104818 - Is It Permissible to Specify a Number for Istighfar?

the question

Is it permissible to pray for forgiveness a particular number of times, such as saying it one hundred times today and two hundred times tomorrow?

Summary of answer

Islam encourages frequent Istighfar (seeking forgiveness), and the Prophet Muhammad used to seek forgiveness up to 100 times a day. However, setting a fixed number beyond what is narrated in authentic Hadiths is not obligatory. Instead, a Muslim may engage in Istighfar as much as they can without restriction.

Detailed answer

Praise be to Allah.

The Virtue of Seeking Forgiveness in Islam

It is recommended for the Muslim to pray for forgiveness a great deal . The Prophet (peace and blessings of Allah be upon him) used to pray for forgiveness one hundred times every day and night.

Hadiths on the Prophet’s Practice of Istighfar

- It was narrated from Al-Agharr Al-Muzani (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: “I ask Allah for forgiveness one hundred times a day.” (Narrated by Muslim, 2702)
- It was narrated from Abu Hurayrah (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: “I ask Allah, may He be Glorified and

Exalted, for forgiveness and I repent to Him one hundred times every day." (Narrated by An-Nasa'i in As-Sunan Al-Kubra, 6/114 and by Ahmad in Al-Musnad, 2/450; it was classed as sound by the commentators on Al-Musnad)

Different Narrations on the Frequency of Istighfar

- Abu Hurayrah (may Allah be pleased with him) said: I heard the Messenger of Allah (peace and blessings of Allah be upon him) say: "By Allah, I ask Allah for forgiveness and I repent to Him more than seventy times every day." (Narrated by Al-Bukhari, 6307)
- It was narrated that Ibn `Umar (may Allah be pleased with him) said: We used to count the Messenger of Allah (peace and blessings of Allah be upon him) saying in a single gathering one hundred times: Rabb ighfir li wa tubb `alayya innaka anta At-Tawwab Ar-Rahim (O Lord, forgive me and accept my repentance, for You are the Acceptor of repentance, the Most Merciful). (Narrated by Abu Dawud, 1516 and At-Tirmidhi, 3430; classed as authentic by Al-Albani in Sahih Abu Dawud)

Abu Hurayrah (may Allah be pleased with him) said: I never saw anyone say "Astighfir Allah wa atubu ilayh (I ask Allah for forgiveness and I repent to him)" more than the Messenger of Allah (peace and blessings of Allah be upon him). (Narrated by An-Nasa'i in As-Sunan Al-Kubra, 6/118)

Is It Required to Set a Specific Number for Istighfar?

If you want to stick to this number (one hundred) following thereby the example of the Prophet (peace and blessings of Allah be upon him), then you will have the reward. And if you want to do more than that, there is nothing wrong with it so long as you do not choose a specific number or a specific way; rather when doing the additional amount you should do whatever is easy for you, because it is not prescribed to set a specific number for acts of worship if it is not narrated in the Shar'i texts.

Consult these answers for more information: (198928, 319879, 405707, 3177, 88102, 165773)

And Allah knows best.