



## SCAN TO JOIN & FOLLOW US (WhatsApp Channel)



### *The Sunnahs of Athan ( Azaan) Call for Prayer*

The recommendable actions when calling for the prayer (There are five Sunnah actions (i.e. Prophetic actions) recommended by the Prophet (Peace be upon him) Upon hearing the call for the prayer, as mentioned in Zad Al Ma'ad Book, by Ibn Al Qayyem:

1. The hearer should repeat after the Mo'athen (The one who calls for prayer) all words except when the Mo'athen says:

Hayyah Ala As-Sala –  
(i.e. hasten to the prayer) and



Hayyah Ala Al-Falah –  
(i.e. hasten to the salvation),

the hearer should say

La Hawla Wala Quwata Ella Bellah –  
(i.e. there is no might and no power except by Allah).

[Narrated by Al-Bukhari & Muslim]

The benefit of this Sunnah:

You will be rewarded with Paradise as stipulated in Sahih Muslim.

2. The hearer should say:

**(Ashhadu An La Ilaha Ella Allah Wa Anna Muhammadan Rasoulo Allah, Radito Bellahi Raban, wa Bel Islami Denan, wa be- Muhammaden Rasolua –i.e. I also bear witness that none has the right to be worshipped except Allah and that Muhammad is His Prophet, I am pleased with Allah as my Lord , with Islam as my religion and with Muhammad as my Prophet).**

[Narrated by Muslim]

The benefit of this Sunnah:

Allah will forgive your sins, as stipulated in the same prophetic tradition.

3. After the Mo'athen finishes the Athan (The call for prayer), you should ask Allah's blessings upon the Prophet (Peace be upon him), and the best supplication which can be said in this regard is the "As-Salawat Al Ibrahimiah" – as mentioned below. The Prophet (Peace be upon him) said:

**(When you hear the Mo'athen calling for the prayer, repeat his words then ask Allah's blessings upon me, because the one who asks Allah's blessings upon me once will be rewarded ten blessings by Allah)**



[Narrated by Muslim]

The benefit of this Sunnah:

Allah will send ten blessings to the believer i.e. Allah will praise such person at heaven.

The text of As-Salawat Al-Ibrahimiya is:

**Allaahumma salli alaa Muhammadin wa alaa aali Muhammadin, kamaa sallayta alaa Ibraaheema wa alaa aali Ibraaheema innaka Hameedun Majeed.  
Allahumma Baarik alaa Muhammadin wa alaa aali Mohammadin kamaa baarakta alaa Ibraaheema wa alaa aali Ibraaheema innaka Hameedun Majeed**

**( – i.e. O Allah, bestow your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah, bless Muhammad and the family of Mohammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.)**

[Narrated by Al Bukhari]

4. After asking Allah's blessings upon the Prophet (Peace be upon him) you should say:

**Allaahumma Rabba haathihid-dawatit-tammati  
wassalatil-qaaimati, aati Muhammadanil waseelata walfadheelata, wab'ath-hu maqaaman-mahmoodanil-lathee wa'adtahu**

(i.e. O Allah, Lord of this perfect call and established prayer, grant Muhammad the intercession and favor, and raise him to the honored station You have promised him.)

[Narrated by Al Bukhari]



The benefit of this supplication:

**The one who says this supplication will deserve the intercession of the Prophet (Peace be upon him)**

5. Finally, you can ask Allah The Almighty anything for yourself and ask the grace of Allah because your supplication will be answered this time; the Prophet (Peace be upon him) said:

**Repeat the words of the Mo'athen and when you finish, ask Allah what you want and you will get it.**

[Narrated by Abu Dawood, advocated by Al-Hafeth Ibn Hijr, and authenticated by Ibn Hibban]

**The total number of such Sunnah actions if applied upon hearing the Athan (The call for prayer) is (25) actions of Sunnah.**

### *he Sunnahs of Iqama*

**The recommendable actions when establishing the prayer.**

Iqama means the second call for prayer in order to stand and align for performing the prayer.



**The first four Sunna actions, as mentioned above, are applicable upon making the Iqama (establishing the prayer) as per the fatwa (legal opinion) of the Permanent Committee of the Scientific Researches & Fatwa.**

**Accordingly, the total number of Sunna actions which can be applied upon Iqama, in each prayer, is (20) actions of Sunna.**

**The following things should be taken into consideration upon hearing the Athan (Call for prayer) and Iqama (Establishing the prayer) in order to apply the Sunna accurately and gain the reward under the Will of Allah The Almighty:**

