your favour brought them to me!

So, all praise is for You, O my Lord! I ask You, O Allah جلَّ جَلَّ سُورَة, just as You have concealed me in this world, do not shame me on the Day of Resurrection, O the Most Merciful of those who are Merciful!

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad صلَّى اللَّهُ عَلَيْهِ وَسَلَّم and on the family of Sayyidina Muhammad صلَّى اللَّهُ عَلَيْهِ وَسَلَّم. And forgive my sin, O the Best of those who forgive.

8. O Allah! I seek Your forgiveness for every sin to taste and commit which I kept a night long vigil, restless till dawn when I came before You in the garb of a righteous. (Secretly) instead of piety I hid the stench of sin against Your pleasure, O Lord of the worlds.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad صلَّى اللَّهُ عَلَيْهِ وَسَلَّم and on the family of Sayyidina Muhammad صلَّى اللَّهُ عَلَيْهِ وَسَلَّم. And forgive my sin, O the Best of those who forgive.
9. O Allah, I seek forgiveness for every sin whereby I wronged one of Your close friends, or, whereby I aided one of Your enemies. Or, I spoke against what You like, or, I stood up against You. Or, I walked in violation of Your command.

O Lord! Shower blessing, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

10. O Allah, I seek Your forgiveness for every sin that breeds illwill, attracts trials, lets enemies rejoice, uncovers the concealed and stops rain to fall from the skies.

O Lord, shower blessing, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the most forgiving of those who forgive.
SECOND SECTION FOR SATURDAY

11. O Allah, I seek Your forgiveness for every sin that caused me to neglect that to which You had guided me and commanded me to do, or not to do. Or, You had led me to it as beneficial to me and as means to Your pleasure and Your love, and nearness to You.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, O the Best of those who forgive.

12. O Allah, I seek Your forgiveness for every sin which I have forgotten after doing it. You preserved it while I overlooked it and You recorded it. I did it openly while You concealed it. If I had repented before You, surely You would have forgiven it. (So, I repent to You sincerely).

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, O the Best of those who forgive.
13. O Allah, I seek Your forgiveness for every sin while committing which I anticipated Your retribution but You allowed me respite, drawing the curtain of concealment over me. Yet, I did not leave any stone unturned to expose myself by indulging in it.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ, and forgive my sin, O the Best of those who forgive.

14. O Allah, I seek Your forgiveness for every sin which You had forbidden me but I disobeyed You, which You had warned me not to do but I stood by it, which You had told me was detestable but my base desires beautified it to me.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ, and forgive my sin, O the Most forgiving of those who forgive.

15. O Allah, I seek Your forgiveness for every sin which turns away Your mercy, or brings down upon me Your displeasure, or deprives me of Your favours, or suspends Your blessings from me.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ, and forgive my sin, O the Best of those who forgive.
16. O Allah! I seek Your forgiveness for every sin for which I may have reproached one of Your creatures, or was repulsed by one them doing it, yet I plunged into it boldly violating Your command.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ, and forgive my sin, O the most Forgiving of those who forgive.

17. O Allah! I seek Your forgiveness for every sin that subdued me and I was obliged to commit it contravening an understanding that I made to You to do something, or a firm covenant that I had made to You, or a responsibility over someone for Your sake and for which I had given a promise on You and then I revoked it without any compulsion, Rather, pride and arrogance kept me from doing it, and contemptuous anger held me away from it.

O Lord Shower blessings, peace and favours on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ, and forgive my sin, O the Best of those who forgive.
18. O Allah, I seek Your forgiveness for every sin against which I repented to You but made bold to do it again and I felt ashamed before You while doing it. And I feared You but kept doing it. Then, I sought Your forgiveness for it but turned to it once again.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad . And forgive my sin. O the Best of those who forgive.

