

## CHAPTER TWENTY-TWO

### THE SUNNAH OF SALAAH

*O Allah (The Exalted) have our master Muhammad (may Allah bless him and grant him peace) and the family of our master Muhammad (may Allah bless him and grant him peace) until there remains not a single drop of mercy.*

Salaah is obligatory upon those Muslims who are sane, adult, male or female five times a day. Whosoever denies Salaah as obligatory becomes a non-believer (*Kafir*). To miss even one Salaah intentionally or to pray it out of its prescribed time is a major sin (i.e. making it Qaza). It is unfortunate that many Muslims do not have any concern whatsoever of Salaah, the mosques seem empty or couple of rows filled with elders. Allah (The Exalted) has done us a great favour of prescribing us with Salaah and if we make effort and offer Salaah, Allah (The Exalted) will reward us immensely. Let us read and understand the importance of Salaah and its rewards.

#### **Salaah Is a Pillar Of Islam**

‘Abd-Allah ibn ‘Umar (may Allah bless him and grant him peace) narrates that he heard the Messenger of Allah (may Allah bless him and grant him peace) saying, *“Islam is founded on five pillars: bearing witness that there is no deity but Allah (The Exalted) and Muhammad (may Allah bless him and grant him peace) is His servant and Messenger: establishment of Salaah: paying of Zakah: performance of Hajj: and fasting in the month of Ramadhan.”*<sup>i</sup>

The Messenger of Allah (may Allah bless him and grant him peace) has compared Islam to a canopy resting on five supports. The *Shahadah* (submission to Islam) is the central support and the other four pillars are the remaining four supports, one at each corner of the canopy. Without the central support, the canopy cannot possibly stand, and if any one of the corner supports is missing, a collapse will result in the defective corner.

#### **Sins Fall Like Leaves**

Abu ‘Uthman (may Allah be pleased with him) says that, *“I was once sitting under a tree with Salmaan (may Allah be pleased with him). He caught hold of a dry branch and shook it till all its leaves fell off. He then said to me, ‘O Abu ‘Uthman (may Allah be pleased with him) will you not ask me why I am doing this?’ ‘Do tell me,’ I asked. He said, ‘The Messenger of Allah (may Allah bless him and grant him peace) had done exactly like this before me, whilst I was with him under a tree. He caught a dry branch and shook it, till all its leaves fell off.’ He said, ‘O Salmaan! (may Allah be pleased with him) will you not ask me why I am doing this?’ I replied, ‘Do tell me why you are doing this?’ he remarked: ‘Verily when a Muslim performs ablution properly and then observes his Salaah five times a day, his sins fall just as these leaves have fallen.”*<sup>ii</sup>

#### **Sins Washed Away**

Abu Hurayrah (may Allah be pleased with him) narrates that once the Messenger of Allah (may Allah bless him and grant him peace) asked his companions, *“Do you believe that dirt can remain on a person bathing five times a day in a stream running in front of his door?” ‘No’, replied the companions, ‘No dirt can remain on his body’. The Messenger of Allah (may Allah bless him and grant him peace) remarked “So, exactly similar are the effects of Salaah offered five times a day. With the grace of Allah (The Exalted) it washes away all the (Minor) sins.”*<sup>iii</sup>

#### **From One Salaah To The Other**

‘Abd-Allah ibn Mas‘ud (may Allah be pleased with him) narrates from the Messenger of Allah (may Allah bless him and grant him peace) that, *“At the approach of the hour of Salaah, an Angel is deputed to proclaim, ‘Arise, O Children of Adam! And extinguish the fire that you have (by committing sins) kindled to burn yourselves. So, the people rise up, perform ablution and offer their Dhuhr Salaah. This causes forgiveness of their sins committed since day-break. The same is repeated at ‘Asr, Maghrib and ‘Isha. After ‘Isha people go to the bed, but there are some busy themselves in good, while some others in evil.”*<sup>iv</sup>

When one offers their five times Salaah, the minor sins committed between the Salaah are forgiven. Not only that but when Salaah is offered with complete ablution with sincerity and concentration with the blessings one will leave even the major sins too, *Insha-Allah!*

## **Paradise For Salaah**

Abu Qataadah bin Rab'iyy (may Allah be pleased with him) says, "He heard the Messenger of Allah (may Allah bless him and grant him peace) saying that, Allah (The Exalted) has said, "O Muhammad (may Allah bless him and grant him peace)! I have ordained five times daily Salaah for your followers. I have made a covenant with myself that whosoever is regular in performing Salaah at its fixed hour, shall be admitted into Paradise. Those of your followers who do not guard their Salaah, are not included in this covenant."”<sup>v</sup>

*Allahu Akbar!* After the Day of Judgement there are only two places a person will be admitted, either Paradise or Hell. Allah (The Exalted) has promised Paradise for those who read five times a day.

