

In today's session we will see Jalsa/sitting after 2nd Sajdah/prostration.

We have learnt masnun/authentic Duas for Sujood/prostration and how to do our Jalsa / sitting calmly during two sujood.

You must have memorised some of those Duas and have been reciting them in your Salah.

Especially you must have learnt small Dua during two sujood in which we ask for many things, this is one of the best Duas in Arabic in which we just do one small due and ask for 6 things. This is beautiful Dua.

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاجْبُرْنِي وَاهْدِنِي وَعَافِنِي وَارزُقْنِي

O Allah, forgive me, have mercy upon me, give me strength, guide me, grant me protection and grant me sustenance.

After doing this Dua, we go for 2nd Sajda/prostration; 2nd Sajda/prostration is important and obligatory.

Today we will learn what to do 2nd Sajda/ prostration.

We do our 1st Sajda/ prostration in complete relaxation and calm manner then sit in Jalsa calmly and in relaxed manner. Then we do our 2nd Sajda/prostration again very calmly and in relaxed manner. We will take our time in doing Duas.

Then we sit for short time, now we have completed our 1st Rakah/unit of prayer.

Let's see how holy prophet pbuh used to do his Jalsa/sitting calmly after completing his one Rakah/unit of Salah. (After doing both of his Sujood/prostration) this Jalsa is called Jalsa istarahat.

Narration says that after 2nd Sajda/prostration holy prophet pbuh used to "then raised his head, bent his left foot and sat on it so that every bone returned to its place properly; then he did the same in the second (rak'ah).

Abu Daud :630, Jami` at-Tirmidhi 304

Narrated Malik bin Huwairith Al-Laithi: I saw the Prophet (ﷺ) praying and in the odd rak`at, he used to sit for a moment before getting up. Sahih al-Bukhari 823

So holy prophet pbuh used to sit in relaxed manner after 2nd Sujood in his odd Raka's 1st and 3rd Rakah of his Salah/prayers.

In another narration it says;

That holy prophet pbuh used to pronounce the Takbir perfectly and when he raised his head from the second prostration he would sit for a while and then support himself on the ground and get up. Sahih al-Bukhari 824

We learnt three things;

1. Jalsa istrahat is sitting after 2nd Sujood/prostration
2. Sitting for a while before we start our next Rakah
3. We will use support of both hands while standing up/we will use push of our hands to get up from our sitting position for standing up.

Here our one Rakah is complete;

Now we need to pause for short time and do self-assessment, how was my Salah ?

We used to pray unconsciously sometimes use to pray carelessly. Our Salah is our ibadah but we prayed our Salah just as a habit.

Now I have started praying my Salah consciously, do I enjoy my Salah now?

Has my Salah brought me closer to Allah Subhan wa ta'ala?

Do I feel that I just met my Rabb after my Salah?

Am I keenly waiting for my next Salah?

If we are all feeling it those ways then congratulation to you. You are Masha Allah reading Salah in desired way.

Always try to improve your Salah, never think that my Salah is perfect now.

Decorate your Salah with Quranic verses, pause after each ayat/verse of Quran.