19. O Allah, I seek Your forgiveness for every sin which I committed because of one of Your blessings, the strength that enabled me to disobey You. And I violated Your command by it

20. O Allah, I seek Your forgiveness for every sin in doing which I preferred my carnal pleasure over obedience to You, my desire over Your command. I displeased You to please my soul and I made myself liable to Your wrath by committing the sins which You had disallowed me and forewarned me against doing them. You had stopped me through Your warning. O Allah
I seek Your forgiveness and, O Allah, I repent to You.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

21. O Allah, I seek Your forgiveness for every sin known to me by instinct. Then, I forgot it or remembered it or committed it intentionally or unintentionally. Surely, it is one of those about which You will take me to task. And although I have no memory of it or give it any thought yet I am in lien with You against it.

O Lord, Shower Your blessings, peace and favours on Sayyidina Muhammad and on
70 Duas of Iṣṭighfār

46

the family of Sayyidina Muhammad . And forgive my sin, O Best of those who forgive.

22. O Allah , I seek Your forgiveness for every sin that I committed before You while being fully convinced that You see me do it. For that I intended to repent to You but forgot to seek Your Forgiveness for it. The devil only made me forget it.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad , and forgive my sin. O the Most forgiving of those who Forgive.

23. O Allah! I seek Your forgiveness for every sin which I committed holding a favourable opinion that You will not punish me for it. And I was hopeful of gaining Your forgiveness. So, I pursued it, convincing myself with the awareness of Your clemency that You will not call me to answer for it having concealed it.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad . And forgive my sin. O the Best of these who forgive.
24. O Allah, I seek Your forgiveness for every sin that has made me liable to Your rejection of my supplications, to denial of approval, to despair of longings and cessation of hopes.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

25. O Allah, I seek Your forgiveness for every sin that breeds illnesses, and debility, calls upon me indignation and trials, brings grief and sorrow and regret and remorse on the Day of Resurrection.

26. O Allah, I seek Your forgiveness for every sin that causes regret, inherits remorse, curtails provision and gets supplications unanswered.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.
27. O Allah, I seek Your forgiveness for every sin that I lauded with my tongue or concealed in my heart or found cheer in it or spoke favourably about it or make it written down by hand, Perpetrated it myself, or got Your slaves to do it.

O Lord shower Your blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

28. O Allah, I seek Your forgiveness for every sin which I committed by night or by day secretly. You drew a curtain over me so that none but You could see me doing it, O Jabbar (The Compeller). Then, I repented over it and I was confused over giving it up from fear of You or drawing near it through a favourable opinion of You (forgiving me). My base self enticed me to commit it while I realized I was being disobedient to You.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin, O the Best of those who forgive.

29. O Allah, I seek Your forgiveness for every sin which I thought little of but You held it to be significant, which I considered minor but You
held it to be grave. I was led to imagine that through my ignorance.

O Lord, Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin, O the Best of those who forgive.

30. O Allah, I seek Your forgiveness for every sin by which I misled any of Your creatures or saddened one of them, which my base desires had adorned for me, or I led anyone to it, or pointed it out to someone other than me, or insisted on it with resolve, or stood by it unknowingly.

O Lord! Shower blessings, peace, and favours
FOURTH SECTION FOR MONDAY

31. O Allah, I seek Your forgiveness for every sin whereby I betrayed trust, or my desires made it beautiful for me, or I applied my body to it, or I preferred my carnal desires over Your command, or I enjoyed doing it, or I attempted if for the sake of another, or I misled my subordinates to it, or I antagonized one who tried to prevent me from doing it, or I subdued him who tried to subdue me in preventing me doing it, or I subdued him through an excuse or pretence, or my desires involved me into it.

Then, O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

32. O Allah, I seek Your forgiveness for every sin to commit which I took the plea of a pretext but was drawn near Your wrath, or I subdued Your obedient slaves to be able to do it, or I
induced one of Your creatures to be disobedient to You, or I intended to draw people to the sin as if I sought Your pleasure though I was disobeying You, I presented myself as Your obedient slave but my intention was to disobey You.

O Lord! Shower blessing, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And, forgive my sin, O the Best of those who forgive.

