

Supplication whilst prostrating (sujood)

سُبْحَانَ رَبِّيَ الْأَعْلَى (ثلاثاً)

Subhana rabbiyal-aala (three times)

‘How perfect my Lord is, The Most High.’

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.’**

Supplication whilst prostrating (sujood)

سُبُّوحٌ قُدُّوسٌ، رَبُّ الْمَلَائِكَةِ وَالرُّوحِ
Subbohoon quddos, rabbul-mala-ikati
warrooh.

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

سُبْحَانَ ذِي الْجَبَرُوتِ ، وَالْمَلَكُوتِ ،
وَالْكِبْرِيَاءِ ، وَالْعَظَمَةِ

Subhana thil-jabaroot, walmalakoot,
walkibriya, wal-athamah

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

Supplication whilst prostrating (sujood)

اللَّهُمَّ لَكَ سَجَدْتُ وَبِكَ آمَنْتُ ، وَلَكَ
أَسْلَمْتُ ، سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ
وَصَوَّرَهُ وَشَقَّ سَمْعَهُ وَبَصَرَهُ ، تَبَارَكَ
اللَّهُ أَحْسَنُ الْخَالِقِينَ

Allahumma laka sajadat, wabika amant,
walaka aslamt, sajada wajhee lillathee
khalaqahu wasawwarahu washaqqa
samahu wabasarahu, tabarakal-lahu
ahsanul-khaliqeen.

‘O Allah, unto You I have prostrated and in You I have believed, and
unto You I have submitted. My face has prostrated before He Who
created it and fashioned it, and brought forth its faculties of
hearing and seeing. Blessed is Allah, the Best of creators.’

Supplication whilst prostrating (sujood)

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ ، دِقَّةً وَجِلَّةً
وَأَوَّلَهُ وَآخِرَهُ وَعَلَانِيَّتَهُ وَسِرَّهُ

Allahummagh-fir lee thanbee kullah,
diqqahu wajillah, wa-awwalahu wa-
akhirah, wa- alaniyyatahu wa-sirrah

‘O Allah, forgive me all of my sins, the small
and great of them, the first and last of them,
and the seen and hidden of them.’

Supplication whilst prostrating (sujood)

اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ
، وَبِمَعَاذِكَ مِنْ عُقُوبَتِكَ ، وَأَعُوذُ
بِكَ مِنْكَ ، لَا أَحْصِي ثَنَاءً عَلَيْكَ ،
أَنْتَ كَمَا أَثْنَيْتَ عَلَى نَفْسِكَ

Allahumma innnee -aoothu biridaka
min sakhatik, wa-bimu-afatika min
uqoobatik, wa-aoothu bika mink, la
ohsee thana-an alayk, anta kama
athnayta ala nafsik.

‘O Allah, I take refuge within Your pleasure from Your displeasure and within Your pardon from Your punishment, and I take refuge in You from You. I cannot enumerate Your praise, You are as You have praised Yourself.’