

# Upon rising from the bowing position

One should while rising say :

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Samia Al-lahu liman hamidah

‘May Allah answer he who praises Him.’

When standing errected, one should say :

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا

طَيِّبًا مُبَارَكًا فِيهِ

Rabbana walakal-hamdu hamdan  
katheeran tayyiban mubarakan feeh.

‘Our Lord, for You is all praise, an  
abundant beautiful blessed praise.’

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One can also add when standing erected :

مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ ، وَمَا  
بَيْنَهُمَا ، وَمِلْءَ مَا شِئْتَ مِنْ شَيْءٍ  
بَعْدُ . أَهْلَ الثَّنَاءِ وَالْمَجْدِ ، أَحَقُّ مَا  
قَالَ الْعَبْدُ ، وَكُلُّنَا لَكَ عَبْدٌ . اللَّهُمَّ لَا  
مَانِعَ لِمَا أُعْطِيتَ ، وَلَا مُعْطِيَ لِمَا  
مَنْعْتَ ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

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**Mil-as-samawati wamil-al-ard,  
wama baynahuma, wamila ma  
shita min shay-in ba-d, ahlath-  
thana-i walmajd, ahaqqu ma  
qalal-abd, wakulluna lakal abd.  
Allahumma la mani-a lima aatayt,  
wala muutiya lima mana-at, wala  
yanfau thal-jaddi minkal-jad.**

**‘The heavens and the Earth and all between them  
abound with Your praises, and all that You will  
abounds with Your praises. O Possessor of praise and  
majesty, the truest thing a slave has said (of You) and  
we are all Your slaves. O Allah, none can prevent what  
You have willed to bestow and none can bestow  
what You have willed to prevent, and no wealth or majesty can benefit  
anyone, as from You is all wealth and majesty.’**