O Allah, I seek Your forgiveness for every sin which You have recorded against me for my self-conceit, duplicity, ostentatious conduct, grudge, enmity, betrayal, snobbery, glee, obstinacy, envy, insolence, ingratitude, fanaticism, tribalism, pleasure, hope, stinginess, thriftiness, tyranny, pretence, theft, falsehood, backbiting, vain talk, amusement, slander, play, or any similar sin which cause harm or damage.

O Allah, shower blessings, peace, and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

O Allah, I seek Your forgiveness for every sin whereby I stood in fear of someone other than You and thus antagonized Your friends and befriended Your enemies. I disappointed those who love You and made myself open to Your wrath.

O Lord! Shower blessings, peace and favours on
70 Duas of Istighfar

Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

35. O Allah, I seek Your forgiveness for every sin which You know beforehand that I would commit. You know of it by Your power over me and over everything.

O Lord, shower blessings, peace and favour on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

36. O Allah, I seek Your forgiveness for every sin for which I had repented to You, but returned to it thus undoing the agreement between You and me. I was bold enough in doing it knowing that You are Very Forgiving.

O Lord! Shower blessing, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

37. O Allah, I seek Your forgiveness for every sin which pulls me towards Your punishment or furthers me from Your reward or conceals from me Your mercy, or deprives me of Your blessings.
O Lord, shower blessing, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who Forgive.

38. O Allah, I seek Your forgiveness for every sin wherewith I loosened the knot that You had tied, or wherewith I tied a knot that You had unlossed (meaning, I permitted what You had disallowed and I disallowed what You had permitted). Or, from a virtue that You had promised I become deprived because of the sin I committed and the piety to which I was entitled I deprived myself. Or, because of the sin, I was the means of depriving some one of a good to which he was entitled.

O Lord, shower blessings, peace and favour on

Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my
40. O Allah, I seek Your forgiveness for every sin to which I was inclined by (taking advantage of exceptions in rules) or greed so I perpetrated that making lawful to myself that which You had declared unlawful.

O Lord! Shower blessings, peace, and favours on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ. And forgive me the sin, O the Best of those who forgive.

41. O Allah, I seek forgiveness for every sin which I committed secretly from Your creatures but which cannot be hidden from You. I sought Your forgiveness and You forgave me but I committed the sin again and You concealed my conduct.

O Lord, shower blessings, peace and favour on Sayyidina Muhammad ﷺ and on the family of Sayyidina Muhammad ﷺ. And forgive my sin, O the Best of those who forgive.
42. O Allah, I seek Your forgiveness for every sin to which I walked with my feet, or stretched my hands, or ogled with my eyes or put my ears to it or spoke it with my tongue, or wasted away on it the wealth that You had bestowed on me and I asked You for provision in spite of the sin and You did grant me much more provision.

Again, I used Your provision to disobey You but You concealed my conduct. Then I asked You for increase in provision and You did not deprive me and gave an increase but I again openly disobeyec You.

Yet, You did not let me down. I remained firm on disobeying You while You kept showing tolerance and mercy to me, O the Most Generous of those who are generous.

O Lord, shower blessings, peace and mercy on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, O the Most forgiving of those who forgive.

O Allah, I seek Your forgiveness for every sin: the minor inviting a painful torment, and the major calling for severe and terrible reprisal. The immediate consequence of it being Your wrath (in this world) and persisting on it means a cessation of Your blessings.
O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, O the Best of those who forgive.

44. O Allah, I seek Your forgiveness for every sin of which none is aware except You and none knows but You. It is of those from whose punishment none can save me save Your mercy, and none can tolerate it but Your forgiveness and clemency.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive me, O the Best of those who forgive.

45. O Allah, I seek Your forgiveness for every sin that eliminates blessings, brings punishment, abolishes respectable standing, prolongs illness, hastens hardship and breeds remorse.

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, O the Best of those who forgive.

