

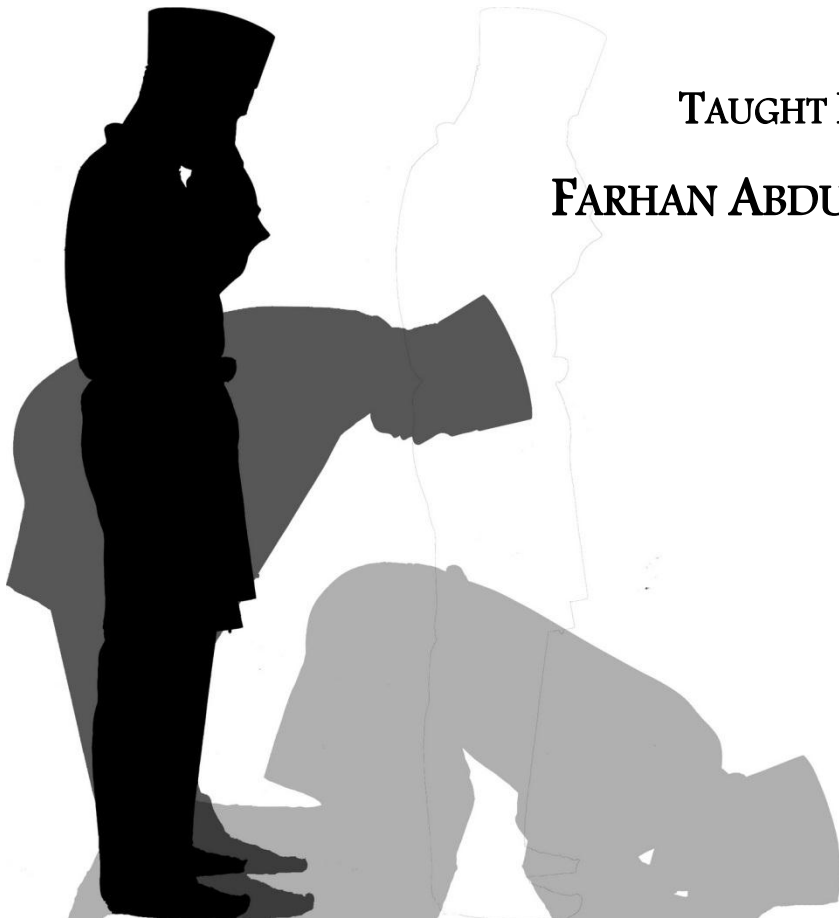


SWEETNESS OF SALAH

Developing Khushoo' In Your Prayer

TAUGHT BY

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Assalamu Alaikum Wa Rahmatullahi Wa Barakatuh!

Welcome to this seminar dedicated to Prayer, one of the most important aspects to the life of a Muslim. This program is dedicated to helping each and every one of us develop a greater appreciation for our prayers, and to increase its quality through enhancing our concentration, humility, and attentiveness.

Please note that this is *not* a Fiqh (jurisprudence) class. Therefore, we will not be covering Fiqh details related to the prayer or differences of opinions about the finer minutia of the prayer. Therefore, during this seminar, I will not be entertaining fiqh related questions.

The handout that you are now reading simply contains some of the different *adhkaar* that are said in relation to the prayer, with their approximate translation. This was provided knowing that it may be difficult to copy the exact text of what we has been recommended to say before, during, and after, the prayer. This however is not meant to replace notes that you will need to take during the program to help maximize your benefit. In other words, be sure to take notes!

Lastly, throughout the program, if there is something you find that touches your heart, is beneficial or moving, feel free to Tweet it so that others can benefit too. Be sure to use the hashtag #SoS in your Tweet. And if you want me to retweet it, message me in the Tweet (@FarhanAAzeez) and I'll share it as well, Insha'Allah.

I ask Allah SWTA to allow myself, first and foremost, as well as all my brothers and sisters who are attending this program to benefit and make it a means of drawing closer to Him. May Allah accept our efforts and purify our intentions as we continue along our lifelong journey as students of His beautiful religion. Ameen.

