ISTIGHFAR

Istighfar — 47 ways to seek Allah's forgiveness

Sayyid al-Istighfar, the Prophet's ﷺ daily istighfar, duas for forgiveness from the Quran and what the Quran and Sunnah say about its virtue — each in Arabic with English meaning and exact reference.

The virtue of istighfar in the Quran

1

QURAN

فَقُلْتُ ٱسْتَغْفِرُوا۟ رَبَّكُمْ إِنَّهُۥ كَانَ غَفَّارًا ﴿10﴾

"Saying, 'Ask forgiveness from your Lord; for He is Oft-Forgiving;

Quran 71:10 (Nooh)

2

QURAN

يُرْسِلِ ٱلسَّمَآءَ عَلَيْكُم مِّدْرَارًا ﴿11﴾

"'He will send rain to you in abundance;

Quran 71:11 (Nooh)

3

QURAN

وَيُمْدِدْكُم بِأَمْوَٰلٍ وَبَنِينَ وَيَجْعَل لَّكُمْ جَنَّٰتٍ وَيَجْعَل لَّكُمْ أَنْهَٰرًا ﴿12﴾

"'Give you increase in wealth and sons; and bestow on you gardens and bestow on you rivers (of flowing water).

Quran 71:12 (Nooh)

4

QURAN

وَمَن يَعْمَلْ سُوٓءًا أَوْ يَظْلِمْ نَفْسَهُۥ ثُمَّ يَسْتَغْفِرِ ٱللَّهَ يَجِدِ ٱللَّهَ غَفُورًا رَّحِيمًا ﴿110﴾

If any one does evil or wrongs his own soul but afterwards seeks Allah's forgiveness, he will find Allah Oft-forgiving, Most Merciful.

Quran 4:110 (An-Nisaa)

5

QURAN

وَمَا كَانَ ٱللَّهُ لِيُعَذِّبَهُمْ وَأَنتَ فِيهِمْ ۚ وَمَا كَانَ ٱللَّهُ مُعَذِّبَهُمْ وَهُمْ يَسْتَغْفِرُونَ ﴿33﴾

But Allah was not going to send them a penalty whilst thou wast amongst them; nor was He going to send it whilst they could ask for pardon.

Quran 8:33 (Al-Anfaal)

6

QURAN

۞ قُلْ يَٰعِبَادِيَ ٱلَّذِينَ أَسْرَفُوا۟ عَلَىٰٓ أَنفُسِهِمْ لَا تَقْنَطُوا۟ مِن رَّحْمَةِ ٱللَّهِ ۚ إِنَّ ٱللَّهَ يَغْفِرُ ٱلذُّنُوبَ جَمِيعًا ۚ إِنَّهُۥ هُوَ ٱلْغَفُورُ ٱلرَّحِيمُ ﴿53﴾

Say: "O my Servants who have transgressed against their souls! Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft-Forgiving, Most Merciful.

Quran 39:53 (Az-Zumar)

7

QURAN

وَٱلَّذِينَ إِذَا فَعَلُوا۟ فَٰحِشَةً أَوْ ظَلَمُوٓا۟ أَنفُسَهُمْ ذَكَرُوا۟ ٱللَّهَ فَٱسْتَغْفَرُوا۟ لِذُنُوبِهِمْ وَمَن يَغْفِرُ ٱلذُّنُوبَ إِلَّا ٱللَّهُ وَلَمْ يُصِرُّوا۟ عَلَىٰ مَا فَعَلُوا۟ وَهُمْ يَعْلَمُونَ ﴿135﴾

And those who, having done something to be ashamed of, or wronged their own souls, earnestly bring Allah to mind, and ask for forgiveness for their sins,- and who can forgive sins except Allah?- and are never obstinate in persisting knowingly in (the wrong) they have done.

