



Lesson 9: ISTI'ADHAH

Introduction:

- Before we recite the Quraan, we say the Isti'adhah (seeking refuge with Allah)
- As we are reciting the Quraan in our salaah, we also recite the Isti'adhah.

In this lesson, we learn what the isti'adhah means and the benefits of saying it.

The Isti'adhah

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

'Authu billahi minash shaytanir rajim.

Read:

Read: Page 19 of The Prophet's Prayer Described, the section entitled Recitation
Read: Tafsir Ibn Kathir page 52-59. (Sections pertaining to the Isti'adhah)

Write

Write the Isti'adah 5 times in English and Arabic.

Practice:

Say the isti'adhah correctly in front of your teacher several times.

Hifz

Memorize the daleel for seeking refuge before you pray (16:98). Write it on a hifz card and add it to your hifz box.

Also, write the ayah out in English and Arabic (the number of times specified by your teacher).

Exercise

Make an Isti'adhah learning poster:

1. Turn the headings of the reading section into questions and answer them
2. Using your questions and answers, make a poster
3. Give your poster a title
4. Use your poster as a review aid from time to time