Anas (may Allah be pleased with him) states that, "On the night of Me'raj (ascension) fifty times Salaah become obligatory upon the Messenger of Allah (may Allah bless him and grant him peace), then it was reduced to five, then a voice proclaimed 'O beloved! What We say does not change and for these five you will be rewarded for fifty.'" <sup>vi</sup>

## **Forgiveness of Sins**

Abu Muslim (may Allah be pleased with him) narrates that, "I went to see Abu Umaamah (may Allah be pleased with him) whilst he was in the *Masjid*. I asked him if he had really heard the Messenger of Allah (may Allah bless him and grant him peace) saying, "When a person performs ablution correctly and says his *Fardh Salaah*, Allah (The Exalted) forgives him all the (minor) sins committed in doing evil, by his ears in listening to evil, by his eyes in looking at evil and by his heart in thinking of evil." He replied, 'By Allah (The Exalted) I have heard these words from the Messenger of Allah (may Allah bless him and grant him peace) repeatedly.'" <sup>vii</sup>

When we offer our Salaah we have some hope of our forgiveness. If we don't offer Salaah then not only will we have no hope of forgiveness, but our sins will continue to increase. Save yourself from hell and start offering Salaah five times a day on its prescribed time.

## **Fear of Allah**

Nadhr (may Allah be pleased with him) narrates that, "Once it became very dark during the day in Madinah. I quickly went to Anas (may Allah be pleased with him) to know if he had ever experienced similar conditions during the life of the Messenger of Allah (may Allah bless him and grant him peace). He said, "During those blessed days, whenever the wind blew strong, we would hurry to the *Masjid* lest it should be the approach of the Last Day."

Respected brother/sister! What is our situation? When it is bad whether let alone going to the mosque, we miss Salaah totally. Look at the fear the companions had. Why do we not fear Allah (The Exalted) like they did? Salaah is a fundamental pillar of Islam and should not be missed. Let us make the effort to observe five times daily Salaah.

## **Beyond Expectation**

The Messenger of Allah (may Allah bless him and grant him peace) said that, "O Abu Hurayrah (may Allah be pleased with him) tell your family members to pray Salaah, as Allah (The Exalted) will provide you with that beyond your expectation." <sup>viii</sup>

Many are in great difficulties and have problems in their lives. They do not offer their Salaah on its prescribed time. We then wonder the reason why it is always me who is suffering. We depend on the scholars for an amulet (*Taweez*) and think it will all become well and good. Yes, you should seek get an amulet, however, follow the commands of Allah (The Exalted) by offering five times Salaah and following in the footsteps of the Messenger of Allah (may Allah bless him and grant him peace). Insha-Allah your life will become full of blessings and when in difficulty you will just need to raise your hands and He (The Exalted) will give as you are a close and obedient servant to Him (The Exalted).

## **Relief From Difficulty**

Hudhayfa (may Allah be pleased with him) says that, "Whenever the Messenger of Allah (may Allah bless him and grant him peace) happened to face any difficulty, he would at once resort to Salaah." <sup>ix</sup>

Do not look for peace elsewhere but follow the Sunnah and observe Salaah, trust in Allah (The Exalted) and all will become well, *Insha-Allah!*

## **Loosing Family and Wealth**

Naufil bin Mu'aawiyah (may Allah be pleased with him) narrates that he heard the Messenger of Allah (may Allah bless him and grant him peace) saying, "A person who has missed one Salaah is like one who has lost all his family and wealth." <sup>x</sup>

This is the answer to those baseless arguments within the family, no blessings in wealth, no peace of mind, always stressed and anxious etc. it is very simple and that is to offer Salaah and all will become easy.

Respected brother/sister! We need Allah (The Exalted) and we need to thank Allah (The Exalted). Salaah was a gift to the beloved Messenger (may Allah bless him and grant him peace) and to his *Ummah*. Some brothers do not even pray the *Jumu'ah*, Allah forbid. If someone rejected your gift time after time and once came to ask for a favour, you probably think, '*When I was giving you a gift you rejected many times and now you come and ask for something!*', you would think twice of giving next time. Do not reject the gift of Allah (The Exalted). May Allah (The Exalted) save us from missing our obligatory Salaah and save us all from the punishment in this world, in the grave and the hereafter, Ameen!