Quran 3:135 (Aal-i-Imraan)

8

QURAN

وَأَنِ ٱسْتَغْفِرُوا۟ رَبَّكُمْ ثُمَّ تُوبُوٓا۟ إِلَيْهِ يُمَتِّعْكُم مَّتَٰعًا حَسَنًا إِلَىٰٓ أَجَلٍ مُّسَمًّى وَيُؤْتِ كُلَّ ذِى فَضْلٍ فَضْلَهُۥ ۖ وَإِن تَوَلَّوْا۟ فَإِنِّىٓ أَخَافُ عَلَيْكُمْ عَذَابَ يَوْمٍ كَبِيرٍ ﴿3﴾

"(And to preach thus), 'Seek ye the forgiveness of your Lord, and turn to Him in repentance; that He may grant you enjoyment, good (and true), for a term appointed, and bestow His abounding grace on all who abound in merit! But if ye turn away, then I fear for you the penalty of a great day:

Quran 11:3 (Hud)

What the Prophet ﷺ said about istighfar

9

HADITH

The Prophet ﷺ said: “By Allah, I seek Allah's forgiveness and turn to Him in repentance more than seventy times a day.”

Sahih al-Bukhari 6307

10 HADITH

The Prophet ﷺ said: “O people, turn to Allah in repentance, for I turn to Him a hundred times a day.”

Sahih Muslim 2702

11 HADITH

The Prophet ﷺ said that Allah said: “My servant committed a sin and then said, ‘O Allah, forgive my sin.’ So Allah said: My servant committed a sin and knew that he has a Lord who forgives sins and holds to account for them...”

Sahih al-Bukhari 7507 · Sahih Muslim 2758

12 HADITH

The Prophet ﷺ said: “By the One in whose hand is my soul, if you did not sin, Allah would replace you with people who would sin and then seek Allah's forgiveness, and He would forgive them.”

Sahih Muslim 2749

13 HADITH

The Prophet ﷺ said: “Allah stretches out His hand at night so that the one who sinned during the day may repent, and stretches out His hand during the day so that the one who sinned at night may repent, until the sun rises from the west.”

Sahih Muslim 2759

Istighfar from the Sunnah

14 SUNNAH

اللَّهُمَّ أَنْتَ رَبِّي لاَ إِلَهَ إِلاَّ أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَىَّ وَأَبُوءُ لَكَ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لاَ يَغْفِرُ الذُّنُوبَ إِلاَّ أَنْتَ

Sayyid al-Istighfar, the best way to seek forgiveness: O Allah, You are my Lord; none has the right to be worshipped but You. You created me and I am Your servant, and I keep Your covenant and promise as best I can. I seek refuge in You from the evil of what I have done. I acknowledge Your blessings upon me and I acknowledge my sin, so forgive me, for none forgives sins but You. (Whoever says it with certainty in the day and dies before evening, or at night and dies before morning, is among the people of Paradise.)

Sahih al-Bukhari 6306

15

SUNNAH

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

I seek Allah's forgiveness and turn to Him in repentance. (The Prophet ﷺ said it more than seventy times a day.)

Sahih al-Bukhari 6307

16

SUNNAH

أَسْتَغْفِرُ اللَّهَ الَّذِي لاَ إِلَهَ إِلاَّ هُوَ الْحَىَّ الْقَيُّومَ وَأَتُوبُ إِلَيْهِ

I seek the forgiveness of Allah, besides whom none has the right to be worshipped, the Ever-Living, the Sustainer of all, and I turn to Him in repentance.

Sunan Abi Dawud 1517

17

SUNNAH

رَبِّ اغْفِرْ لِي وَتُبْ عَلَىَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

My Lord, forgive me and accept my repentance; You are the Accepter of repentance, the Merciful. (Counted a hundred times in one sitting.)

Sunan Abi Dawud 1516

18

SUNNAH

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Glory be to You, O Allah, and praise. I bear witness that none has the right to be worshipped but You. I seek Your forgiveness and turn to You. (At the end of a gathering.)

Sunan Abi Dawud 4859

19

SUNNAH

اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي وَجَهْلِي وَإِسْرَافِي فِي أَمْرِي وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي

O Allah, forgive my mistakes, my ignorance, my excess in my affairs, and what You know better than I do.

Sahih al-Bukhari 6399

20 SUNNAH

اللَّهُمَّ اغْفِرْ لِي جِدِّي وَهَزْلِي وَخَطَئِي وَعَمْدِي وَكُلُّ ذَلِكَ عِنْدِي

O Allah, forgive what I did in earnest and in jest, by mistake and on purpose — all of that is in me.