- a. Turning toward the Qibla (Kabaa Direction) when making the Athan and Iqama.
- b. Standing up.
- c. Making ablution.
- d. Refrain from speaking between the time of Athan and Iqama.
- e. Keeping stability during Iqama.
- f. Emphasizing on the «a» and «h» letters in the word «Allah» in Athan, but in Iqama, it can be pronounced quickly.
- g. Putting fingers on the ears when making Athan.
- h. Extending and raising the voice when making Athan, but lowering it when making the Iqama.
- i. Separating between Athan and Iqama. The separation can take place by praying two Rak'as, or making one prostration, glorifying Allah The Almighty, sitting down, or speaking. In Al Maghrib (Sunset) prayer, it is enough to take breath only, and it is not advisable to speak between Athan and Iqama – as per some narrations – in Al Fajr (Down) prayer.  
Some jurists said that it is enough to separate between Athan and Iqama by making one step only.



j- The one who hears Athan or Iqama is recommended to repeat the same words, except when hearing (Qad Qamat As-Salat – i.e. The prayer is established), he should say (La Hawla Wala Qowwata Ella Bellah – i.e. there is no might and no power except by Allah).

### *Praying Behind Sutra*

**(i.e. praying behind a barrier such as a wall, stick, column ..etc)**

**The Prophet (Peace be upon him) said:  
If you want to pray, then stand behind a Sutra, come close to it, and don't allow anyone to pass between you and the Sutra.**

**[Narrated by Abu Dawood, Ibn Majah and Ibn Khuzaima]**

**This prophetic tradition stipulated putting the Sutra when performing the prayer, whether in the Masjid or in home, for men and women.**

**Some Muslims don't pray behind Sutra; therefore, they deprive themselves from the reward of applying this Sunnah.**

**This Sunnah is repeated several times by the Muslim during night and day when he performs the regular prophetic prayers, Ad-Doha prayer (Morning prayer), Masjid entry prayer, Wetr prayer (The last prayer at night), the obligatory prayers by the woman when she prays alone at home. However, when praying at Masjed, the Sutra of the Imam is enough for all who pray behind him.**

### *Provisions for Sutra*



1. Sutra is anything put in front of the one who prays such as wall, stick, column..etc irrespective of the width of the Sutra.
2. The height of the Sutra is one span approximately.
3. The distance between the legs and the Sutra is three ells approximately i.e. a distance sufficient for making prostration.
4. The Sutra is to be used by Imam and individuals (Whether in the obligatory or supererogatory prayers).
5. The Sutra of the Imam is enough for all persons praying behind him; therefore, it is allowed to pass in front of the praying persons when necessary.

**The Benefits of Applying this Sunnah:**

- a) It prevents from interrupting prayer by the passers-by.
- b) It helps avoiding looking here and there because when the Muslim uses the Sutra, he will only look on his space and will think more in the meaning of the prayer.
- c) It helps others in passing by without any need to walk in front of the one who prays.

### *he Supererogatory Prayers to be performed per Day and Night*

1. The arranged Sunnahs, He (Peace be upon him) said:

**In no way does a Muslim slave pray to Allah twelve rak'as (units of prayer) per day, except (that) Allah builds a house for him in paradise, or (that) a house is built for him in paradise.**

[Narrated by Muslim]

**These are as follows:**



**Four rak'as before Asr (noon) prayer and two after it, two rak'as after Al-Maghreb (sunset) prayer, two rak'as after Al-Isha' (evening) prayer and two rak'as before Al-Fajr (dawn) prayer.**

**My beloved brother:**

**Don't you yearn for a house in paradise?**

**Preserve this Prophetic advice and pray twelve rak'as other than the obligatory prayers**

## **2. Ad-Duha (forenoon) prayer:**

**It is equal to [360] sadaqas (charitable deeds). Since, man's body consists of [360] bones, therefore, each bone of them needs a sadaqa daily to be a sort of thanks (to Allah) for this blessing. Instead of all of this, two rak'as in the forenoon are sufficient.**

**Its' two fruits:**

**As reported in the authentic narrations of Muslim, who quoted Abu-Dhar as saying that the Prophet (Peace be upon him) said:**

**Every morning, there becomes a sadaqa for every joint in anyone of you. Every glorification is a sadaqa, commanding beneficence is a sadaqa, forbidding malfeasance is a sadaqa and instead of this, two rak'as performed in the forenoon are sufficient.**

**Abu-Huraira(may Allah be pleased with him) was quoted as saying:**

**My fellow (Peace be upon him) enjoined me concerning fasting three days every month, the two rak'as of Ad-Duha and performing Al-Witr prayer before I go to bed). Agreed upon.**

**Its time:**





**It starts 15 minutes (quarter of an hour) after sunrise, until quarter of an hour before Athuhr (noon) prayer.**

**The best time to perform it:  
When the heat of the sun intensifies.**

**Its number:  
Its minimum number is two rak'as.  
Its maximum (number):  
Eight rak'as and it has been said that there is no limit for its maximum.**