### **Benefits of Salaah**

1. The love of Allah (The Exalted) will start to increase.
2. The body will stay free from illnesses.
3. You will stay in the protection of the Angels.
4. You will gain blessings in the home.
5. Your face and body will become illuminated.
6. Allah (The Exalted) will protect you from the punishment of the grave.
7. Allah (The Exalted) will protect you from the fire of hell.
8. There will be ease in the questioning on the Day of Resurrection.
9. The Prophet (may Allah bless him and grant him peace) will intercede for you.
10. You will be with the friends of Allah (The Exalted) without fear.
11. The greatest benefit for a believer will be the vision of Allah (The Exalted).<sup>xi</sup>

The Messenger of Allah (may Allah bless him and grant him peace) said that, "*When one stands for Salaah then Allah's (The Exalted) mercy and reward is showered upon him from the heavens. When one stands for Salaah angels gather around the individual from the feet upto the sky. When one stands for Salaah, an angel says, "O worshipper! If you were able to see who you are conversing with, you would not wish to move from Salaah."*<sup>xii</sup> *Subhanallah!*

The Messenger of Allah (may Allah bless him and grant him peace) said that: "*Allah (The Exalted) will not look at that a person on the Day of Judgement who does not make his back bone straight between his bowing (Ruku) and prostration (Sajdah).*"<sup>xiii</sup>

Remember to stand after bowing '*ruku*' for the time it takes to say at least '*Subhanallah*' once is necessary (Wajib), and do not rush your Salaah!

The Messenger of Allah (may Allah bless him and grant him peace) said that: "*If a person establishes prayer at its appointed time, undertakes ablution, makes his bow and prostration perfect and fears Allah (The Exalted) the prayer will illuminate him and say: 'May Allah guard you as you have guarded me.'*"<sup>xiv</sup>

### **Increase In Reward**

Muawiya (may Allah be pleased with him) was once sleeping, all of a sudden someone woke him up. When he looked, this person had hid and Muawiya (may Allah be pleased with him) said, 'Who are you and what is your name?' The person said, 'I am the unfortunate *Iblees* who is very famous.'

Muawiya (may Allah be pleased with him) was surprised and said, 'The job of *Iblees* is to make sure the Muslim does not get up for Salaah and makes them sleep? If you are *Iblees* than why have you woke me up for Salaah?

*Iblees* said, 'O such a person, the reason I woke you up is, if I made you miss your Salaah, you would have cried in sorrow and in the court of Allah (The Exalted) your reward would have increased by 200, this is the reason I woke you up so you don't get extra reward.'<sup>xv</sup>

*Subhanallah!* Those close to Allah (The Exalted) when they unintentionally missed their Salaah they cried in fear and to seek Allah's (The Exalted) forgiveness. However, we miss so many but not feel the slightest fear. Salaah has unfortunately no importance in our lives, we are too busy as if Allah (The Exalted) needs our Salaah. Remember, Allah (The Exalted) is not in need of anything but we are in need of everything. Every second of our lives are dependant on Allah (The Exalted) as we may be headless of the fact that we need oxygen, food, shelter etc. we are headless of the fact of being dependent, hence, we pray if we get time. Many times, we indirectly refuse to bow our heads in the court of Allah (The Exalted).

Remember the fact that we have to return to Allah (The Exalted), when our eyes close and those people and the materialistic world we use to run after will stop and nothing will be able to help you. Make an effort and do not be lazy or make silly excuses, do not become a companion of the *Shaytan*. There are many benefits in performing Salaah of which some are mentioned below.

### **Position of Salaah**

'Abd Allah bin 'Umar (may Allah be pleased with him) also heard the Messenger of Allah (may Allah bless him and grant him peace) saying, *"There is no Islam in a person when there is no Salaah by him. The position of Salaah in Islam is as the position of the head in a body."*

Have you seen anyone without a head? It is impossible. In the same way there should be no Muslim who doesn't offer the five times Salaah on its prescribed times.

It has been narrated that the Messenger of Allah (may Allah bless him and grant him peace) read Salaah on a carpet, thin mat, or straws and on the sand or earth.<sup>xvi</sup> We should think for a moment that we have soft carpets and prayer mats, however, we still do not want to bow our heads in court of Allah (The Exalted) what answer will we give to Allah (The Exalted)?

### **Salaah or Kufr?**

The Messenger of Allah (may Allah bless him and grant him peace) said that, *"The covenant observed between us and them (the non believers) is prayer, so the one who abandons it will be an infidel."*<sup>xvii</sup>

Jabir bin 'Abd-Allah (may Allah be pleased with him) narrates that he heard the Messenger of Allah (may Allah bless him and grant him peace) saying: *"To discard Salaah is to be linked with Kufr"*<sup>xviii</sup>

*Allahu Akbar!* The Non-Muslims also fast, offer pilgrimage and give charity, however, they do not offer *Salaah* and that person who does not offer *Salaah* is linked with disbelief, although the person will not come out of the fold of Islam<sup>1</sup> but it is a major sin, to say it is linked with *Kufr* is enough to make a person realise the importance of *Salaah*.