Sahih Muslim 2719

21 SUNNAH

اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ لاَ إِلَهَ إِلاَّ أَنْتَ

O Allah, forgive what I have done before and after, what I have hidden and what I have done openly, and what You know better than I do. You bring forward and You put back; none has the right to be worshipped but You.

Jami' at-Tirmidhi 3421

22 SUNNAH

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي

Glory be to You, O Allah our Lord, and praise; O Allah, forgive me. (In ruku' and sujud.)

Sahih al-Bukhari 794

23 SUNNAH

رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي

My Lord, forgive me; my Lord, forgive me. (Between the two prostrations.)

Sunan Abi Dawud 874

24 SUNNAH

اللَّهُمَّ اغْسِلْ خَطَايَاىَ بِمَاءِ الثَّلْجِ وَالْبَرَدِ

O Allah, wash away my sins with the water of snow and hail.

Sahih al-Bukhari 6375

25 SUNNAH

نَقِّنِي مِنَ الْخَطَايَا كَمَا يُنَقَّى الثَّوْبُ الأَبْيَضُ مِنَ الدَّنَسِ

(O Allah,) cleanse me of sins as a white garment is cleansed of dirt.

Sahih al-Bukhari 744

26

SUNNAH

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Glory be to Allah and praise; I seek Allah's forgiveness and turn to Him in repentance.

Sahih Muslim 484

27

SUNNAH

اللَّهُمَّ اغْفِرْ لِحَيِّنَا وَمَيِّتِنَا وَشَاهِدِنَا وَغَائِبِنَا وَصَغِيرِنَا وَكَبِيرِنَا وَذَكَرِنَا وَأُنْثَانَا

O Allah, forgive our living and our dead, those present and those absent, our young and our old, our men and our women. (In the funeral prayer.)

Jami' at-Tirmidhi 1024

28

SUNNAH

غُفْرَانَكَ

(I ask) Your forgiveness. (On leaving the toilet.)

Sunan Abi Dawud 30

29

SUNNAH

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَأَلْحِقْنِي بِالرَّفِيقِ

O Allah, forgive me, have mercy on me and join me with the highest companions. (Among the last words of the Prophet ﷺ.)

Sahih al-Bukhari 4440

30

SUNNAH

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

O Allah, make me among those who repent often and among those who purify themselves. (After wudu.)

Jami' at-Tirmidhi 55

31

SUNNAH

أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ

I seek Allah's forgiveness (three times, after every obligatory prayer).

Sahih Muslim 591

Duas for forgiveness from the Quran

32 QURAN

ٱلَّذِينَ يَقُولُونَ رَبَّنَآ إِنَّنَآ ءَامَنَّا فَٱغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ ٱلنَّارِ ﴿16﴾

(Namely), those who say: "Our Lord! we have indeed believed: forgive us, then, our sins, and save us from the agony of the Fire;"-

Quran 3:16 (Aal-i-Imraan)

33 QURAN

وَمَا كَانَ قَوْلَهُمْ إِلَّآ أَن قَالُوا۟ رَبَّنَا ٱغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِىٓ أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَٱنصُرْنَا عَلَى ٱلْقَوْمِ ٱلْكَٰفِرِينَ ﴿147﴾

All that they said was: "Our Lord! Forgive us our sins and anything We may have done that transgressed our duty: Establish our feet firmly, and help us against those that resist Faith."

Quran 3:147 (Aal-i-Imraan)

34 QURAN

رَّبَّنَآ إِنَّنَا سَمِعْنَا مُنَادِيًا يُنَادِى لِلْإِيمَٰنِ أَنْ ءَامِنُوا۟ بِرَبِّكُمْ فَـَٔامَنَّا ۚ رَبَّنَا فَٱغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّـَٔاتِنَا وَتَوَفَّنَا مَعَ ٱلْأَبْرَارِ ﴿193﴾

"Our Lord! we have heard the call of one calling (Us) to Faith, 'Believe ye in the Lord,' and we have believed. Our Lord! Forgive us our sins, blot out from us our iniquities, and take to Thyself our souls in the company of the righteous.

