

Ilm Essentials

Salāh Lesson 8

Description of the Prayer

Description of the Prayer

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- After ensuring all of the pre-conditions for the prayer have been met
- Stand with your feet in the sunnah posture
 - ▣ Spaced for men, together for women
- Keeping your head upright, raise your hands, palms facing Qiblah, confirm your intention and recite “Allahu Akbar”
 - ▣ Top of the thumbs even with earlobes for men
 - ▣ To the chest/shoulder for women
 - Idea of throwing the dunyā behind us

Description of the Prayer

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- This takbār will be repeated softly, without raising the hands, with each movement of the prayer, except when rising from rukū
 - ▣ The imām will recite all takbārs aloud
- Set your gaze at the place of sajdah
- Immediately after reciting the takbār place your right hand over your left
 - ▣ Just below the navel for men
 - ▣ On the chest for women

Description of the Prayer

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- In the first rakāh only, recite the thanā softly
- If you will be reciting Quran
 - ▣ Recite the ta'awwudh softly in the first rakāh only
- Recite bismillāh softly
- Recite Sūrah al-Fātihah
- Recite “āmīn” softly after Fātihah
- Immediately after Fātihah, recite the equivalent of 3 short verses or more
 - ▣ This additional recitation will be performed in every rakāh
 - Except the 3rd or 4th rakāh of a fard prayer

Description of the Prayer

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- The imām will recite both the Fātihah and additional recitation aloud in the first 2 rakāh of Fajr, Maghrib and Ishā
 - ▣ Softly in all remaining rakāh
- Recite takbīr softly and proceed into rukū
- Perform rukū
 - ▣ Bending with the back straight, grasping the knees with fingers spread for men
 - Elbows away from the sides
 - ▣ Bending slightly with the fingers together resting upon the knees
 - Elbows close to the sides

Description of the Prayer

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- Recite “subhāna rabbiya al-azīm” softly thrice
 - ▣ Imām will generally recite 3-5 times
- While rising from rukū recite “sami-a ‘Llāhu li man hamidah” softly and return to the standing position
 - ▣ If you are a follower, wait for the imām to recite “sami-a” aloud and return to the standing position
- Keep your hands at your side

Description of the Prayer

8

- Recite “rabbanā wa laka al-hamd” softly
 - ▣ Only for the follower and individual
- Recite takbīr softly and proceed into the first sajdah by keeping the back straight and dropping vertically
- Place the knees on the ground first, then the hands, nose and forehead
 - ▣ Withdraw in the opposite order
 - The ground should not be used for support when entering and exiting sajdah
 - Can use the knees when coming up from sajdah

Description of the Prayer

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- Prostrate between the palms, fingers together, pointing toward Qiblah
- Maintain the sunnah posture during sajdah
 - ▣ Keep the body spread, belly away from the thighs, arms away from the armpits, with toes curled toward Qiblah for men
 - ▣ Keep the body close together, stomach close to or touching the thighs, forearms resting on the ground, both feet out to the right, posterior close to the ground

Description of the Prayer

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- Recite “subhāna rabbiya al-a’lā” softly thrice
- Recite takbīr softly while rising from sajdah
- Sit in the iftirāsh (men) or tawarruk (women) posture with the hands on the thighs
- Mustahabb to recite “Allāhumma ‘ghfirī wa ‘rhamnī wa ‘āfinī wa ‘hdinī wa ‘rzuqnī” softly once
 - ▣ Particularly in the nawāfil
 - Not specifically a sunnah for the mandatory prayers
- Recite takbīr softly and proceed into the second sajdah, same as the first
- Recite “subhāna rabbiya al-a’lā” softly thrice

Description of the Prayer

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- Recite takbīr softly and return to the standing position, without sitting
- Now perform the second rakāh in a similar fashion, beginning with bismillāh
- After the second sajdah, sit for the first sitting
- Recite the tashahhud softly
- Raise the right index finger at “lā ilāha” connecting the thumb and middle finger to form a ring
 - ▣ Lower it at “illa ‘Llāh”

Description of the Prayer

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- Recite takbīr softly immediately after tashahhud and rise for the remaining rakāh
- Perform the third and/or fourth rakāh in the same fashion as the second
 - ▣ If it is a fard prayer
 - Recite bismillāh and Fātiḥah softly
 - ▣ Otherwise recite bismillāh, Fātiḥah and the additional verses softly
- After the sajdah of the final rakāh
 - ▣ Sit in the sunnah posture

Description of the Prayer

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- Recite the tashahhud like before
- Send salawāt on the Prophet (sallallahu alaihi wa sallam) by reciting the sunnah salawāt softly
- Make a short duā softly
 - ▣ Which resembles the prayers of the Quran or hadīth
- End the prayer by reciting “as-salāmu alaykum wa rahmatu ‘Llāh” twice
 - ▣ Turn to the right with the first salām, looking at the shoulder and making the appropriate intentions
 - Then to the left with the second, in the same fashion

Takbīr and Thanā

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اللَّهُ أَكْبَرُ

- “Allah is the greatest”

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ
وَلَا إِلَهَ غَيْرُكَ

- “Glory be to You, Oh Allah, with Your praise. Blessed is Your name and exalted is Your honor. There is nothing worthy of worship but You”

Ta'awwudh and Bismillāh

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أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

- “I seek refuge in Allah from the accursed shaytan”

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

- “In the name of Allah, the Beneficent, the Merciful”

Tasbīh of Rukū

16

سُبْحَانَ رَبِّيَ الْعَظِيمِ

- “Glory be to my Lord, the Great”

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

- “Allah hears those who praise Him”