### **Neglecting Salaah**

'Abd-Allah ibn Amr (may Allah be pleased with him) narrates that once the Messenger of Allah (may Allah bless him and grant him peace) while talking about Salaah said, *"For its votary, Salaah shall on the Day of Judgement, be a light for him, an argument in his favour, and a means of his deliverance. Whereas there will be no light, no defence and no deliverance from doom for him who does not guard his Salaah, and he shall meet the fate of Pharoah, Haamaan and Ubay bin Khalaf."*<sup>xix</sup>

*Allahu Akbar!* Pharoah the great disbeliever has been so arrogant that he proclaimed himself 'Lord the Highest' and made his people worship him. Haamaan was his Chief Minister and accomplice. Ubay ibn Khalaf was the most active and severest enemy of Islam among the disbelievers of Makkah who troubled the Messenger of Allah (may Allah bless him and grant him peace). The only destination for these people is the hell fire, has anyone of us got the ability to take this punishment and be raised with them?

### **Even Shaytan Runs!**

It is said that a person was passing through the jungle and the Shaytan joined him who did not pray even one Salaah throughout the day. It was night time and the Shaytan began to run away from him, the person was surprised and asked the reason for running away. The Shaytan said, throughout my whole live it was only once that I rejected to prostrate to Aadam (upon whom be peace) and I was rejected, and you today have missed all five prayers, I am starting to fear that you may be punished and I may be punished with you."<sup>xx</sup>

### **Importance of Congregation**

Believers are particularly encouraged, in several hadiths, to attend the congregational prayers in the morning and in the evening. The Messenger of Allah (may Allah bless him and grant him peace) explained that there is great reward for those who attend the Mosque for these two prayers (Fajr and 'Isha). It will suffice here to quote just two of these reports:

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<sup>1</sup> According to Imam-e-Aazam Abu Hanifa (may Allah have mercy upon him).



'Uthman (may Allah be pleased with him) narrates that the Messenger of Allah (may Allah bless him and grant him peace) said, *"Whoever prays 'Isha in congregation, it is as if he stayed up half the night in prayer, and whoever prayed Fajr in congregation, it is as if he spent the entire night in prayer."*<sup>xxi</sup>

Abu Hurayrah (may Allah be pleased with him) narrates the Messenger of Allah (may Allah bless him and grant him peace) said that, *"No prayer is a greater burden on the hypocrites than Fajr and 'Isha. If they knew how much (blessings) there is in them, they would come even if they had to crawl."*<sup>xxii</sup>

'Abd-Allah ibn 'Umar (may Allah be pleased with him) narrates that the Messenger of Allah (may Allah bless him and grant him peace) said, *"A Salaah with congregation is twenty-seven times superior to Salaah performed individually."*<sup>xxiii</sup>

*Subhanallah!* Congregational prayers should increase brotherhood amongst the people creating one society and one Ummah.

Abu Hurayrah (may Allah be pleased with him) narrates the Messenger of Allah (may Allah bless him and grant him peace) said that, *"Salaah with congregation is twenty-five times superior to Salaah which is said in a house or in a shop. It is so because when a person performs ablution in right earnest and walks on to the Masjid, with the sole intention of performing Salaah, each step he takes, adds one blessing to his account and wipes out one sin therefrom. Again, if he keeps sitting in the Masjid after Salaah, the angels keep seeking Allah's (The Exalted) blessings and forgiveness for him and as long as he keeps sitting in the Masjid waiting for Salaah, he goes on earning rewards as if he is busy in Salaah."*<sup>xxiv</sup>

Anas ibn Maalik (may Allah be pleased with him) narrates the Messenger of Allah (may Allah bless him and grant him peace) said that, *"A person who is all sincere is constant in his Salaah with congregation for forty days, without missing the first takbeer, receives two rewards: one for deliverance from Hell and the other for freedom from hypocrisy."*<sup>xxv</sup>

Abu Hurayrah (may Allah be pleased with him) narrates that he heard the Messenger of Allah (may Allah bless him and grant him peace) saying, *"If there are (even) three persons in a village or in a desert, and they do not say their Salaah with congregation, then Shaytan gets hold of them. Remember that congregation for Salaah is necessary for you. Surely a wolf devours a lonely sheep, and Shaytan is the wolf for men."*<sup>xxvi</sup>

The Messenger of Allah (may Allah bless him and grant him peace) said that: *"I oppose those people who do not pray in congregation and instruct that their houses should be burnt."*<sup>xxvii</sup>

Abu Umama (may Allah be pleased with him) narrates that the Messenger of Allah (may Allah bless him and grant him peace) said to the nearest meaning that *"If a person leaving congregation knew what there is for the one leaving it then one would drag themselves to come."*<sup>xxviii</sup> *Allahu Akbar!*

Respected brother! Although we pray our Salaah, we should pray in congregation.

