

Ilm Essentials

Salāh Lesson 6

Sunnah Acts in the Prayer

سُنَنُ الصَّلَاةِ

Standing and Takbīr Tahrīmah

3

- Standing with feet apart the measure of four spread fingers for men
 - ▣ Women will keep the feet close together when standing
 - Toes should be facing toward the Qiblah
- Standing up straight and then lifting the hands for the takbīr tahrīmah
 - ▣ To the ears with fingers spaced normally (men)
 - Elbows away from the body
 - ▣ To the shoulders with fingers together (women)
 - Once the hands have been raised, the takbīr will be pronounced and the hands will be brought down
- Facing the palms toward Qiblah during takbīr

Standing and Takbīr Tahrīmah

4

- All other takbīr where the hands are raised will be performed in the same manner
- Reciting the takbīr softly
 - ▣ For the individual (munfarid) and the follower (muqtadī)
 - The imām will recite all takbīrs aloud
- Following the imām's takbīr as closely as possible
 - ▣ Without getting ahead
 - Can either follow closely or be together

Tying the Hands

5

- Tying the hands after the takbīr tahrīmah
 - ▣ Immediately after the takbīr without letting the hands fall to one's side
- A man will tie his hands just below his navel
 - ▣ Right palm resting on the left hand
 - Gripping the wrist with the thumb and pinky
 - Forming a circle around the wrist
 - Middle three fingers will rest on the lower left forearm
- A woman will place her hands on her chest
 - ▣ Right palm resting on the left hand
 - Fingers close together

Thanā, Ta'awwudh and Basmalah

6

- Reciting thanā softly after tying the hands
 - ▣ For the imām, follower and individual
 - If the imām has started reciting the Fātihah
 - The follower will leave the thanā
 - ▣ Only recited once in a prayer
- Reciting ta'awwudh softly before starting the initial recitation
 - ▣ For the imām and the individual
 - Only recited once in a prayer
- Reciting basmalah softly before the Fātihah
 - ▣ For the imām and the individual
 - At the start of every rakāh
- Saying “āmīn” softly upon completion of the Fātihah
 - ▣ For everyone, including the imām

Performing Rukū

7

- Reciting takbīr softly for entry into rukū
- Straightening the back during rukū (men)
 - ▣ Head and back should be parallel to the ground
 - Legs straight without bending the knees
- Women will only bend slightly
 - ▣ Keeping their elbows pressed against their sides
 - Knees slightly bent
- Placing the hands upon the knees in rukū
 - ▣ Men will grasp the knees with fingers spread
 - ▣ Women place the hands upon the knees with fingers together
- Reciting “subhāna rabbiya al-azīm” softly in rukū at least three times
 - ▣ If reciting more, increase by 2’s
 - If the imām rises before you complete three
 - Follow him without delay

Rising from Rukū and Qawmah

8

- Reciting “sami-a ‘Llāhu li man hamidah” while rising from rukū
 - ▣ For the imām and the individual
 - But not the follower
 - ▣ The imām will recite aloud
 - The individual will recite softly
 - ▣ The follower will wait for the imām to recite “sami-a...”
- Hands will be at the sides while standing
- Reciting “rabbanā wa laka al-hamd” softly
 - ▣ For the individual and the follower
 - The imām will not recite it
 - If he does, it will be softly

Performing Sajdah

9

- Reciting takbīr softly to proceed into sajdah
- During sajdah, to put the knees on the ground first, then the hands, nose and forehead
 - ▣ Withdrawing in the opposite order
- Performing sajdah between the palms with the fingers together, pointing toward the Qiblah
- Men will perform sajdah with the stomach away from the thighs
 - ▣ Elbows away from the body (space permitting)
 - Arms raised away from the ground
 - ▣ Sit up on the toes so that they point toward the Qiblah

Performing Sajdah

10

- Women will keep their bodies close together
 - ▣ Stomach close to thighs
 - Elbows drawn in and the arms resting on the ground
 - ▣ Both feet will be out to the right
 - The posterior will be close to the ground
 - ▣ If necessary, she can have the tops of the feet and the shins placed flat on the ground
 - With the posterior resting on the heels of the feet