رَبَّنَا وَلَكَ الْحَمْدُ

- “Our Lord, to You belongs all praise”

حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

- “Many pure and blessed praises”

Tasbīh of Sajdah

17

سُبْحَانَ رَبِّيَ الْأَعْلَى

- “Glory be to my Lord, the Sublime”

اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَعَافِنِيْ وَاهْدِنِيْ وَارْزُقْنِيْ

- “Oh Allah, forgive me, have mercy on me, grant me well-being, guide me and grant me sustenance”

Tashahhud

18

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

- ▣ “All greetings are for Allah, and all prayers and things pure
- ▣ Peace be upon you Oh Prophet, and the mercy of Allah and His blessings
- ▣ Peace be upon (all of) us and upon the righteous servants of Allah
- ▣ I testify that there is nothing worthy worship except Allah, and I testify that Muhammad is His servant and His messenger”

Salawāt Ibrāhīmiyyah

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اَللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلَى اِبْرٰهِيْمَ وَعَلَى آلِ اِبْرٰهِيْمَ
اَللّٰهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلَى اِبْرٰهِيْمَ وَعَلَى آلِ اِبْرٰهِيْمَ
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ

- “Oh Allah, send mercy upon Muhammad and upon the family of Muhammad, just as You sent mercy upon Ibrāhīm and upon the family of Ibrāhīm
- Oh Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibrāhīm and upon the family of Ibrāhīm
- Indeed You are Praiseworthy and Majestic”

Duā Before Salām

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اَللّٰهُمَّ اِنِّيْ ظَلَمْتُ نَفْسِيْ ظُلْمًا كَثِيْرًا
وَلَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ ، فَاغْفِرْ لِيْ مَغْفِرَةً مِّنْ عِنْدِكَ وَارْحَمْنِيْ
اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ

- ▣ “Oh Allah, I have greatly wronged myself
- ▣ None but You can forgive sins, so forgive me with forgiveness from Yourself and have mercy on me
- ▣ Verily You are All-Forgiving and Merciful”

Duā Before Salām

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يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

- “Oh turner of hearts, establish my heart upon Your deen”

رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ ، رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

- “Oh my Lord, forgive me and forgive my parents
- Oh my Lord, have mercy on them just as they nurtured me when I was small”

Final Salām

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السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

- “Peace be upon you all, and the mercy of Allah”

Remembrance of Allah After the Prayer

Dhikr After the Prayer

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أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ

“I seek forgiveness from Allah” (Muslim)

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

“Oh Allah, You are the giver of peace and peace comes from You alone. You are blessed, Oh Majestic and Benevolent” (Muslim)

Dhikr After the Prayer

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- If sunnah muakkadah prayers after the fard
 - ▣ Best to suffice with the above adhkār
 - Perform your sunnah
 - Then complete the remaining adhkār and make duā
- Also permissible to complete the remaining adhkār first and then pray sunnah
 - ▣ Should not be done if it increases the possibility of missing the sunnah
- Imām should move positions if he is going to pray sunnah
 - ▣ Turn and face the jamā'ah if making dhikr or duā

Dhikr After the Prayer

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لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ
وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

“There is no god but Allah, He is Alone and He has no partner
His is the kingdom and His is all praise. He has power over all things
Oh Allah, none can withhold what You have granted and none can grant what You
withhold
And the riches of the rich cannot help them against You (Bukhāri)

Dhikr After the Prayer

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“Mu’adh, by Allah I love you. So do not neglect to say
after every salāh:

اَللّٰهُمَّ اَعِنِّيْ عَلٰى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

‘O Allah, assist me in remembering You and in thanking
You and in pleasing worship of You’” (Abū Dāwūd)

Dhikr After the Prayer

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- Āyah al-Kursī (2:255)
- Sūrah al-Ikhlās (112)
- Sūrah al-Falaq (113)
- Sūrah an-Nās (114)
- Subhāna ‘Llāh (33)
- Alhamdu Lillāh (33)
- Allahu Akbar (34)

Dhikr After the Prayer

29

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

“There is no god but Allah, He is Alone and He has no partner

His is the kingdom and His is all praise. He has power over all things”

Dhikr After Fajr and Maghrib

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- “Whoever says 10 times after the salāh of Subh, sitting in the position of tashahhud and before speaking...will have 10 good deeds written for him, 10 of his sins will be forgiven and 10 stages will be raised for him
- ▣ It will be a shield for him against all repulsive things, he will be guarded from shaytan and no sin will be allowed to reach him that day unless it be from shirk” (Tirmidhī)

Dhikr After Fajr and Maghrib

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لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَ يُمِيتُ
وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

“There is no god but Allah, He is Alone and He has no partner
His is the kingdom and His is all praise
He gives life and causes death
He has power over all things”

Dhikr After Fajr and Maghrib

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- “When you end the salāh of Maghrib say...seven times. If you say that and then die during the night, it will be a protection for you (from the Fire). And after praying Subh say the same. If you die on that day, it will be a protection for you” (Abū Dāwūd)

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

“Oh Allah, save me from the Fire!”

Duā After Salāh

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- After the prayer, make duā for yourself and the ummah
 - ▣ The Prophet (sallallahu alaihi wa sallam) said, in reply to a question about which duā is most accepted,
 - “The duā made in the last third of the night and after the fard salāh” (Tirmidhī)
- Raising the hands for duā is a general sunnah
 - ▣ Do we raise the hands for every duā
- Wipe your face with your hands when completing
- Congregational duā after salāh
 - ▣ Not a specific sunnah

Questions and Discussion

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