### **3. The Sunnah of Al-Asr (afternoon) prayer:**

**He (Peace be upon him) said:  
May Allah have mercy on this who performs four rak'as  
before Al-Asr (afternoon) prayer.**

**[Narrated by Abu-Dawoud and At Tirmidhi]**

### **4. The Sunnah of Al-Maghreb (sunset) prayer:**

**He (Peace be upon him) said:  
Perform prayer before Al-Maghreb, in the third time he  
said: for this who wants.**

**[Narrated by Al-Bukhari]**

### **5. The Sunnah of Al-Isha' (evening) prayer:**

**He (Peace be upon him) said:  
Between every two athans (calls to prayer) there is a prayer; between every  
two athans (calls to prayer) there is a prayer, between every two athans (calls**



**to prayer) there is a prayer, in the third he said:  
for this who wants). Agreed upon.**

An-Nawawi said:

The meaning of the two athans: the athan (call to prayer) and Al-Iqamah (the call to start performing prayer)

### *The Sunnah of Praying at Night*

The Prophet (Peace be upon him) said:

**The best time for fasting after Ramadan is the month of Moharram, and the best prayer after performing obligatory ones is the night prayer.**

**[Narrated by Muslim]**

#### 1. The best number (of Raka's) for praying at night

**The best number (of Raka's) for praying at night is eleven Raka's (bows) or thirteen ones along the night because it is narrated that:  
The Prophet (Peace be upon him) was praying eleven Raka's bows (at night) and that was his usual prayer.**

**[Narrated by Al-Bukhari]**

**In another narration, it is mentioned:  
He was praying thirteen Raka's.**



[Narrated by Al-Bukhari]

2. It is Sunnah when praying at night to use Sewak and reciting the last verses of Ali-Imran from:

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِّأُولَى الْأَلْبَابِ

**Inna Fī Khalqi As-Samāwāti Wa Al-'Ardi Wa Akhtilāfi Al-Layli Wa An-Nahāri  
La'āyātin Li'wli Al-  
'Albābi**

( i.e. Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding. (Ali-Imran: 190) until finishing this Surah.

3. It is Sunnah also to say the supplications of the Prophet (Peace be upon him ) such as:

اللهم لك الحمد أنت نور السموات والأرض من فيهن ولك الحمد أنت قيم السموات والأرض ومن فيهن ولك الحمد، أنت ملك السموات والأرض ومن فيهن ولك الحمد، أنت ملك السموات والأرض ولك الحمد. أنت الحق ووعدك الحق وقولك الحق ولقاءك الحق والجنة حق والنار حق، والنبيون حق، ومحمد حق والساعة حق اللهم لك أسلمت عليك توكلت عليك وأمنت عليك، وبك خاصمت واليك حاكمت فاعفر لي ما قدمت وما أخرت وما أسررت وما أعلنت أنت المقدم وأنت المؤخر لا اله الا انت الهى لا اله الا انت

**Allaahumma lakal-hamdu Anta noorus samaawaati wal ardhi wa man feehinna  
wa lakal hamdu Anta qayyimus-samaawaati wal ardhi wa man feehinna (wa  
lakal-hamdu Anta Rabbus samaawaati wal ardhi wa man feehinna (wa lakal-  
hamdu mulkus-Samaawaati walardhi wa man feehinna, (wa lakal-hamdu Anta  
Malikus-Samaawaati wal ardhi) (Wa lakal Hamdu) (Antal haqq, wa wa'adukal-  
haqq, wa qawlukal haqq wa liqaa ukal-haqq waljannatu haqq wannaaru haqq,  
wannabiyyoona haqq, wa Muhammadun (Sallallahu alayhi wa sallam) haqq,  
wassa'atu haqq) (Allaahumma laka aslamtu, wa 'alayka tawakkaltu, wa bika  
aamantu, wa ilayka anabtu, wa bika khaasamtu wa ilayka haakamtu, Faghfir lee**



**maa qaddamtu, wa maa akhkhartu, wa maa asrartu, wa maa ‘alntu) (Antal-Muqaddimu, wa Antal Mu’akhkhiru laa ilaaha illaa Anta) ilaahee laa ilaaha illaa, Atna.**

**(O Allah, praise is to You. You are the Light of the heavens and the earth and all that they contain. Praise is to You, You are the Sustainer of the heavens and the earth and all they contain. Praise is to You, You are the King of the heavens and the earth. You are the Truth, Your Promise is true, Your audience is true, Your Word is true, Paradise is true, Hell is true, the Prophets are true.)**

4. It is Sunnah also to start the prayer at night with two light Raka's

**It is Sunnah also to start the prayer at night with two light Raka's in order to become active and get ready to the following prayers. The Prophet (Peace be upon him) said:**

**If you start praying at night, then start prayer with two light Raka's.**

[Narrated by Muslim]