Quran 3:193 (Aal-i-Imraan)

35 QURAN

قَالَا رَبَّنَا ظَلَمْنَآ أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ ٱلْخَٰسِرِينَ ﴿23﴾

They said: "Our Lord! We have wronged our own souls: If thou forgive us not and bestow not upon us Thy Mercy, we shall certainly be lost."

Quran 7:23 (Al-A'raaf)

36 QURAN

قَالَ رَبِّ ٱغْفِرْ لِى وَلِأَخِى وَأَدْخِلْنَا فِى رَحْمَتِكَ ۖ وَأَنتَ أَرْحَمُ ٱلرَّٰحِمِينَ ﴿151﴾

Moses prayed: "O my Lord! forgive me and my brother! admit us to Thy mercy! for Thou art the Most Merciful of those who show mercy!"

Quran 7:151 (Al-A'raaf)

37

QURAN

قَالَ رَبِّ إِنِّيٓ أَعُوذُ بِكَ أَنْ أَسْـَٔلَكَ مَا لَيْسَ لِي بِهِۦ عِلْمٌۖ وَإِلَّا تَغْفِرْ لِي وَتَرْحَمْنِيٓ أَكُن مِّنَ ٱلْخَٰسِرِينَ ﴿47﴾

Noah said: "O my Lord! I do seek refuge with Thee, lest I ask Thee for that of which I have no knowledge. And unless thou forgive me and have Mercy on me, I should indeed be lost!"

Quran 11:47 (Hud)

38

QURAN

وَذَا ٱلنُّونِ إِذ ذَّهَبَ مُغَٰضِبًا فَظَنَّ أَن لَّن نَّقْدِرَ عَلَيْهِ فَنَادَىٰ فِى ٱلظُّلُمَٰتِ أَن لَّآ إِلَٰهَ إِلَّآ أَنتَ سُبْحَٰنَكَ إِنِّى كُنتُ مِنَ ٱلظَّٰلِمِينَ ﴿87﴾

And remember Zun-nun, when he departed in wrath: He imagined that We had no power over him! But he cried through the deptHs of darkness, "There is no god but thou: glory to thee: I was indeed wrong!"

Quran 21:87 (Al-Anbiyaa)

39

QURAN

إِنَّهُۥ كَانَ فَرِيقٌ مِّنْ عِبَادِى يَقُولُونَ رَبَّنَآ ءَامَنَّا فَٱغْفِرْ لَنَا وَٱرْحَمْنَا وَأَنتَ خَيْرُ ٱلرَّٰحِمِينَ ﴿109﴾

"A part of My servants there was, who used to pray 'our Lord! we believe; then do Thou forgive us, and have mercy upon us: For Thou art the Best of those who show mercy!"

Quran 23:109 (Al-Muminoon)

40

QURAN

وَقُل رَّبِّ ٱغْفِرْ وَٱرْحَمْ وَأَنتَ خَيْرُ ٱلرَّٰحِمِينَ ﴿118﴾

So say: "O my Lord! grant Thou forgiveness and mercy for Thou art the Best of those who show mercy!"

Quran 23:118 (Al-Muminoon)

41

QURAN

قَالَ رَبِّ إِنِّى ظَلَمْتُ نَفْسِى فَٱغْفِرْ لِى فَغَفَرَ لَهُۥٓ إِنَّهُۥ هُوَ ٱلْغَفُورُ ٱلرَّحِيمُ ﴿16﴾

He prayed: "O my Lord! I have indeed wronged my soul! Do Thou then forgive me!" So (Allah) forgave him: for He is the Oft-Forgiving, Most Merciful.

Quran 28:16 (Al-Qasas)

42

QURAN

وَٱلَّذِينَ جَآءُو مِنۢ بَعْدِهِمْ يَقُولُونَ رَبَّنَا ٱغْفِرْ لَنَا وَلِإِخْوَٰنِنَا ٱلَّذِينَ سَبَقُونَا بِٱلْإِيمَٰنِ وَلَا تَجْعَلْ فِى قُلُوبِنَا غِلًّا لِّلَّذِينَ ءَامَنُوا۟ رَبَّنَآ إِنَّكَ رَءُوفٌ رَّحِيمٌ ﴿10﴾

And those who came after them say: "Our Lord! Forgive us, and our brethren who came before us into the Faith, and leave not, in our hearts, rancour (or sense of injury) against those who have believed. Our Lord! Thou art indeed Full of Kindness, Most Merciful."