### **Distress of Shaytan**

When Shaytan sees a person praying Salaah he becomes distressed, Shame! With the blessings of Salaah this person will enter Paradise and I will go hell. The Messenger of Allah (may Allah bless him and grant him peace) said that: *"When a person prostrates, Shaytan runs whilst crying and says 'Shame! People were given the command to prostrate and prostrated and will attain Paradise. I was ordered to prostrate and I rejected and I will get hell."*<sup>xxix</sup>

### **What good...?**

On the 28<sup>th</sup> Dhul-Hijjah 23 A.H. in the Morning Prayer, 'Umar (may Allah be pleased with him) was attacked by a non-believing slave Abu Lulu' Firoz who stabbed him six times. He was sat hiding behind the *Mehrab*<sup>2</sup> before the Salaah. As soon as 'Umar (may Allah be pleased with him) commence Salaah and was reciting Surah Fatiha, the slave attacked. 'Abdur-Rahman bin 'Auf (may Allah be please with him) stepped forward and quickly completed the prayer. The attacker tried to escape whilst injuring other companions but found himself captured so he committed suicide.

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<sup>2</sup> Pray area where the Imam stands.

'Umar was taken home and when he became conscious the first thing he said, "Is there time for Salaah?" people said yes. He said, "Face towards the Qibla", and in this state he offered the prayer praising Allah (The Exalted) that He gave him the ability to offer Salaah even in this state. What good is a person without Salaah and then he asked, "Who was my attacker?" people told him and with relief he said, "All praise be to Allah (The Exalted) my attacker was not a Muslim so he would go to the fire because of attacking me.

*Allahu Akbar!* Even in this state 'Umar (may Allah be pleased with him) did not miss Salaah nor made any excuses to miss it. This shows the importance of Salaah but we are so headless. If we offer Salaah our lives are not at danger, but we make excuses, how can I leave work, I'm tired and other baseless excuses. May Allah (The Exalted) give us a better understanding, Ameen!

## **Methodology of Salaah**

*According to Hanafi Fiqh*

### **Sunan of Qiyam**

1. At the time of saying *takbir-e-tahrimah* the back be upright. The head not be bent downwards. <sup>xxx</sup>
2. The feet be placed four fingers apart. <sup>xxxii</sup> For women the ankles will be joined. <sup>xxxii</sup>
3. The toes be facing the *Qibla*. <sup>xxxiii</sup>
4. The gaze be fixed on the place of prostration.
5. The *Muqtadi* (follower) should raise their hands to say *takbir-e-tahrimah* together with the Imam. <sup>xxxiv</sup>
6. Those people who are more learned in the laws relating to Salaah should stand immediately behind the Imam. <sup>xxxv</sup>
7. To raise hands up to the ears (for men) and to the shoulders (for women) before saying *takbeer-e-tahrimah* (the first saying of *Allahu Akbar* in Salaah). <sup>xxxvi</sup>
8. While raising hands for *takbeer* to keep the fingers of both the hands raised with fingers naturally apart. The palms facing towards the *Qibla*.
9. Saying *takbeer-e-tehrimah*<sup>3</sup> and other *takbeerat* aloud by the Imam according to the need, while going from one posture to another.
10. After saying *takbeer-e-tahrimah* the men fold their hands below the navel and women upon their chest having the right hand on top of the left. <sup>xxxvii</sup>
11. For men the small finger and the thumb of the right hand form a circle around the wrist of the left hand. <sup>xxxviii</sup>
12. The middle three fingers are spread over the forearm. <sup>xxxix</sup>
13. The women will fold their hands upon their chests in such a manner that the palm of the right hand is placed on the back of the left. A woman should not grip her wrist like men. <sup>xl</sup>
14. To read *Thana* (in the first cycle only). <sup>xli</sup>

*'Subha-nak-allah Humma Wabi-ham-dika Wa-tabaa-rakas-muka Wata-'ala Jadduka Walaa Ilaaha  
Ghayruk'*

O Allah! Glory and praise are for You. Your name is blessed. Your majesty is exalted, and there is no-one else worthy of worship except You.

