

The Sujood (Prostration)

How to do prostration /Sajdah & Issues regarding Sujood

Sujood/prostration is position in which a servant of Allah discloses to his master and a slave of Allah displaces his humbleness to his Lord.

Sujood/ prostration is very important part of Salah, in this position we show our love for Allah. So we have to improve and fix our Sujood/ prostration.

There are many beautiful Duas/supplication for Sujood/ prostration which are proven by Sunnah of prophet pbuh.

We can supplicate all masnun Duas while in Sujood/ prostration; but remember we cannot supplicate Quranic Duas while in Sujood/ prostration.

A person calls his Rabb/Lord and whispers with humbleness, he asks Allah what he desire & his Duas reach Arshe Ilaahi fast. Duas prayed during Sujood/ prostration Are never rejected, there are high chances of accepted by Allah swt.

We will learn how to do Sujood/ prostration? In sha Allah we will improve our Sujood/ prostration From now on.

عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِذَا سَجَدَ أَحَدُكُمْ فَلَا يَبْرُكْ كَمَا يَبْرُكُ الْبَعِيرُ وَلْيَضَعْ يَدَيْهِ قَبْلَ رُكْبَتَيْهِ " .

Abu Hurairah reported the Messenger of Allah (ﷺ) as saying:

when one of you prostrates himself he must not kneel in the manner of camel, but should put down his hands before his knees. Sunan Abi Dawud 840

there is another weak (dhaeef hadith) that we put our knees 1st and then do Sujood, but imam Hajar, Imam Hakim, imam Zehbi RA, and a few others say we should follow the Sunnah and put our Hands before we put our knees on ground.

So the summary is that we put our hands on ground before our knees touch the ground.

"Holy prophet pbuh used to place his hands on the ground before his knees."

The Sajdah Described

Let's see the whole process of Sujood in points;

This will help us to do sajdah according to Sunnah:

- Forehead and nose should be on the ground while prostrating.
- Both hands should be on ground by our shoulder side. (not too much wide , not too much close, just medium width and fingers should be similar as when we do Rafa al Yadean). Its ok to put our both hands by our ears(beside ears or shoulders).

- Fingers should be close and should be directed towards Ka'aba palms of both hands and knees should be properly on ground

When you prostrate, then be firm in your prostration;

In one narration: When you prostrate, put your face and hands down firmly, until all of your bones are relaxed in their proper places

He pbuh also used to say, "There is no prayer for the one whose nose does not feel as much of the ground as the forehead." Hassan darul qutatni sunnan: 348

Narrated Muhammad bin `Amr bin `Ata':In prostrations, he placed both his hands on the ground with the forearms away from the ground and away from his body, and his toes were facing the Qibla. On sitting In the second rak`a he sat on his left foot and propped up the right one; and in the last rak`a he pushed his left foot forward and kept the other foot propped up and sat over the buttocks." Sahih al-Bukhari 828

"he pbuh kept his feet upright"

Narrated Ibn `Abbas: The Prophet (ﷺ) said, "I have been ordered to prostrate on seven bones i.e. on the forehead along with the tip of the nose and the Prophet (ﷺ) pointed towards his nose, both hands, both knees and the toes of both feet and not to gather the clothes or the hair." Sahih al-Bukhari 812

"He pbuh would not rest his fore-arms on the ground", but "would raise them above the ground, and keep them away from his sides such that the whiteness of his armpits could be seen from behind", and also "such that if a small lamb or kid wanted to pass under his arms, it would have been able to do so."

During sujood, our stomach, chest and Thais will be higher from ground, and away from each other. They will not be joined during sujood. Both Thais should be apart. Hands, elbows, chest, Thais all will have space between them.

Elbows should be neither on the ground and nor joined with our sides.

Holy prophet pbuh never used to rest his wrists on the ground during Sujood.

He used to keep them upright.

We should keep seven bones on which he (sallallaahu 'alaihi wa sallam) would prostrate: the palms, the knees, the feet, and the forehead and nose – and do sajdah with ease.

Special cautionary point for women:

It has been seen that many women keep their arms on the ground during sujood.

They just compose themselves; they do sujood in position in which all of women's body parts are joined together. This is absolutely wrong posture.

We get narration that there is no difference in Salah for men and women.

Men and women both must read Salah as holy prophet pbuh read his Salah.

- The only difference is satar and hijab. We will in sha Allah read our Salah as holy prophet pbuh read his Salah; we will keep our chest, stomach and Thais away from our body. We will keep space between them.
- Our elbows and wrists will not be on the ground. They will be upright.
- Our feet will be upright and toes will be bent and facing towards ka'abah while heels joint together.

Prophet of Allah pbuh, used to order likewise, saying, when you perform sajdah, place your palms (on the ground) and raise your elbows, and Be level in sujood, and none of you should spread his fore- arms like the spreading of a dog (in one narration: like a dog spreads them). In a separate hadeeth, none of you should rest arms on the ground the way a dog rests them.

