

While bowing in prayer (rukoo)

One can say :

سُبْحَانَ رَبِّيَ الْعَظِيمِ (ثلاثاً) .

Subhana rabbiyal-atheem (three times)

‘How perfect my Lord is, The
Supreme.’ (three times)

Or say :

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ ،
اللَّهُمَّ اغْفِرْ لِي

Subhanakal-lahumma rabbana
wabihamdik, allahummagh-fir lee

‘How perfect You are O Allah, our Lord and I
praise You. O Allah, forgive me.’

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Or say :

سُبُّوحٌ قُدُّوسٌ ، رَبُّ الْمَلَائِكَةِ وَالرُّوحِ

Subboohun quddoos,
rabbul-mala-ikati warrooh

‘Perfect and Holy (He is), Lord of the
angles and the Rooh (i.e. Jibra-eel).’

Or say :

سُبْحَانَ ذِي الْجَبَرُوتِ ، وَالْمَلَكَوتِ ،

وَالْكِبْرِيَاءِ ، وَالْعَظَمَةِ

Subhana thil-jabaroot, walmalakoot,
walkibriya, walAAathamah

‘How perfect He is, The Possessor of total power,
sovereignty, magnificence and grandeur.’

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Or say :

اللَّهُمَّ لَكَ رَكَعْتُ وَبِكَ آمَنْتُ ، وَلَكَ
أَسْلَمْتُ ، خَشَعَ لَكَ سَمْعِي ، وَبَصَرِي
، وَمُخِّي ، وَعَظْمِي ، وَعَصَبِي ، وَمَا
اسْتَقَلَّ بِهِ قَدَمِي

Allahumma laka rakaAAt, wabika
amant, walaka aslamt, khashaha laka
samAAee, wabasaree, wamukhkhee,
waAAathmee, wa-as-abee, wamas-
taqalla bihi qadamee

‘O Allah, unto You I have bowed, and in You I have believed, and
to You I have submitted. My hearing, sight, mind, bones,
tendons and what my feet carry are humbled before You.’