46. O Allah, I seek Your forgiveness for every
sin that erases virtuous deeds, multiplies wicked deeds, brings down punishment and angers You, O Lord of the heavens.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

47. O Allah, I seek Your forgiveness for every sin which only You are worthy to forgive and You are more entitled to conceal it. Indeed, You are the one who must be feared and You are the one who forgives.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

48. O Allah, I seek Your forgiveness for every sin whereby I wronged the righteous of those people close to You while helping Your enemies and inclining towards Your disobedient slaves and neglecting Your obedient slaves.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, Other Best of those who forgive.
49. O Allah, I seek Your forgiveness for every sin too much indulgence in which has disgraced me, made me lose hope of Your mercy, or hopelessness overtook me to such an extent that I stayed away from obeying You from the knowledge of the graveness of my sin and poor opinion about myself.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

50. O Allah, I seek Your forgiveness for every sin that leaves me prone to ruin were it not for Your clemency and mercy, and admittance to Hell were it not Your blessings and on the path of insurgency were it not for Your guidance.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of
51. O Allah, I seek Your forgiveness from every sin in the perpetration of which is a loss of hope, a rejection of supplication, a sequence of trials, a series of grief and a multiplication of sorrow.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

52. O Allah, I seek Your forgiveness for every sin that causes supplication to be returned unanswered, prolongs Your displeasure or diminishes my hope in You.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Most Forgiving of those who forgive.
53. O Allah, I seek forgiveness for every sin that deadens the heart, increases restlessness, busies the mind, pleases the devil and displeases Al-Rahman (the Most Merciful).

O Lord! Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

54. O Allah, I seek Your forgiveness for every sin that despairs (the sinner) of Your Mercy and of Your forgiveness and deprives of the vast provisions with You.

O Lord, Shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad, and forgive my sin, O the Best of those who forgive.

55. O Allah, I seek Your forgiveness for every sin for which I reproached myself with the realization of Your greatness and I repented before You and You accepted that. I sought forgiveness from You and You forgave me. But my base desires drew me again to my old habits placing hope in Your vast mercy and forgiving attribute but forgetting Your warning, relying on Your hope-giving promise.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgiven my sin, O the Best of those who forgive.
56. O Allah, I seek Your forgiveness for every sin that inherits blackened faces when faces of Your close friends will be radiant and of Your enemies will be black. When they meet one and another, they will complain mutually and You will say, "Dispute not with one another in My Presence. I had already sent You warning".

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of these who forgive.

57. O Allah, I seek Your forgiveness for every sin whose reality I had fathomed (at the time of commission) but kept quiet when it was mentioned because I felt ashamed before You or I concealed it in my heart. But, You know it to be from me. Indeed, You know the secret and what is more concealed.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.
every sin which makes Your worshippers abhor me and estranges me from Your friends, or keeps me away from those obedient to You because of the abhorrence of my sin and succession of sin after sin.

O lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

59. O Allah, I seek Your forgiveness for every sin that invites towards disbelief, prolongs worries, inherits poverty, brings difficulties, distances from the good, exposes secrets and denies ease.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.

60. O Allah, I seek Your forgiveness for every sin that brings death closer, cuts off hopes and blots deeds (with defects).

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.
SEVENTH SECTION FOR THURSDAY

O Allah, I seek Your forgiveness for every sin that besmirches what You have purified, uncovers of me what You had concealed or renders ugly for me what You had beautified.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad. And forgive my sin, O the Best of those who forgive.
63. O Allah, I seek Your forgiveness for every sin which I committed in broad day light concealed from Your slaves but conspicuously before You in the dark of the night. A daring disobedience although I know that with You a secret is like that which is well-known and the most hidden is like that which is seen. And none can protect me from You or benefit me against You through wealth or offspring except that I come to You with a pure heart. (26:29)

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin. O the Best of those who forgive.

64. O Allah, I seek Your forgiveness for every sin that inherits neglect of Your remembrance, negligence of Your warnings and finds me unmindful of Your grasp. Or, desairs me of the good that is with You.

O Lord, shower blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin. O the Best of those who forgive.

65. O Allah, I seek Your forgiveness for every sin that I committed on cessation of my
provisions as a complaint to You and ingratitude. And my complaints to Your slaves and turning away from You but towards Your creatures with petitions and requests presenting my helplessness as though they were the ones to fulfill my needs. This, in spite of Your having narrated to me Your words in Your firm Book, "But they humbled not themselves to their Lord nor do they submissively entreat (Him)".