5. It is Sunnah also to start the prayer at night by saying the following prophetic supplication:

اللهم رب جبرائيل وميكائيل واسرافيل فاطر السموات والارض عالم الغيب والشهادة انت تحكم بين عبادك فيما كانوا فيه يختلفون  
المدني لما اختلف فيه من الحق باذنك انك تهدي من تشاء الى صراط مستقيم

**Allaahumma Rabba Jibra'eela, wa Mikaa'eela, wa Israafeela faatiras-samawaati wal'ardhi 'Aalimal-Ghaybi washshahaadati, Anta tahkumu bayna ibaadika feemaa kaanoo feehi yakhtalifoon. Ihdinee limakh-tulifa feehi minal-haqqi bi iznika innaka tahdee man tashaa'u ilaa siraatim-mustaqeem.**

[Bukhari: 7385, 6317]

**(O Allah, Lord of Jibrail, Mikail and Israfil, Maker of the heavens and the earth. Knower of the unseen and the seen. You judge between Your slaves regarding that in which they differ. Guide me to the truth regarding that in which there is**



difference, by Your leave. Surely, You guide whomever you please to the straight path.)

#### 6. It is Sunnah also to prolong the prayer

It is Sunnah also to prolong the prayer, because the Prophet (Peace be upon him) was asked:

What is the best prayer?

He said: The longer.

[Narrated by Muslim]

The meaning of “longer” is prolonging standing in prayer.

#### 7. It is Sunnah also to ask refuge

It is Sunnah also to ask refuge in Allah The Almighty when you recite a verse speaking about punishment, by saying [I seek refuge in Allah from the punishment of Allah], and to ask the mercy of Allah when you recite a verse speaking about mercy, by saying:

(O Allah, I ask for Your favor, and to glorify Allah when you recite a verse exalting Allah The Almighty.)

### *The Sunnahs of Al Fajr Prayer*

#### 1. Short Prayer:

Aisha (may Allah be pleased with her) narrated that:

The Prophet (Peace be upon him) used to pray two light short rakas between



the athan (prayer call) and the start of the fajr prayer. (agreed upon as a correct narrative)

## 2. Recitation :

In the first rak'a the Prophet (Peace be upon him) recited :  
Say (O Muslims), We have believed in Allah, and whatever has been sent down to us, and whatever was sent down to Ibrahîm, and Shuaayb, and Ishaq and Yaaqûb (Abraham, Ishmael, Isaac and Jacob, respectively) and the Grandsons, (i.e., the Tribes) and whatever was brought down to Mûsa and Isa, (Moses and Jesus, respectively) and whatever was brought to the Prophets from their Lord. We make no distinction between any of them, and to Him we are Muslims.

[Al Baqara: 136]

And in the second he (Peace be upon him) recited:  
So, as soon as Isa (Jesus) perceived disbelief among them, he said, Who are my ready vindicators to Allah?  
(i.e., in the cause of Allah) The Disciples said, We are the ready vindicators to Allah; we have believed in Allah, and bear (you) witness that we are Muslims.

[Aal Imran: 52]

And in another narrative he (Peace be upon him) recited:  
Say, O population of the Book, (Or: Family of the Book, i.e., the Jews and Christians) come to a level word between us and you, that we worship none except Allah, and that we do not associate anything with Him, and that some of us do not take to themselves others (Literally: some others) as lords, apart from Allah. So, in case they turn away, then say, Bear witness that we are Muslims. (Literally: we have surrendered to Allah).

[Aal- Imran: 64. Narrated by Imam Muslim]

## 3. Lying down:

Al Bukhari narrated that the Prophet (Peace be upon him) used to lie down for a while on his right side after the fajr prayer. So if you pray fajr at home lie down on your right side for a few minutes to be a follower of sunnah.



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*Sitting after the Prayer*

**The Prophet (Peace be upon him) used to sit in his praying corner after the Dawn prayer till the sun rises.**

[Narrated by Muslim]

*Verbal Sunnahs of the Prayer*

**1. Opening Du'aa (supplication):**

**Saying after the opening takbeer  
(Saying: Allahu Akbar, i.e. Allah is The Greatest) :**





سبحانك اللهم و بحمدك و تبارك اسمك و تعالى جذك و لا إله غيرك

Subhaanaka Allaahumma wa bihamdika, wa tabaarakasmuka, wa ta'aalaa jadduka wa laa  
ilaaha ghayruka.

**O Allah, Glorified be You, a glorification that is associated with Your praise,  
Blessed be Your Name, Exalted be Your Greatness and there is no God but  
You.**

[Narrated by the Four Scholars]

**And there is another Du'aa:**

ا- اللهم باعد بينى و بين خطاياي كما باعدت بين المشرق و المغرب اللهم نقني من خطاياي كما ينقى الثوب الأبيض من  
الذنس اللهم اغسلني بالماء و الثلج و البرد

1. Allaahumma baa'id baynee wa bayna khatayaaya kamaa baa'adta baynal-mashriqi  
walmaghribi, Allaahumma naqqinee min khataayaaya kamaa yunaqqath thawbul abyadhu  
minad-danasi, Allahum-maghsilnee min khataayaaya, Bith-thalji walmaa'i walbard.