### **Sunan of Qira'ah**

1. To read *Ta'wwudh*, i.e. '*Aoodhbillah*' <sup>xlii</sup> (only in the first cycle).
2. To recite the complete '*Bismillah...*' in every cycle before Surah Fatiha. <sup>xliii</sup>
3. To say '*Aameen*' after the recitation of Surah Fatiha. <sup>xliv</sup>

<sup>3</sup> It is necessary (wajib) to say it so that you can at least hear it yourself.

4. Only Surah Al-Fatiha should be recited in the third and fourth cycle of the *Fardh Salaah*.<sup>xlv</sup> But recite a Surah after Fatiha in all cycles of Wajib, Sunnah and Nafil Salaah.
5. To recite *Thana*<sup>4</sup>, *T'awwudh*<sup>5</sup>, *Tasmia*<sup>6</sup> and *Aameen* silently<sup>7</sup>.<sup>xlvi</sup>

### **Sunan of Ruku**

1. To say *takbeer* (*Allahu Akbar*) whilst going into *ruku* (bow).<sup>xlvii</sup>
2. To grasp the knees in *ruku* with open fingers but women should keep their fingers together.<sup>xlviii</sup>
3. In *ruku* to keep the back and head level, to stretch the hands straight keeping them away from the ribs. The knees should also be straight for men.<sup>xlix</sup> Women should bend only to the extent that their fingers reach their knees, keeping the fingers together and the arms are kept close to the side.<sup>i</sup>
4. The gaze be fixed between the feet for men and on the feet for women.
5. To say *سُبْحَانَ رَبِّيَ الْعَظِيمِ*<sup>8</sup> *Subhana Rabbiyal 'Adheem'* (Glory to my Lord, the Great) at least three or five or seven times when bowing.<sup>ii</sup>
6. For men to have the big toe on each foot pressed on the floor is *Fardh*, to have the next two toes on each foot is *wajib*, and the rest two on each foot are recommended. If a person prostrates without placing the toes correctly the Salaah will not count.<sup>iii</sup>
7. Whilst coming up from *ruku* the Imam will say *سَمِعَ اللهُ لِمَنْ حَمِدَهُ* *'Sami 'Allahu Liman Hamidah'* (Allah hears those who praise Him) followed by *Rabbana Lakal Hamd'* (Our Lord, praise be to You) by the *Muqtadi* (people praying behind the Imam). If one is performing Salaah on their own, recite both.<sup>liii</sup>

### **Sunan of Prostration**

1. To say "*Allahu-Akbar*" whilst going into prostration (*Sajdah*).<sup>liv</sup>
2. Whilst going into *Sajdah* first place the knees, the hands, then the nose and then the forehead on the ground.<sup>lv</sup>
3. In *Sajdah* to keep the fingers in the natural position facing *Qibla*.
4. Men should keep their thighs away from their stomachs, forearms off the ground and upper arms away from ribs, women on the contrary, should be close to the ground i.e. stomach touching thighs, forearms on the ground with the elbows close to the ribs.<sup>lvi</sup>
5. The gaze be fixed on the nose.
6. In *Sajdah* to read *سُبْحَانَ رَبِّيَ الْأَعْلَى*<sup>9</sup> *'Subhana Rabbiyal 'A'ala'* (Glory to my Lord, the Highest) at least three, five or seven times.
7. Whilst raising the head from prostration to say *'Allahu Akbar'*.<sup>lvii</sup>

4 *'Subhanakallah Humma...*

5 *'Aoodhubillahi...*

6 *Bismillahi...*

7 So that it can be heard by yourself.

8 All the Arabic should be pronounced with correct recitation (tajweed). Do not recite as *'Ajeem* (with Jeem), *Azween* (with waw) or *Azeem* (with Za) it is *haraam* (forbidden) as the meaning will change and Salaah will not count and you will be committing a major sin. One should get the pronunciation checked by a Qari or someone who know how to recite it correctly. For the time being one should recite *'Subhana Rabbiyal Kareem'* for both in ruku and Sajdah.

9 Do not pray as *Aala*, by stretching the first letter, but pray with an *'Ain* which comes from the middle of the throat, *A'la*.