Quran 59:10 (Al-Hashr)

43

QURAN

يَٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُوا۟ تُوبُوٓا۟ إِلَى ٱللَّهِ تَوْبَةً نَّصُوحًا عَسَىٰ رَبُّكُمْ أَن يُكَفِّرَ عَنكُمْ سَيِّـَٔاتِكُمْ وَيُدْخِلَكُمْ جَنَّٰتٍ تَجْرِى مِن تَحْتِهَا ٱلْأَنْهَٰرُ يَوْمَ لَا يُخْزِى ٱللَّهُ ٱلنَّبِىَّ وَٱلَّذِينَ ءَامَنُوا۟ مَعَهُۥ ۖ نُورُهُمْ يَسْعَىٰ بَيْنَ أَيْدِيهِمْ وَبِأَيْمَٰنِهِمْ يَقُولُونَ رَبَّنَآ أَتْمِمْ لَنَا نُورَنَا وَٱغْفِرْ لَنَآ ۖ إِنَّكَ عَلَىٰ كُلِّ شَىْءٍ قَدِيرٌ ﴿8﴾

O ye who believe! Turn to Allah with sincere repentance: In the hope that your Lord will remove from you your ills and admit you to Gardens beneath which Rivers flow,- the Day that Allah will not permit to be humiliated the Prophet and those who believe with him. Their Light will run forward before them and by their right hands, while they say, "Our Lord! Perfect our Light for us, and grant us Forgiveness: for Thou hast power over all things."

Quran 66:8 (At-Tahrim)

44

QURAN

رَّبِّ ٱغْفِرْ لِى وَلِوَٰلِدَىَّ وَلِمَن دَخَلَ بَيْتِىَ مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَٱلْمُؤْمِنَٰتِ وَلَا تَزِدِ ٱلظَّٰلِمِينَ إِلَّا تَبَارًا ﴿28﴾

"O my Lord! Forgive me, my parents, all who enter my house in Faith, and (all) believing men and believing women: and to the wrong-doers grant Thou no increase but in perdition!"

Quran 71:28 (Nooh)

45

QURAN

رَبَّنَا ٱغْفِرْ لِى وَلِوَٰلِدَىَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ ٱلْحِسَابُ ﴿41﴾

"O our Lord! cover (us) with Thy Forgiveness - me, my parents, and (all) Believers, on the Day that the Reckoning will be established!

Quran 14:41 (Ibrahim)

46 QURAN

لَا يُكَلِّفُ ٱللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا ٱكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَآ إِن نَّسِينَآ أَوْ أَخْطَأْنَا ۚ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَآ إِصْرًا كَمَا حَمَلْتَهُۥ عَلَى ٱلَّذِينَ مِن قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِۦ ۖ وَٱعْفُ عَنَّا وَٱغْفِرْ لَنَا وَٱرْحَمْنَا ۚ أَنتَ مَوْلَىٰنَا فَٱنصُرْنَا عَلَى ٱلْقَوْمِ ٱلْكَٰفِرِينَ ﴿286﴾

On no soul doth Allah Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith."

Quran 2:286 (Al-Baqara)

47 QURAN

ءَامَنَ ٱلرَّسُولُ بِمَآ أُنزِلَ إِلَيْهِ مِن رَّبِّهِۦ وَٱلْمُؤْمِنُونَ ۚ كُلٌّ ءَامَنَ بِٱللَّهِ وَمَلَٰٓئِكَتِهِۦ وَكُتُبِهِۦ وَرُسُلِهِۦ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِۦ ۚ وَقَالُوا۟ سَمِعْنَا وَأَطَعْنَا ۖ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ ٱلْمَصِيرُ ﴿285﴾

The Messenger believeth in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believeth in Allah, His angels, His books, and His messengers. "We make no distinction (they say) between one and another of His messengers." And they say: "We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys."

Quran 2:285 (Al-Baqara)

Quran: Arabic (Uthmani script) with the English translation of Abdullah Yusuf Ali. Hadith Arabic is checked against the published Arabic text of the six books; English meanings are Sukon's own.