**(O Allah, distance me from my sins, just as You have distanced the east from  
the west. O Allah, purify me from my sins, just as a white dress is purified from  
filth. O Allah, wash me from my sins with ice, water and hail.)**

[Bukhari: 744, Muslim: 1382]

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**One should choose one of the supplications that were narrated as an Opening  
Du'aa and say it.**

**2. Saying (I take refuge with Allah from the outcast Devil) before reciting.**



“Aoozubillahi Minashshaytaanir Rajeem”

**3. Starting with Allah’s name, i.e. saying (in the name of Allah, The All-Merciful, The Ever-Merciful).**

“Bismillaahir Rahmaanir Raheem”

**4. Amen, after Al-Fatihah.**

**5. Reciting a Surah (A chapter of Qur’an) after Al-Fatihah in the first two rak’as** (Units of prayer) of Fajr (dawn), Jumu’ah (Friday), Maghreb (sunset), Isha’ (evening) and the whole supererogatory prayers for the single. (As for this who prays behind Imam, he should recite in the secret prayer, but, not in the open one).

**6. After rising from ruku’ (kneeling) and saying:**

ربنا ولك الحمد

O our Lord, and all praise is to You.

**AND THEN:**

Mil’as-samaawaati wa mil’al-ardhi wa maa baynahumaa, wa mil’a maa shi’ta min shay in  
ba’du ‘Ahlath-thanaa’i walmajdi, ahaqu maa qaalal-abdu, wa khilunaa laka abdun.  
Allaahumma laa maani’a limaa ‘a’tayata, wa laa mu tiya limaa mana’ta, wa laa yanfa’u zal-  
jaddi minkal jadd.

ملء السموات وملء الأرض وما بينهما وملء ما شئت من شيء بغض الهل الثناء والمجد احق ما قال العبدو كلنا لك عبد اللهم لا مانع  
لما اعطيت ولا معطي لما منعت ولا ينفع ذا الجد منك الجد

**Saying (as much as what fills the heavens, as much as what fills the earth, as much as what fills whatever is between them and as much as what fills**



whatever You will afterwards. You are The Source of praise and glory. This is the most truthful thing to be said by a bondman and we are all Your bondmen.

O Allah, there is no deterrent for what You gave, no giver for what You prevented, and neither wealth nor power can protect their owner from You.

[Narrated by Muslim]

7. Glorifying (Allah) more than once in ruku' and sujoud (prostration).

8. Saying (O my Lord, forgive me) more than once between the two sajdahs (prostrations).

“Rabbighfirlee” padhna

9. Supplication after the last tashahud (An invocation that is recited at the middle or end of the Prayer while sitting) :

*اللهم انى اعوذ بك من عذاب جهنم ومن عذاب القبر ومن فتنة المحيا والممات ، ومن فتنة المسيح الدجال*

Allaahumma innee ‘a’oozu bika min azaabi jahannama wa min azaabil qabri wa min fitnatil mahyaa walmamaati wa min fitnatil maseehiddajjaali.

**O Allah, I take refuge with You from the torment of hell, the torment of the grave, the sedition of life and death and the sedition of Antichrist)**

[Narrated by Al-Bukhari and Muslim]

It is desirable that the worshipper does not limit himself to glorification in sujood, rather, he should add to it the supplication he wishes, for this hadith:

**When a bondman prostrates, he is in the nearest point to his Lord, thus, increase your supplication).**



[Narrated by Muslim]

**There are other supplications, if anyone wants them, he may refer to Hissnul Muslim (the Muslim's fort) Al-Qahtani's book.**

**All verbal Sunnahs are repeated in every rak'ah, except the Opening Du'aa and the supplication after tashahud.**

**Thus, the total applied verbal Sunnahs in the obligatory prayer, which consist of 17 rak'as, reaches 136 per year, if we say that there are eight repeated Sunnahs in every rak'ah.**

And its total in supererogatory prayer, which is 25 rak'as according to what we have shown about the supererogatory prayers performed per day and night, reaches 175 applied Sunnahs in the supererogatory rak'as.

These may increase through Qiyam (night prayers) and Ad-dhuha (noon prayer), and thus, you apply these Sunnahs more and more.