Your Brother in Islam,
Farhan Abdul Azeez

After the Adhan

عَنْ جَابِرِ بْنِ عَبْدِ اللَّهِ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: " مَنْ قَالَ حِينَ يَسْمَعُ النَّدَاءَ: اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةُ التَّامَّةُ وَالصَّلَاةُ الْقَائِمَةُ آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ، حَلَّتْ لَهُ شَفَاعَتِي يَوْمَ الْقِيَامَةِ "

Narrated Jabir bin `Abdullah: Allah's Apostle said, "Whoever after listening to the Adhan says, 'Oh Allah! Lord of this perfect call (perfect by not ascribing partners to You) and of the regular prayer which is going to be established, give Muhammad the right of intercession and illustriousness, and resurrect him to the best and the highest place in Paradise that You promised him', then my intercession for him will be allowed on the Day of Resurrection." [Bukhari]

After Wudu'

عَنْ عُمَرَ بْنِ الْخَطَّابِ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ:
" مَا مِنْكُمْ مِنْ أَحَدٍ يَتَوَضَّأُ فَيَقُولُ - أَوْ فَيَسْبُحُ الْوُضُوءَ - ثُمَّ قَالَ: أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، إِلَّا فُتِحَتْ لَهُ أَبْوَابُ الْجَنَّةِ الثَّمَانِيَةِ يَدْخُلُ مِنْ أَيِّهَا شَاءَ " [رواه مسلم] وزاد الترمذي: " اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ. "

Umar bin Al-Khattab (R) reported: The Messenger of Allah (PBUH) said, "Whoever of you performs Wudu' carefully and then affirms 'I testify that there so no true god except Allah Alone, Who has no partners and that Muhammad (PBUH) is His slave and Messenger' the eight gates of Jannah are opened for him. He may enter through whichever of these gates he desires (to enter)." [Muslim] In the narration in At-Tirmidhi, (he (PBUH) said after that), "Oh Allah make me among those who repent and purify themselves."

عَنْ أَبِي سَعِيدِ الْخُدْرِيِّ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "... وَمَنْ تَوَضَّأَ فَقَالَ "سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ كُنْتُ فِي رِقِّكَ ثُمَّ جَعَلَ فِي طَائِعٍ فَلَمْ يُكْسَرْ إِلَى يَوْمِ الْقِيَامَةِ. "

Abu Sa'eed Al-Khudri (R) reported: The Messenger of Allah (PBUH) said, "... and whoever makes Wudu and says, 'How absolutely perfect You are, Oh Allah, and with your praise (I continue). There is absolutely no God but You, I seek your forgiveness and turn to You in repentance', it will be written on a parchment, then it is placed in a seal, and it will not be broken until the Day of Judgment."

[Al-Haithami, Al-Mundhiri, authenticated by Al-AlBaanee]

After the Opening Takbir

عَنْ أَبِي سَعِيدٍ، قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا افْتَتَحَ الصَّلَاةَ قَالَ:
" سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ "

It was narrated that Abu Sa'eed said: "When the Messenger of Allah (SAW) started to pray, he would say: 'How absolutely perfect You are, Oh Allah, and with your praise (I continue). Most blessed is Your name and exalted and high be Your majesty, and there is absolutely none worthy of worship except You.'" (Hasan) [Tirmidhi, Nasa'i]

It was also authentically reported that the Prophet (PBUH) said:

وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَوَاتِ وَالْأَرْضَ حَنِيفًا وَمَا أَنَا مِنَ الْمُشْرِكِينَ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ لَا شَرِيكَ لَهُ وَبِذَلِكَ أُمِرْتُ وَأَنَا مِنَ الْمُسْلِمِينَ

I have turned my face sincerely towards He who originated the heavens and the earth and I am not of those who associate (others with Allah). Certainly, my prayer, my sacrifices, my life, and my death are solely for Allah, Lord of the worlds, He has no partner, with this I am commanded and I am of the Muslims.

Another authentic narration states that the Prophet (PBUH) said:

عَنْ أَبِي هُرَيْرَةَ، قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا افْتَتَحَ الصَّلَاةَ سَكَتَ هُنَيْهَةً فَقُلْتُ يَا أَبَا أُمِّي يَا رَسُولَ اللَّهِ مَا تَقُولُ فِي سُكُوتِكَ بَيْنَ التَّكْبِيرِ وَالْقِرَاءَةِ قَالَ:
أَقُولُ: "اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ اللَّهُمَّ نَفِّئْ مِنْ خَطَايَايَ كَمَا يُنْفَى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ اللَّهُمَّ اغْسِلْني مِنَ خَطَايَايَ بِالْمَاءِ وَالثلْجِ وَالْبَرْدِ."

It was narrated that Abu Hurairah said: "When the Messenger of Allah (SAW) started to pray he would pause briefly. I said: 'May my father and mother be ransomed for you, O Messenger of Allah, what do you say when you pause briefly between the takbir and recitation?' He said: 'I say: 'Oh Allah, put a great distance between me and my mistakes, as great as the distance You have made between the East and the West; O Allah, cleanse me of my sins as a white garment is cleansed from filth; O Allah, wash away my sins with water and snow and ice'." [Nasa'i (Sahih)]

Surah Faatiha

Allah SWTA said in a Hadith Qudsi that He responds to us when we recite Surah Faatiha. Below is the hadith. To help develop Khushoo' in this part of the prayer, I would recommend memorizing what Allah SWTA says back to us after every ayah we recite.

