

## Bowing in Salah

After recitation of surah al Fatiha and another surah or a few verses from any surah, we do Raku /bowing.

According to one hadith Holy prophet pbuh said that best recitation of Quran is which done in Salah. So we should learn Quran by heart as much as we can. We should try to different parts of Quran in our Salah.

Abu Barza reported:

The Messenger of Allah (ﷺ) used to recite in the morning prayer from sixty to one hundred verses. Sahih Muslim 461

Sometimes he recited surah Kahef , sometimes Surah shams, surat zilzal in both Raka'as. Holy prophet pbuh's life is best example for us. He didn't recite long surah's all the times, or short Surah's all the times. We are given choice.

Our Deen is very comprehensive; concessions are made according to circumstances. This is why it's Deen of nature. We have been commanded to do whatever our body is capable of, there is ease in Deen.

Sometimes holy prophet pbuh read short Salah : 'A'isha reported that the Messenger of Allah (ﷺ) observed two rak'ahs of the dawn prayer and he shortened them (to the extent) that I (out of surprise) said: Did he recite in them Surah Fatiha (only)? Sahih Muslim 724

Holy prophet pbuh used to recite Sunnah shorter and Fardh /obligatory Salah used to be longer. Sometimes he used read two surahs in one Rakah also.

It means holy prophet pbuh recited Quran according to time, need and circumstances in his Salah. There is one narration that holy prophet pbuh used to recite 15 verses in last two raka's of Zohar Salah.

It means there is not hard and fast rule that what part or how much Quran we should read in Salah. Sometimes He read only Surah Fatiha in last two Raka'as of his Fardh prayer and he also read some parts of Quran in last two raka's of his Salah.

**Holy prophet pbuh recited variety of Surah's in his Salah.**

Abu Qatada reported it on the authority of his father:

The Messenger of Allah (ﷺ) would recite in the first two rak'ahs of the noon and afternoon prayers the opening chapter of the Book and another surah. He

would sometimes recite loud enough to make audible to us the verse and would recite in the last two rak'ahs Surat al-Fatiha (only). Sahih Muslim 451

We have to develop habit of reciting different surah's in our Salah after surah Fatiha. This way we can have better concentration.

Simak asked Jabir b. Samura about the prayer of the Apostle (ﷺ). He said: He (the Holy Prophet) shortened the prayer and he did not pray like these people then, and he informed me that the Messenger of Allah (ﷺ) used to recite " Qaf. By the (Glorious) Qur'an," and a passage of similar length. Sahih Muslim 458

Salah should be performed slowly and calmly. Rukoo or Sujood must be performed unhurriedly.

After reciting quran, we say Takbir, Allah u Akbar and then raise hands, then bow down.

Narrated Ali ibn AbuTalib:

When the Messenger of Allah (ﷺ) stood for offering the obligatory prayer, he uttered the takbir (Allah is most great) and raised his hands opposite to his shoulders; and he did like that when he finished recitation (of the Qur'an) and was about to bow; and he did like that when he rose after bowing; and he did not raise his hands in his prayer while he was in his sitting position.

When he stood up from his prostrations (at the end of two rak'ahs), he raised his hands likewise and uttered the takbir (Allah is most great) and raised his hands so as to bring them up to his shoulders, as he uttered the takbir in the beginning of the prayer. Sunan Abi Dawud 744

(Say Allah u Akbar & Raise hands called Rafa al Yadeen)

Raising hands is proven by Ahadith at 4 places in our salah. 1<sup>st</sup> when we start Salah, 2<sup>nd</sup> time when we bow down for Raku, 3<sup>rd</sup> time when we get up from Raku and 4<sup>th</sup> time when we get up after tashud of 2<sup>nd</sup> raka'a. (before we start 3<sup>rd</sup> Raka).