**As for the verbal Sunnahs, which do not repeat in prayer except once, these are:**

**1- Opening Du'aa.**

**2- Supplication after the last tashahud.**

**Their total in obligatory prayers is 10 Sunnahs.**

As for their total in supererogatory prayers performed per day and night and in which these two Sunnahs repeat, it reaches 24 Sunnahs and may increase through Qiyam (night prayers), Ad-dhuha (noon prayer) or Tahhiyat Al-Masjed (mosque salutation), thus, one applies these Sunnahs more and more, though they do not repeat in a prayer except once, he acquires more reward and becomes more adherent to the Sunnah.

### *Essential Prayers Sunnah*

**1. Raising both hands with the first takbeera.**



2. Raising both hands before bowing for ruku.
3. Raising both hands after standing from ruku.
4. And after standing for the third rak'as in the prayers that have four rak'as.
5. Sticking fingers together flat in all the mentioned sunnahs.
6. Fingers should be facing the Qiblah (prayer direction; that is facing the Ka'ba).
7. Raising the hands to the shoulder height or by the ears.
8. While reciting place the right hand over the left or holding the left arm with the right hand.
9. Looking towards the sujoud (prostration) place.
10. Make a space between the foot ( nearly as shoulder width).
11. Concentrating on the meaning of the words while recitation.

### *The Sunnah Ruko'(Bowling)*

1. Grasping his knees by his hands and separating between the fingers.
2. Stretching the back on flat manner.
3. Making the head in the same level of the back i.e. avoiding lowering or raising it.
4. Separating his upper arms from his waist.

### *The Prophetic Actions (Sunnahs) of Prostration (Sujood)*



1. Separating between his upper arms and waist.
2. Separating his abdomen from his thighs.
3. Separating his thighs from his legs.
4. Separating between his knees in prostration.
5. Making his feet standing erect.
6. Putting the internal part of his fingers on ground.
7. The feet should be joined together while prostrating.
8. Putting the hands beside the ears.
9. The hands should be open.
10. The fingers should be joined together.
11. The fingers should be directed toward Qibla.

### *Sitting between the two prostrations*

It has two shapes:

- a. **Ik'aa'**: Holding the feet erect and sitting on the heels.
- b. **Ifterash**: Holding the right foot erect and spreading out the left one.

In the first Tashahhud (Sitting between every two Raka's), he bends his left foot and sit on it and erect the right one. The second Tashahhud has three shapes:

- i. Erecting the right one, making the left foot under his right leg, and putting his posterior on ground.
- ii. As the first one, but he does not erect the right one, he makes it in the same direction of the left one.



**iii. Erecting the right foot, entering the left foot between the leg and thigh of the right leg.**

### *Sunnah of Tashahhud:*

In the first Tashahhud (Sitting between every two Raka's), he bends his left foot and sit on it and erect the right one. The second Tashahhud has three shapes:

- i. Erecting the right one, making the left foot under his right leg, and putting his posterior on ground.**
- ii. As the first one, but he does not erect the right one, he makes it in the same direction of the left one.**
- iii. Erecting the right foot, entering the left foot between the leg and thigh of the right leg.**

**Putting the hands on thighs “The right hand on the right thigh, and the left hand on the left thigh, the hands should be open and the fingers should be joined.**

**Moving the index finger “up and down’ from the start to the end of the tashahhud.**

**Turn face right and left upon finishing prayer by Tasleem.**

**The rest sitting (Isteraha i.e. sitting for a while without saying any glorifications, after the second prostration of the first and third Rak’as).**

There are (25) actual Sunnahs in each Rak’a i.e. the total number of Sunnahs in the obligatory prayer is (425) Sunnahs.



The total Sunnahs in the non-obligatory prayer (25) Sunna in each Rak'a i.e. the total Sunnahs in the non-obligatory prayers during the day and night is (625) Sunnahs if we applied such prophetic actions every Rak'a.

The Muslim may increase the number of Rak'as in Al Duha Prayer and increase the number of Sunnahs.

There are Sunnah deeds (Prophetic actions) which are repeated once or twice only:

- 1. Raising the hands up while pronouncing Takbirat Al Ihram (The Initial "Allahu Akbar" by which the prayer is opened).**
- 2. Raising the hands in the third Rak'a in the prayers which consist of two sittings of Tashahhud.**
- 3. Moving the index finger (up and down) from the start to the end of Tashahhud, whether the first or the second one.**
- 4. Turning face right and left when ending the prayer.**
- 5. The rest sitting (Isteraha):**

It is repeated twice in the prayer which consists of four Rak'as and once in the other prayers, whether obligatory or non-obligatory.

- 6. Tawarok:** (Erecting the right foot, putting the left foot under the right leg, and putting the posterior on the ground) in the second sitting of Tashahhud in the prayer which consists of two sittings of Tashahhud.