قال الله تعالى: قَسَمْتُ الصَّلَاةَ بَيْنِي وَبَيْنَ عَبْدِي نَضْفَيْنِ وَلِعَبْدِي مَا سَأَلَ فَإِذَا قَالَ الْعَبْدُ { الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ } قال الله تعالى "حَمْدِي عَبْدِي"، وَإِذَا قَالَ { الرَّحْمَنُ الرَّحِيمُ } قال الله تعالى "أَنْتَ عَلَيَّ عَبْدِي"، وَإِذَا قَالَ { مَالِكِ يَوْمِ الدِّينِ } قال "بِحَمْدِي عَبْدِي" و قَالَ مَرَّةً فَوَضَّ إِلَيَّ عَبْدِي، فَإِذَا قَالَ { إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ } قال قَالَ هَذَا "بَيْنِي وَبَيْنَ عَبْدِي وَلِعَبْدِي مَا سَأَلَ"، فَإِذَا قَالَ { اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ } قَالَ "هَذَا لِعَبْدِي وَلِعَبْدِي مَا سَأَلَ".

Abu Hurairah reports that the Prophet (S) said, "Allah, the Blessed and Exalted has said: 'I have divided the prayer between Myself and My slave, into two halves, and My slave shall have what he has asked for.' [From Surah Faatiha] When the slave says, 'Praise be to Allah, Lord of the Worlds,' Allah says, 'My slave has praised Me.' When the slave says, 'The Abundantly Merciful, the Constantly Merciful,' Allah

says, 'My slave has layered praise upon me.' When the slave says, 'Master of the Day of Judgment,' Allah says, 'My slave has glorified me.' When the slave says, 'It is You alone we worship and it is You alone we ask for help,' Allah says, 'This is between Me and My slave, and My slave shall have what he asked for.' When the slave says, 'Guide us to the straight path, the path of those whom You have favored, not the path of those who receive Your anger, nor of those who go astray,' Allah says, 'All these are for My slave, and My slave shall have what he asked for'" (Muslim)

In Rukoo'

You say in this position three times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

How perfect my Lord is, the Supreme.

It has also been authentically narrated that you can say:

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَ بِحَمْدِهِ

How perfect my Lord is, the Supreme, and (I continue with) His praise.

Other authentic narrations mention that you can also say (after saying the above):

سُبُّوحٌ قُدُّوسٌ رَبُّ الْمَلَائِكَةِ وَالرُّوحِ

Constantly Perfect and constantly Holy is He, Lord of the angels and Angel Jibril (AS).

The Standing Between Rukoo' and Sujood

Upon rising from Rukoo', one says:

سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ

May Allah answer he who praises Him.

In response to this, can say one of four authentically narrated statements:

رَبَّنَا لَكَ الْحَمْدُ – *Our Lord, For You is all praise*

رَبَّنَا وَ لَكَ الْحَمْدُ – *Our Lord, and for You is all praise*

اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ – *Oh Allah, Our Lord, for You is all praise*

اللَّهُمَّ رَبَّنَا وَ لَكَ الْحَمْدُ – *Oh Allah, Our Lord, and for You is all praise*

You can also say after this:

حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ – *An abundant, beautiful, blessed praise.*

You can also say after the above:

مِلْءَ السَّمَوَاتِ وَ مِلْءَ الْأَرْضِ وَ مَا بَيْنَهُمَا وَ مِلْءَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ

(To You is praise) that would fill the heavens and the earth, and all between them, and all that You will besides them.

In Sujood

You say in this position (three times):

سُبْحَانَ رَبِّيَ الْأَعْلَى

How perfect my Lord is, the Most High.

It has also been authentically narrated that you can say:

سُبْحَانَ رَبِّيَ الْأَعْلَى وَ بِحَمْدِهِ

How perfect my Lord is, the Most High, and (I continue with) His praise.