8. Whilst coming up from prostration first raise the forehead, then the nose, then the hands and then the knees. The hands placed on the thighs when raising ones self, which is done without sitting or seeking support upon anything. <sup>lviii</sup>
9. One should pause and sit momentarily<sup>10</sup> between the two prostrations. <sup>lix</sup>

### **Sunan of Sitting (Qai'dah)**

1. In *Qa'ida* or *Jalsa* (sitting position) the men will place the left foot horizontally on the ground and to sit on it and to keep the right foot vertical so that the toes are facing the *Qibla*. Also both palms be placed on the thighs with the fingers facing towards the *Qibla*. <sup>lx</sup> The women will sit on the left buttock with both feet horizontally on the floor toes pointing to the right. Both the hands be kept closed. <sup>lxi</sup>
2. To say '*Allahu Akbar*' and make the second prostration.
3. The gaze be fixed on the lap.
4. To recite the *tashah-hud* as follows:

‘At-taḥiy-yatu Lil-laahi Was-salawatu Wat-tayyi-batu As-salaamu ‘Alayka Ay-yuhan Nabiyyu Waraḥmatullahi Wa-ba-rakatu. Assalamu ‘Alayna Wa ‘ala ‘Iba-dillāh Hisaliheen. Ash-hadu Allaah Ilaha Ilalaahu Wa-ash-hadu anna Muḥammadan ‘Abduhu Wa-rasooluh.’

*‘All oral, physical and monetary worship is for Allah. Peace be on you, O Prophet and the mercy of Allah and His blessings. Peace be on us and on the righteous servants of Allah. I bear witness that no-one else is worthy of worship except Allah and I bear witness that Muhammad is His servant and messenger.’*

5. To raise the index finger<sup>11</sup> of the right hand as one says '*Ash-hadu Allah Ilaha*' in *tashah-hud*. <sup>lxii</sup>
6. To recite *Durood-e-Ibrahim* in the last *Qai'dah* (sitting) after *tashah-hud*. <sup>lxiii</sup>

### **Durood-e-Ibraheem**

Allahumma Salli ‘Ala Muḥammadiw Wa ‘ala Aali Muḥammadin Kama Sallayta ‘Ala Ibraheema Wa ‘Ala Aali Ibraheema Innaka Ḥameedum Majeed.

*‘O Allah! Send mercy on Muḥammad and his family as You sent mercy on Ibraheem and his family. Truly You are the praise-worthy and Glorious.’*

Allahumma Baarik ‘Ala Muḥammadiw Wa ‘ala Aali Muḥammadin Kama Baarakta ‘Ala Ibraheema Wa ‘Ala Aali Ibraheema Innaka Ḥameedum Majeed.

*‘O Allah! Bless Muḥammad and his family as You blessed Ibraheem and his family. Truly You are the praise-worthy and Glorious.’*

7. To read *dua-e-Masura* after *Durood Ibrahim*. <sup>lxiv</sup>

‘Rabbij ‘Alni Muqeemas Salaati Wa-min Dhur-riy-yati Rabbana Wa-ta Qabbal du‘aa. Rabbanagh Firlī Waliwa Lidayya Walil Mu‘mineena Yawma Yaqoomul Ḥisaab.’

*‘O my Lord, make me and my children steadfast in the prayer. Our Lord, accept the prayer. Our Lord, forgive me and my parents and the believers on the day of judgement.’*

<sup>10</sup> The minimum time is at least the time it takes to say *Subḥanallah* once and the maximum three *Subḥanallah*'s (Bahar-e-Shariat).

<sup>11</sup> Do not hold the knee but place the middle of the palm in the centre of the lap. Close the little finger and ring finger and join the thumb and middle finger and make a circle and on '*‘Iaa*' raise the index finger and place it back on '*‘Ila*' and straighten all the fingers. (Tahtawi) It is in the Hadith of Nisai, Abu Dawood, narrated by 'Abd-Allah bin Zabir (may Allah be pleased with him) that when the Prophet (may Allah bless him and grant him peace) made supplication, meaning when he reach the *Shahadah* point in Tashahud, he would raise his finger and not move it around. (Bahar-e-Shariat)



8. To turn the face to the right and left whilst making *salaam*.<sup>lxv</sup> Keeping the gaze fixed on the shoulder.
9. Whilst making *salaam* to make the intention of greeting the angels, Imam and the fellow *muqtadees*.<sup>lxvi</sup>
10. The Imam should recite the *salaam* of the right side in a louder tone than that of the left.
11. The *muqtadees* should turn for their *salaam* with the Imam and not delay.<sup>lxvii</sup>
12. The *masbooq*<sup>12</sup> should delay his standing up for the completion of his missed cycles till the Imam says his second *salaam*.<sup>lxviii</sup>

### Supplication After Salaah

The Messenger of Allah (may Allah bless him and grant him peace) has said that, "Whoever recites the following after Salaah shall attain the full reward of his Salaah.