**These Sunnahs are repeated once, except moving the index finger in the sitting of tashahhud, it is repeated twice in the obligatory prayers, except Al Fajr prayer, and the rest sitting is repeated also twice in the prayer which consists of four Rak'as; accordingly, the total is (34) Sunnahs.**

**These Sunnah deeds are repeated except two of them; the second and the last one, in each non-obligatory prayer; accordingly, the total is (48) Sunnahs.**





Therefore, dear brother, try to practice such Prophetic sayings and deeds in order to gain more blessings and rewards and reach the highest ranks in paradise.

### *Post- Prayer Sunnahs*

#### **1. Asking Allah for forgiveness, three times, and saying:**

*استغفر الله استغفر الله استغفر الله، اللهم انت السلام و منك السلام تباركت يا ذا الجلال و الاكرام*

*Astaghfirullaaha Astaghfirullaaha Astaghfirullaaha Allaahumma Antas-Salaamu wa minkas-Salaamu, tabaarakta yaa zal- Jalaali wal-Ikraam.*

**“O Allah, You are The Peace and The Giver of peace, Supremely Blessed be You, The Owner of Majesty and Munificence.”**

**[Narrated by Muslim]**

*2 . Laa ilaaha illallahu wahdahu laa shareeka lahu, lahul-mulku wa lahul- Hamdu wa Huwa ‘alaa kulli shay’in Qadeer, Allaahumma laa maani’a limaa ‘a’tayta, wa laa mu’tiya limaa mana’ta wa laa yanfa’u zal-jaddi minkal jaddu.*

*لا إله إلا الله وحده لا شريك له له الملك وله الحمد وهو على كل شيء قدير اللهم لا مانع لما أعطيت ولا معطي لما منعت ولا ينفع ذا الجد منك الجد*

**There is no god but Allah, alone with no partner, all kingdom is His, all praise is to Him, and He is Ever-Determiner over everything. O Allah, there is no deterrent for what You gave, no giver for what You prevented, and neither wealth nor power can protect their owner from You.**



[Narrated by Al-Bukhari and Muslim]

3. Laa ilaaha illallahu wahdahu laa shareeka lahu, lahul-mulku wa lahul- hamdu wa Huwa 'alaa kulli shay'in Qadeer, laa hawla wa laa quwwata illaa billaahi laa ilaaha illallaahu, wa laa na'budu illaa iyyaahu lahun-ni'matu wa lahul-fadhulu wa lahuth-thanaa ul-hasanu, laa ilaaha illaahu mukhliseena lahud- deena wa law karihal kaafiroon.

لا إله إلا الله وحده لا شريك له له الملك وله الحمد وهو على كل شيء قدير لا حول ولا قوة إلا بالله لا إله إلا الله ولا نعبد إلا إياه له النعمة وله الفضل وله الثناء الحسن لا إله إلا الله مخلصين له الدين ولو كره الكافرون

**There is no god but Allah, alone with no partner, all kingdom is his, all praise is to him, and He is Ever-Determiner over everything. There is no might or any power except with Allah, and we do not worship any but him, all grace is his, all favor is his and all good praise is to him. There is no god but Allah, making religion faithfully his, though the disbelievers hate it.**

[Muslim: 1371]

4. Subhan Allah سبحانه الله (Glorified be Allah),  
Al-Hamdulillah الحمد لله (all praise is to Allah),  
Allahu Akbar الله أكبر (Allah is The Greater)  
thirty three times,  
and

لا إله إلا الله وحده لا شريك له له الملك وله الحمد وهو على كل شيء قدير

Laa ilaaha illallaahu wahdahu laa shareeka lahu lahul-mulku wa lahul hamdu wa Huwa 'alaa kulli shay'in Qadeer.

**(There is no god but Allah, alone with no partner, all kingdom is His, all praise is to Him, and He is Ever-Determiner over everything).**



[Sahih Muslim; Abu Dawood: 1504]

5. Allaahumma ‘a’inne ‘alaa zikrika wa shukrika wa husni ‘ibaadatika.

اللهم اعننى على ذكرك و شگرك و خشن عبادتك

**O Allah, help me remember You, thank You and worship You well.**

[Narrated by Abu-Dawoud and An-Nasa’i]

6. Allaahumma innee ‘a’oozu bika minal-jubni, wa ‘a’cozu bika min ‘an uradda ilaa arzalil umuri wa ‘a’cozu bika min fitnatid-duniyaa wa ‘a’oozu bika min azaabil- qabri.

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**O Allah, I take refuge with You from cowardice, take refuge with You from being driven to the worst age, take refuge with You from life sedition and take refuge with You from the torment of the grave).**

[Narrated by Al-Bukhari]

7. Rabbi Qinee a’zaabaka Yawma Tub’asu Ibaadaka.

**“O my God, protect me from Your punishment, on the day You make all Your slaves to rise again.”**



**This is because of what was narrated that Al-Bara' said:**

When we prayed behind the Messenger of Allah (Peace be upon him), we liked to be on his right, so that he might be face to face with us, I heard him, then, say:

[Muslim:1676]

8. Qul Huwallaahu 'Ahad.

Qul 'a'oozu birabbil-falaq.