Other authentic narrations mention that you can also say (after saying the above):

سُبُّوحٌ قُدُّوسٌ رَبُّ الْمَلَائِكَةِ وَ الرُّوحِ

Constantly Perfect and constantly Holy is He, Lord of the angels and Angel Jibril (AS)

Bonus Du'aa**:

عَنْ أَبِي بَكْرٍ الصِّدِّيقِ رَضِيَ اللَّهُ عَنْهُ أَنَّهُ قَالَ لِرَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: عَلَّمَنِي دُعَاءً أَدْعُو بِهِ فِي صَلَاتِي. قَالَ "قُلْ: اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ، وَارْحَمْنِي إِنَّكَ أَنْتَ الْعَفُورُ الرَّحِيمُ"

Narrated Abu Bakr Al-Siddiq (R): "I asked Allah's Apostle to teach me an invocation so that I may invoke Allah with it in my prayer. He told me to say, 'O Allah! I have done great injustice to myself and none except You forgives sins, so bestow on me a forgiveness from You, and Have Mercy on me, You are the Forgiver, the Merciful.'" [Bukhari]

** The Scholars specifically recommend using Du'aa that are found in the Qur'an and Sunnah during the Sijda and before the Tasleem to end the prayer during the obligatory prayers, while personal Du'aa can be used during the sunnah prayers. This particular Du'aa can be said in Sujood or before the end of prayer.

Sitting Between the Two Sijda

You say in this position:

رَبِّ اغْفِرْ لِي

Oh my Lord, forgive me!

It has also been authentically narrated that you can say:

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَاجْبُرْنِي وَعَافِنِي وَارْزُقْنِي وَارْزُقْنِي

Oh Allah, forgive me, have mercy on me, guide me, enrich me, give me health, grant me sustenance, and raise my rank.

The Tashahhud

There are five authentically reported narrations of the Tashahhud, each with minor variations. Below is the narration of Ibn Mas'ud (R):

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

All compliments, prayers, and pure words are due to Allah. Peace be upon you, oh Prophet, and also the mercy of Allah and His blessings. Peace be upon us, and on the righteous slaves. I bear witness that none has the right to be worshipped except Allah, and I bear witness that Muhammad (S) is His slave and messenger.

Salah Ibrahimiyya

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Oh Allah, send prayers upon Muhammad and upon the followers of Muhammad, just as You sent prayers upon Ibrahim and upon the followers of Ibrahim, certainly, You are full of praise and majesty. Oh Allah, send blessings upon Muhammad and upon the followers of Muhammad, just as You sent blessings upon Ibrahim and upon the family of Ibrahim. Certainly, You are full of praise and majesty.

Before Making Tasleem to Conclude the Prayer

وَعَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "إِذَا تَشَهَّدَ أَحَدُكُمْ فَلْيَسْتَعِذْ بِاللَّهِ مِنْ أَرْبَعٍ، يَقُولُ: اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ"

Abu Hurairah (R) reported: The Messenger of Allah (PBUH) said, "When anyone of you has done his Tashahhud during Salah (prayer), he should seek refuge in Allah against four things and say: 'Oh Allah! I seek refuge in You from the torment of Hell, from the torment of the grave, from the trials of life and death, and from the mischief of Al-Masih Ad-Dajjal (Antichrist)'." [Muslim]

After Salah

The Prophet (PBUH) used to say, three times:

أَسْتَغْفِرُ اللَّهَ

I ask Allah for forgiveness

We are also recommended to say certain adhkaar, as is mentioned in the hadith below:

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ عَنِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "مَنْ سَبَّحَ اللَّهَ فِي ذُبُرِ كُلِّ صَلَاةٍ ثَلَاثًا وَثَلَاثِينَ، وَحَمَدَ اللَّهَ ثَلَاثًا وَثَلَاثِينَ، وَكَبَّرَ اللَّهَ ثَلَاثًا وَثَلَاثِينَ، وَقَالَ تَمَامَ الْمِائَةِ: لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، غُفِرَتْ خَطَايَاهُ وَإِنْ كَانَتْ مِثْلَ زَبَدِ الْبَحْرِ"

Abu Hurairah (R) reported: The Messenger of Allah (PBUH) said, "He who recites after every prayer: Subhan Allah (Allah is free from imperfection) thirty-three times; Alhamdulillah (praise be to Allah) thirty-three times; Allahu Akbar (Allah is Greatest) thirty-three times; and completes the hundred with: There is no true god except Allah, He is One and He has no partner with Him, His is the sovereignty and His is the praise, and He is Omnipotent, will have all his sins pardoned even if they may be as large as the foam on the surface of the sea." [Muslim]

The Prophet (PBUH) would also make this Dua:

اللَّهُمَّ أَنْتَ السَّلَامُ وَ مِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Oh Allah, You are the Grantor of security, and security comes from You. Blessed are you, Oh the Possessor of majesty and honor! [Muslim]

The Prophet (PBUH) would also make this Dua:

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Oh Allah, help me to remember You, thank You, and to perfect my worship for You. [Abu Dawud, Ibn Majah, Nasa'i, (Sahih)]