‘Subḥaana Rab-bika Rabbil ‘Izzati ‘Amma Yasifoon Wa-salaa-mun ‘Alal Mur-saleen Wal-ḥamdu-lillahi Rabbil ‘Aa-lameen.’”

*‘Pure is your Lord, the Lord of honour, from that that which they attribute (unto Him) And peace be on the messengers. And all praise is due to Allah, the Lord of all the worlds.’*

### SUNNAH AFTER THE COMPLETION OF SALAAH

1. After the completion of *Fardh Salaah* to read ‘*Allahu Akbar*’ once and ‘*Astaghfirullah*’ three times with the last ‘*Astaghfirullah*’ read a bit audibly and dragged (pulled) slightly.<sup>lxix</sup>
2. After the *Fardh* of *Fajr* and ‘*Asr* to engage in the remembrance of Allah (The Exalted) for a short while.<sup>lxx</sup>
3. The angels continuously make supplication of forgiveness and mercy for that person who after his daily Salaah remains seated in his place of Salaah.<sup>lxxi</sup>
4. He who recites *Ya Raḥmanu* 100 times after every Salaah will be free from a heavy heart.
5. He who recites *Ya Raḥmanu* 100 times after every Salaah will be free from worldly calamities and people will be helpful towards him.
6. Shaykh Ahmad Raza Khan writes; “*To fold the entire prayer mat (Masallah) is a good act, however, some people fold the corner and say if left then the devil prays on it is baseless.*”<sup>lxxii</sup> However, if you want to fold it, fold the complete mat.

*One should learn about the rules and regulations of Salaah as many people pray Salaah in the incorrect manner resulting in the Salaah being void. May Allah (The Exalted) guide us in the straight path, give us all the ability to offer our five times Salaah and for the brothers to offer their Salaah in congregation and give us all the ability to pray Salaah with its correct rules, Aameen.*

i Bukhari and Muslim

ii Ahmad, Nasa’i, and Tabarani with a Sahih chain.

iii Bukhari & Muslim

iv Tabarani in Kabeer and Targheeb.

v Durre Manthoor, Abu Dawud, Ibn Majah, Abi Shaybah, Baihaqi and Sahih ibn Hibban.

vi Tirmidhi

vii Ahmad with a Hasan chain.

viii Ihya by Al-Ghazali

ix Ahmad, Abu Dawud, ibn Jareer and Durre Manthur.

x Sahih ibn Hibban and Ahmad.

xi Tadh Kiratu Waidheen. Faizan-e-Sunnat, p. 955

xii Tanbihul Ghafileen. Faizan-e-Sunnat, p. 959

xiii Ihya by Al-Ghazali

xiv ibid

xv Faizane Sunnat, virtues of Salaah.

xvi Tirmidhi

12 One who has missed one or more cycles with the Imam

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xvii Ahmad, Abu Dawud, Nasa'i, Tirmidhi, ibn Maja and ibn Hayyan.  
xviii Muslim and Ahmad.  
xix Ahmad and Sahih ibn Hibban.  
xx Durratun Nasiheen. Faizan-e-Sunnat, p. 982  
xxi Muslim  
xxii Bukhari & Muslim  
xxiii ibid and Tirmidhi.  
xxiv Muslim, Abu Dawud, Tirmidhi and ibn Majah.  
xxv Tirmidhi  
xxvi Ahmad  
xxvii Bukhari & Muslim  
xxviii Tabarani  
xxix Muslim  
xxx Tahtawi  
xxxi ibid  
xxxii ibid  
xxxiii Raddul Muhtar  
xxxiv Tahtawi  
xxxv Tirmidhi  
xxxvi Tahtawi  
xxxvii ibid  
xxxviii ibid  
xxxix ibid  
xl ibid  
xli l'laa'us sunan  
xlii Tahtawi  
xliii ibid  
xliv ibid  
xlv ibid  
xlvii Maraqi  
xlviii Tahtawi  
xlviii ibid  
xlix Raddul Muhtar  
l Tahtawi  
li ibid  
lii Bahar-e-Shariat & Qanoon-e-Shariat.  
liii Raddul Muhtar  
liv ibid  
lv Raddul Muhtar & Tahtawi  
lvi Tahtawi  
lvii Raddul Muhtar  
lviii Raddul Muhtar & Tahtawi  
lix Tahtawi  
lx ibid  
lxi Raddul Muhtar & Tahtawi  
lxii Tahtawi  
lxiii ibid  
lxiv ibid  
lxv ibid  
lxvi ibid  
lxvii ibid  
lxviii ibid  
lxix Tirmidhi  
lxx Attargheeb  
lxxi ibid  
lxxii Fatawa-e-Razawiyya