O Prophet of Allah! Whenever any one of you, or a man or woman of a Muslim, intends to do something, then what should he do?

Jabir (May Allah be pleased with him) said that Istikhara was taught to us by the Prophet (May Allah's peace and blessings be upon him) in all matters just as he used to teach us a Surah from the Qur'an. He said: When any one of you intends to do something, he should perform two Rak'ahs of prayer other than the obligatory prayer, then he should say: O Allah! I seek Your guidance by virtue of Your knowledge, and I seek power by virtue of Your power, and I ask You of Your great favour, for You have power and I have no power, You know and I do not know, and You are the Knower of the unseen. O Allah! If You know that this matter (here he should name his matter) is good for me in my religion, my livelihood and the consequences of my affairs, then ordain it for me, and facilitate it for me, then bless me in it. And if You know that this matter is bad for me in my religion, my livelihood and the consequences of my affairs, then keep it away from me and keep me away from it, and ordain for me the good wherever it may be, then make me pleased with it. (He should name his matter here.)

[Bukhari] [Abu Dawud also narrated it with similar words]

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