Narrated `Abdullah bin `Umar:

I saw that whenever Allah's Messenger (ﷺ) stood for the prayer, he used to raise both his hands up to the shoulders, and used to do the same on saying the Takbir for bowing and on raising his head from it and used to say, "Sami`a l-

lahu liman hamidah". But he did not do that (i.e. raising his hands) in prostrations. Sahih al-Bukhari 736

### Bowing /Raku in Salah:

'A'isha ra reported:

The Messenger of Allah (ﷺ) used to begin prayer with takbir (saying Allahu Akbar) and the recitation: "Praise be to Allah, the Lord of the Universe." When he bowed he neither kept his head up nor bent it down, but kept it between these extremes; when he raised his head after bowing he did not prostrate himself till he had stood erect;. Sahih Muslim 498

### Posture in Raku;

Neither keeps head up nor bent it down, should be bowed

Place hands upon knees as if caught hold of them;

Bent them,

Keeping (arms) away from sides.

And raise hands

And stand up straight until all of bones completely returned to their places.

### Recitation in Raku:

Holy prophet pbuh recited different duas in Raku. If we are reading

" سُبْحَانَ رَبِّيَ الْعَظِيمِ " , then we should read it minimum three times or 5, 7 or 9 or 11 times or more if you can.

Hudhaifa reported: I prayed with the Messenger of Allah (ﷺ) one night

.....and would then bow and say: Glory be to my Mighty Lord; his bowing lasted about the same length of time as his standing (and then on returning to the standing posture after ruku') he would say: Allah listened to him who praised Him, and he would then stand about the same length of time as he had spent in bowing. .... Sahih Muslim 772

We will give you more Duas which you can recite in Raku. Try to memorise authentic Duas and then read them in your Salah.

Try this Raku/bowing posture; you will enjoy your Salah and bowing.

### Supplications during Ruku (bowing in prayer)

"سُبْحَانَ رَبِّيَ الْعَظِيمِ".

**SUBHAANA RABBIYAL-'ADHEEM.**

Glory to my Lord the Exalted (three times in Arabic)

Reference: Abu Dawud, Ibn Majah, An-Nasa'i, At-Tirmithi, and Ahmad. See Al-Albani's Sahih At-Tirmithi 1/83.

"سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي".

**SUBHAANAKA ALLAAHUMMA RABBANAA WA BIHAMDIKA ALLAAHUM-MAGHFIR LEE.**

Glory is to You , O Allah , our Lord , and praise is Yours . O Allah , forgive me.

Reference: Al-Bukhari 1/99, Muslim 1/350.

"سُبُّوحٌ، قُدُّوسٌ، رَبُّ الْمَلَائِكَةِ وَالرُّوحِ".

**SUBBOOHUN, QUDDOOSUN, RABBUL-MALAA'IKATI WARROOH.**

Glory (to You) , Most Holy (are You) , Lord of the angels and the Spirit.

Reference: Muslim 1/353, Abu Dawud 1/230.

"اللَّهُمَّ لَكَ رَكَعْتُ، وَبِكَ آمَنْتُ، وَكَأَسْلَمْتُ خَشَعَ لَكَ سَمْعِي، وَبَصْرِي وَمُخِّي، وَعَظْمِي، وَعَصَبِي، وَمَا اسْتَقَلَّ بِهِ قَدَمِي".

**ALLAAHUMMA LAKA RAKA'TU, WA BIKA 'AAMANTU, WA LAKA 'ASLAMTU KHASHA'A LAKA SAME'EE, WA BASAREE, WA MUKHKHEE, WA 'ADHMEE, WA 'ASABEE, WA MASTAQALLA BIHI QADAMEE.**

O Allah , to You I bow (in prayer) and in You I believe and to You I have submitted. Before You my hearing is humbled , as is my sight , my mind ,

my bones , my nerves and what my feet have mounted upon (for travel).

Reference: Muslim 1/534, Abu Dawud, An-Nasa'i and At- Tirmithi.

"سُبْحَانَ ذِي الْجَبَرُوتِ، وَالْمَلَكُوتِ، وَالْكَبْرِيَاءِ، وَالْعَظَمَةِ".

**SUBHAANA THIL-JABAROOTI, WALMALAKOOTI, WALKIBRIYAA'I,  
WAL'ADHAMATI.**

Glory is to You, Master of power, of dominion, of majesty and greatness.

Reference: Abu Dawud 1/230, An-Nasa'i and Ahmad. Its chain of narration is good (Hasan).