

Standing up After Raku (Quoma)

We have learnt the posture for Raku (bowing) and what we should recite during our Raku (bowing down) in last session.

We will learn what we to do and what to recite after Raku in today's session.

Holy prophet pbuh used to stand at ease after Raku, and he used to recite Dua.

When we did Raku we recited Dua while maintaining the correct posture monitoring of the position of, hands, elbows, back, head and knees. We praised Allah in that humble position.

Remember we cannot recite any part of Quran in Raku.

Do Raf al Yadeen (Raising hands) while stand straight after Raku.

Standing up at ease after Raku is called Quoma.

You must recite this Dua after Raku even if you are reading Salah individually or behind an imam with others.

The Imam and the followers say on raising their heads from bowing; or if you are reading Salah alone;

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِذَا قَالَ الْإِمَامُ سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ. فَقُولُوا اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ. فَإِنَّهُ مَنْ وَاَفَقَ قَوْلَهُ قَوْلَ الْمَلَائِكَةِ غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ."

Narrated Abu Huraira:

Allah's Messenger (ﷺ) said, "When the Imam says, "Sami`a l-lahu liman hamidah," you should say, "Allahumma Rabbana laka l-hamd." And if the saying of any one of you coincides with that of the angels, all his past sins will be forgiven." Sahih al-Bukhari 796

An another narration;

Al-Bara' reported:

They (the Companions) said prayer with the Messenger of Allah (ﷺ), and they bowed when he (the Holy Prophet) bowed. and when he raised his head after bowing, he pronounced: "Allah listened to him who praised Him," and we kept standing till we saw him placing his face on the ground and then we followed him. Sahih Muslim 474 d

So what did Allah listen to him?

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾.....

Praise be to Allah, the Cherisher and Sustainer of the Worlds (1) Most Gracious, Most Merciful (2) Master of the, Day of Judgment. (3) You do we worship, and Thine aid we seek. (4) Show us the straight way. (5) The way of those on whom Thou hast bestowed Thy Grace, (6) those whose (portion) is not wrath and who go not astray. (7)

We pray all that and then Allah's humble servant says : "سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ" Allah listened to him who praised Him," and then we are following an imam we say ; " Rabbana laka l-hamd." Our Lord, all praises are for you.

Then we recite رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ،

Narrated Rifa`a bin Rafi` Az-Zuraqi:

One day we were praying behind the Prophet. When he raised his head from bowing, he said, "Sami`a l-lahu liman hamidah." A man behind him said, "Rabbana wa laka l-hamdu, hamdan kathiran taiyiban mubarakan fihi" (O our Lord! All the praises are for You, many good and blessed praises). When the Prophet completed the prayer, he asked, "Who has said these words?" The man replied, "I." The Prophet said, "I saw over thirty angels competing to write it first." Prophet rose (from bowing) and stood straight till all the vertebrae of his spinal column came to a natural position. Sahih al-Bukhari 799

عَنْ أَبِي سَعِيدٍ الْخُدْرِيِّ قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا رَفَعَ رَأْسَهُ مِنَ الرُّكُوعِ قَالَ "رَبَّنَا لَكَ الْحَمْدُ مِلءَ السَّمَوَاتِ وَالْأَرْضِ وَمِثْلَهُ مَا شِئْتَ مِنْ شَيْءٍ بَعْدَ أَهْلِ الشَّيْءِ وَالْمَجْدِ أَحَقُّ مَا قَالَ الْعَبْدُ وَكُلُّنَا لَكَ عَبْدٌ اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجِدِّ مِنْكَ الْجِدُّ".

Abu Sa'id al-Khudri reported:

When the Messenger of Allah (ﷺ) raised his head after bowing, he said: O Allah! our Lord, to you be the praise that would fill all the heavens and the earth, and all that it pleases You besides (them). O, you are worthy of praise and glory, most worthy of what a servant says, and we all are your servants, no one can withhold what you gave or give what you withhold, and riches cannot avail a wealthy person against You. Sahih Muslim 477

Holy prophet pbuh taught us many more Duas.

Remember standing up after Raku is called Qouma. We should take our time and stand up at ease after Raku.

And what is said regarding the limit of the completion of bowing and of keeping the back straight and the calmness with which it is performed.

Narrated Al-Bara:

The bowing, the prostration the sitting in between the two prostrations and the standing after the bowing of the Prophet (ﷺ) but not qiyam (standing in the prayer) and qu`ud (sitting in the prayer) used to be approximately equal (in duration). Sahih al-Bukhari 792 & Sahih Muslim 471

So the prayer of Muhammad (ﷺ) and his Qiyam (standing), his bowing, and then going back to the standing posture after bowing, his prostration, his sitting between the two prostrations, and his prostration and sitting between salutation and going away, all these were nearly equal to one another.

Bowing (Raku), standing posture after bowing (Qouma, his prostration (sajda), sitting between the two prostrations (jalsa). All four at same length of time.

Sometimes holy prophet pbuh did long Qouma.

Thabit reported it on the authority of Anas:.....When the Messenger of Allah (ﷺ) said: "سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ." Allah listened to him who praised Him, he stood straight till we said: He has forgotten. He then prostrated..... Sahih Muslim 473

So let's see the summary of today's session;

When we stand up after Raku we will do Rafa al Yadain, (raise hands)

We will take our time, stand up at ease.

We will say سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ

Then we recite رَبَّنَا وَلَكَ الْحَمْدُ. حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ،

We saw that holy prophet pbuh never used to rush during or after Raku, during Qouma, sajda and jalsa, he used to take his time, and all used to be same length.

See if memorise and read same Dua for Qouma and Jalsa then it will take same length of time.

We will recite: Then we recite رَبَّنَا وَلَكَ الْحَمْدُ، مُحَمَّدًا كَثِيرًا طَيِّبًا مُبَارَكًا كَافِيَهُ،

Alhamdoulillah , till here we all know what to pray.

Now we will start praying this Dua consciously. Allah heard who prayed him and these five words.

We will recite them properly and consciously and then go for prostration (sajud).

We will in sha Allah try to pray our Salah with full concentration and the way holy prophet pbuh read his Salah.

We are very happy that we are Alhamdoulillah Muslims and Ummah of holy prophet pbuh, therefor we should try to memorise some of Duas so that our Salah is like our beloved prophet pbuh.

We should try to improve our Salah and start to establish our Salah according to Sunnah so it becomes coolness of our eyes.

May Allah swt guide us to the right path and reward us best for our Salah's.
Ameen