O Lord, shower Your blessings, peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin, O the Best of those who forgive.

67. O Allah! I seek Your forgiveness for every sin which I committed fearing someone besides You. The fear caused me to implore and beseech one of Your creatures, or it led me to desire with greedy eyes that which someone besides You possessed of what You have bestowed. Hence, I inclined to obey him and disobey You craving what he had in his hands although I had known my absolute dependence on You alone. For, I cannot imagine indepen
Istighfar

O Lord, shower blessings, peace and favour on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin, O the Best of those who forgive.

O Lord, shower blessings, Peace and favours on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin, O the Best of those who forgive.

O Allah, I seek Your forgiveness for every sin which Your pen has recorded and Your knowledge has encompassed to the last moment of my life.

And all my sin each one of them the first and the last, the intentional and the unintentional, fewer ones and the plenty, the minor ones and the major, the casual and the prominent, the old ones and the new, the secret and the bold and reckless, and those that I might commit during (the rest of) my life.

O Lord, shower blessings, peace and favour on Sayyidina Muhammad and on the family of Sayyidina Muhammad and forgive my sin,
O the Best of those who forgive.

70. O Allah, I seek Your forgiveness for every sin committed by me. And ask You that You forgive me that which You have recorded against me for my oppressive behaviour towards Your creatures, for, indeed they have rights over me and some wrongs to which I am pledged (for not giving their rights).

O Allah, my sins, though they are many but they are few within Your forgiving nature and you may forgive easily.

O Allah, whichever of Your slaves, male or female, who has a grievance against me a right that I may have usurped of property, wealth, fame or body in his absence or presence whether he demands it of me or not but I am unable to return it to him nor have I got it legalized for me from him so, I implore You against hope in Your Graciousness, Generosity, and abundance of all that is with You—that You cause them to be pleased with me. Do not impose on me a punishment that eats away my piety. For, indeed, You have everything that can cause them to be pleased with me while I do not have that which can please them. And, do not let their sins be compensated by my piety (lest on the Day of Resurrection, my pieties be given away for the rights I have violated in this world.

O Lord, shower blessings, peace and favours on
THE LAST ISTIGHFAR

I seek the forgiveness of Allah, the Mighty, besides Whom there is no god. He is the ever Living, the Eternal. And I repent to Him, a forgiveness that multiplies with every blink of the eye and breathing of the heart, hundreds of thousands of times and much more that continues perpetually as Allah is Eternal, and remains as Allah will remain for ever for Whom there is no destruction, no end and no change in sovereignty ever and ever, ages upon ages, always! O Allah, accept the supplication.

O Allah! Let this supplication be worthy of acceptance and a request that befits a grant from You. Indeed, You are over all things capable.

O Allah, bless Sayyidina Muhammad and the family of Sayyidina Muhammad
and his companions. And give him peace, a complete peace. Let it be a benediction that is eternal like Your eternity, ever lasting like Your Ever Remaining. Let there be no end to it except Your knowledge. Let it be a benediction that pleases You and pleases him, and pleases us with its blessings on us, O Lord of the worlds. And give peace likewise. And all praise belongs to Allah over that.

Glorified be Your Lord, the Lord of Majesty, above what they describe! And peace be upon the Messengers, and all praise belongs to Allah \( \\text{جِبَلَةً} \), the Lord of the worlds.

**The End**

Every Muslim must make it a point to seek Allah's forgiveness in these words in the last portion of the night because the time from then till dawn is very opportune to seek forgiveness. As for the figure seventy, it is highly recommended in Ahadith and Aاثar.

**Request of Allama Qutub-ud-deen**

Allama Qutub-ud-deen, the compiler of these *Istighfaar*, has requested those people who seek Allah's forgiveness that they may include him in their supplications.

Maulana Muhammad Haneef Abdul Majeed has also made a similar request for himself and on behalf of all others associated with this work in any way whatsoever.
Gift To The Bride
(Tohfa-e-Dulhan)

"The most valuable asset in the world is a pious wife"

Advice to the daughter going to her in-law's house.

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