Qul 'a'oozu birabbin-naas.

eciting (Say, "He is Allah, The Only One"),

(Say, "I take refuge with The Lord of the Daybreak") and

(Say, "I take refuge with The Lord of mankind").

**[Narrated by Abu Dawood:5082, Nasai:5428]**

**After Al-Fajr (dawn) and Al-Maghreb (sunset) prayers, one should repeat them triple.**

9. Reciting Ayatul Kursi :

الله لا إله إلا هو الحي القيوم لا تأخذه سنة ولا نوم له ما في السموات وما في الأرض من ذا الذي يشفع عنده إلا باذنه يعلم ما بين أيديهم وما خلفهم ولا يحيطون بشيء من علمه إلا بما شاء وسع كرسيه السموات والأرض ولا ينوده حفظهما وهو العلي العظيم

Allaahu laa ilaaha illaahu wal-Hayyul Qayyoom, laa ta'khuzuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maa fil-ardhi, man zal-lazee yashfa'u indahu illaa bi'iznih, ya'lamu maa bayna 'aydeehim wa maa khalfahum, wa laa yuheetoona bishay'im-min ilmihi illaa bimaa shaa'a wasia'a kursiyyuhus- samaawaati walardh, wa laa ya'oooduhu hifzuhumaa wa Huwal 'Aliyyul Azeem.

**Allah! There is no god 'worthy of worship' except Him, the Ever-Living, All-Sustaining. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who could possibly intercede with Him without His permission? He 'fully' knows what is ahead of them and what is behind them, but no one can grasp any of His knowledge—except what He wills 'to reveal'. His Seat<sup>1</sup> encompasses the heavens and the**



earth, and the preservation of both does not tire Him. For He is the Most High, the Greatest.

[Sahih Jaam'e Sageer:6464]

10. Laa ilaaha illallaahu wahdahu laa shareeka lahu lahu mulku wa lahu hamdu yuhyee wa yumeetu wa Huwa 'alaa kulli shay'in Qadeer.

لا اله الا الله وحده لا شريك له له الملك وله الحمد يحيى ويميت وهو على كل شيء قدير

0. There is no god but Allah, alone with no partner, all kingdom is His, all praise is to him, and he is Ever-Determiner over everything, ten times after As-Subh (dawn) and Al-Maghreb (sunset) prayers).

[Trimezi:3553]

11. Glorification should be done using the hand, and in narration using the right hand, but this narration is not agreed upon, though other generalizations testify for it.

12. One should say these athkar in the same place he has prayed in, and should not change his place.

The total of these sunnahs, if a Muslim is keen on it after every obligatory prayer, he will apply up to [55] sunnahs, and may be more in Al-Fajr (dawn) and Al-Maghreb (sunset) prayers.

The fruit of applying these sunnahs after every obligatory prayer and preserving them:

A. 500 sadaqa (charitable deeds) is written for the Muslim for these glorifications after every prayer in his day and night, for his saying (Peace be upon him) (every glorification is sadaqa,

every time one says:

Allah is The Greater is sadaqa, every praise (to Allah) is sadaqa and every time one says:

There is no God but Allah is sadaqa...)



[Narrated by Muslim]

[An-Nawawi said: has the same reward]

b. If the Muslim preserves these glorifications after every prayer in his day and night, 500 trees will be planted for him in paradise. The Messenger of Allah (Peace be upon him) passed by Abu-Hurairah, while he was implanting a plant, so, he said:

سبحان الله، والحمد لله، ولا اله الا الله والله اكبر

Subhaanal-laahi walhamdu lillaahi wa laa ilaaha illallaahu wallaahu Akbar.

“O Abu-Hurairah, wouldn’t I tell you about a plant which is better for you?”

He said: “Yes, Messenger of Allah!”

He said: “say: Subhan Allah (Glorified be Allah),

Al-Hamdulillah (all praise is to Allah),

there is no God but Allah and Allahu Akbar (Allah is The Greater), and a tree will be planted for you in paradise for each.”

[Ibne maja: 3807, Shaikh Naasiruddeen Albaani ne sahih kaha hai]

c. Nothing separates him from paradise, except that he dies in order to enter it. This is for this who recites the verse of the Chair (ayat-al-Kursii) and preserves it after every obligatory prayer.

d. This who preserves these glorifications, his sins will be expiated, even if they are like sea foam.

[As in saheeh Muslim (the authentic narrations of Muslim)]

e. This, who keeps these glorifications constantly after every prayer, avoids disgrace in this life and in the hereafter, for the hadith:

(sayings, this who says them is never disgraced .... And he mentioned these glorification...)

[Narrated by Muslim]

f. To fix the defects and complete what is missing in the obligatory prayers.