He also used to say, Do not spread your arms [the way a beast of prey does], rest on your palms and keep your upper arms apart, for when you do all that, every one of your limbs prostrates with you.

Al-Bira' (b. 'Azib) reported: The Messenger of Allah (ﷺ) said. When you prostrate yourself, place the palms of your hands on the ground and raise your elbows. Sahih Muslim 494

This hadith has been narrated by Ja'far b. Rabi' with the same chain of transmitters. And in the narration transmitted by 'Amr b. al-Harith (the words are):

" When the Messenger of Allah (rtiy peace be upon him) prostrated, he spread out his arms so that the whiteness of his armpits was visible." And in the narration transmitted by al-Laith (the words are:" When the Messenger of Allah (ﷺ) prostrated. he spread his hands from the armpits so that I saw their whiteness." Sahih Muslim 495 b

Maimuna reported: When the Messenger of Allah (ﷺ) prostrated himself, if a lamb wanted to pass between his arms, it could pass. Sahih Muslim 496

Abu Huraira reported:

The Messenger of Allah (ﷺ) said: The nearest a servant comes to his Lord is when he is prostrating himself, so make supplication (in this state). Sahih Muslim 482

So pray abundantly during sujood. Allah swt is always close to his slaves but a servant is close to him while he is in prostration position.

That was the reason that holy prophet pbuh used to supplicate in sujood with a lot of dedication and humbleness.

Sajdah on the Ground, and on Mats

He would often prostrate on the (bare) ground.

"His Companions would pray with him in the intense heat, so when one of them could not press his forehead against the ground, he would spread his piece of cloth and prostrate on that."

Abu Sa'id al-Khudri (Allah be pleased with him) reported that the Messenger of Allah (ﷺ) observed i'tikaf (confined himself for devotion and prayer) in the first ten (days) of Ramadan; he then observed i'tikaf in the middle ten (days) in a Turkish tent with a mat hanging at its door. He (the Holy Prophet) took hold of that mat and placed it in the nook of the tent. He then put his head out and talked with people and they came near him, and he (the Holy Prophet) said:

So in the morning of the twenty-first night when he (the Holy Prophet) got up for dawn (prayer). There was a rainfall and the mosque dripped, and I saw clay and water. When he came out after completing the Morning Prayer (I saw) that his forehead and the tip of his nose had (traces) of clay and water, and that was the twenty-first night among the last ten (nights). Sahih Muslim 1167

Anas bin Malik said, "My grandmother Mulaika invited Allah's Messenger (ﷺ) for a meal which she herself had prepared. He ate from it and said, 'Get up! I will lead you in the prayer.' " Anas added, "I took my Hasir, washed it with water as it had become dark because of long use and Allah's Messenger (ﷺ) stood on it. The orphan (Damira or Ruh) and I aligned behind him and the old lady (Mulaika) stood behind us. Allah's Messenger (ﷺ) led us in the prayer and offered two rak`at and then left." Sahih al-Bukhari 380

Sujood gets you closer to Allah swt.

It is narrated on the authority of Abu Huraira that when, the son of Adam recites the Ayat of Sajdah (prostration) and then falls down in prostration, the Satan goes into seclusion and weeps and says: Alas, and in the narration of Abu Kuraib the words are: Woe unto me, the son of Adam was commanded to prostrate, and he prostrated and Paradise was entitled to him and I was commanded to prostrate, but I refused and am doomed to Hell. Sahih Muslim 81

Lots of sujood could get entrance to paradise

Rabi'a b. Ka'b said: I was with Allah's Messenger (ﷺ) one night. and I brought him water and what he required. He said to me: Ask (anything you like). I said: I ask your company in Paradise. He (the Holy Prophet) said: Or anything else besides it. I said: That is all (what I require). He said: Then help me to achieve this for you by devoting yourself often to prostration. Sahih Muslim 489

Sujood will get us higher status in Jannat. In sha Allah we will do our sujood properly and according to Sunnah of prophet pbuh.

Summary of ruling on Sujood.

- You can make your sujood long as much as you wish.
 - Do your Duas in sujood
 - Do sujood with extreme humbleness
 - We see Ahadith that holy prophet kept his arms, elbows, chest and Thais away from body. He never joined them.
 - Hands will not be too close or not too far
 - Fingers will not be wide apart.
 - Nose and forehead properly and firmly on ground.
 - Don't read any qur'anic supplications in sujood
- Ibn 'Abbas reported: The Apostle of Allah (ﷺ) had been commanded that he should prostrate on the seven (bones)....According to Abu'l-Rabi' (the seven bones are): The hands, the knees, and the (extremities) of the feet and the forehead. Sahih Muslim 490
- We will do sujood with total dedication.
 - Do Tasbeeh and declare Allah's praises in our sujood, we can do supplications in our sujood
 - Try to do our sujood as best as we can.