Performing Sajdah

11

- Reciting “subhāna rabbiya al-a’lā” softly at least three times in each sajdah
 - ▣ If reciting more, increase by 2’s
- Reciting takbīr softly when rising from, and returning to, sajdah
- Perfection of the rising up from sajdah
 - ▣ And sitting between the 2 sajdah
- Reciting “Allāhumma ‘ghfirlī wa ‘rhamnī wa ‘āfinī wa ‘hdinī wa ‘rzuqnī” once
 - ▣ Between the two sajdah of an optional prayer

Jalsah and Tashahhud

12

- Placing the hands on the thighs when sitting
 - ▣ Without the fingers passing the knees
 - Applies to sitting between sajdah as well as tashahhud
- Sitting in the iftirāsh position for all sittings (men)
 - ▣ Sit on the left foot while it is laid out on the ground
 - Keeping the right foot propped up with its toes curled under and facing the Qiblah (like it was during sajdah)
- Sitting in the tawarruk position for all sittings (women)
 - ▣ Posterior rests directly on the ground
 - Left foot coming out from under the right leg
- Indicating with the right index finger at “lā ilāha”
 - ▣ Lowering it at “illa ‘LLāh,” at the same time creating a ring
- Maintaining the ring until the end

Salawāt and Duā

13

- Reciting the Fātihah in the 3rd and 4th fard rakāh
 - ▣ Without adding an additional sūrah
- Sending salawāt on the Prophet (sallallahu alaihi wa sallam) in the final sitting
- Making duā after salawāt
 - ▣ In fard and wājib best to limit this to Quranic duās
 - In sunnah and nafl, can make any duā which resembles the words of the Quran and hadīth
 - But not the words of people
 - ▣ In all cases, the duā must be in Arabic

Closing Salāms

14

- Turning the face to the right with the first salām
 - ▣ To the left with the second salām
 - Uttering “as-salāmu alaykum wa rahmatu ‘LLāh” for each salām
- During salām, to intend (in the heart) the imām, the angels and the followers, as appropriate
 - ▣ If the imām is directly in front
 - Include him in both salāms
- For the imām to recite the second salām in a slightly subdued voice
- The masbūq (the one who joins the imām after the first rukū) should not stand up to complete his prayer until after the imām begins the second salām

Sunnah Recitation in the Prayer

15

- Reciting from the longer sūrahs in Fajr and Dhuhr
 - ▣ Sūrah al-Hujarāt through al-Inshiqāq
- From the medium sūrahs in Asr and Ishā
 - ▣ Sūrah al-Burūj through al-Qadr
- From the shorter sūrahs in Maghrib
 - ▣ Sūrah al-Bayyinah through an-Nās
- The traveler can recite from any sūrahs
- Recitation in the first rakāh should be slightly longer than the second

Mustahabb Acts in the Prayer

مُسْتَحَبَّاتُ الصَّلَاةِ

Mustahabb Acts in the Prayer

17

- A man's bringing out his palms for the takbīr tahrīmah
 - ▣ A women will not bring her palms out
- Looking at the appropriate places during prayer
 - ▣ Qiyām - at the place of sajdah
 - ▣ Rukū - at the tops of the feet
 - ▣ Sajdah - at the nose
 - ▣ Tashahhud - at the lap
 - ▣ Salām - at each shoulder
- Refraining from coughing as far as possible

Mustahabb Acts in the Prayer

18

- Keeping the mouth closed when yawning
 - ▣ “Yawning in prayer is from the influence of shaytan
 - So when one of you yawns he should repress it as far as possible”
 - In another version “he should place his hand over his mouth” (Tirmidhī)
 - ▣ If the yawn cannot be held back
 - You should cover your mouth
 - ▣ Normally this is done with the back of the left hand
 - During qiyām use the right hand
- In the congregational prayer
 - ▣ To stand at “hayya ala al-falāh”