

## Where should we look during Salah?

Next thing we are going to learn for our Salah is where we should look during our Salah.

If you are praying behind an Imam (the person who is leading prayer) then you are allowed to look at imam during Salah if needed.

During Salah our eyes should be on our place of Sajdah (prostration).

When we are doing Qiyyam (standing position) during Salah, our eyes should be focussed on Sajdah place; during Ruku (bowing down) again we should be looking at place of Sajdah.

**Keep in mind, our eyes should not be looking at our feet.**

There are ahaadeeth among the saheeh Sunnahs which mention the teaching of the Prophet (peace and blessings of Allah be upon him) concerning looking at the place of prostration during prayer. These, in general, include all the parts of the prayer.

The worshipper should look at his finger while sitting for tashahhud. This is a sound exception, supported by reports in the saheeh Sunnah.

It was narrated from 'Abd-Allaah ibn al-Zubayr that when the Prophet (peace and blessings of Allah be upon him) "sat for the Tashahhud, he would place his left hand on his left thigh and point with his index finger, and would not let his gaze go beyond his finger."

Narrated by Abu Dawood, 990; al-Nasaa'i, 1275; classed as saheeh by al-Nawawi in *Sharh Muslim*. 5/81. He said: The Sunnah is not to let one's gaze go beyond the pointing (finger).

**Show humbleness by looking down during Salah.**

Narrated Anas bin Malik as: The Prophet (ﷺ) said, "What is wrong with those people who look towards the sky during the prayer?" His talk grew stern while delivering this speech and he said, "They should stop (looking towards the sky during the prayer); otherwise their eyesight would be taken away." Sahih al-Bukhari 750

**We should not look up to the sky during Salah. It's forbidden.**

Narrated `Aisha ra: I asked Allah's Messenger (ﷺ) about looking hither and thither in prayer. He replied, "It is a way of stealing by which Satan takes away (a portion) from the prayer of a person." Sahih al-Bukhari 751

**We should not look here and there during Salah. It's forbidden.**

**There are three stages,**

1: If we move to the right or left (even if we keep the face towards Kaa'ba) during Salah, its makrooh. We must not move during Salah unnecessarily; although our chest is facing Kaa'ba, it's not liked. (Makrooh).

2: If we are reading Salah behind an Imam, then we are allowed to look at Imam if there is a need.

3: if we move to the right or left intentionally and turn away from kaa'aba , means our chest and face is not facing kaa'aba then we break our Salah. If someone does that he or she should start Salah again.

There is a message circulating on social media, saying that where should be looking at different places during Qiyyam, Raku & Tashahud in our Salah. That's not true. We should not focus on such messages; we should avoid them and just follow authentic narrations.

**We learnt today that we should look at place of our Sajdah (prostration ) during Salah.**

**Don't move around or look around otherwise our Salah will be Makrooh (not liked).**

**While in Tashahud, we should be looking at our Shahdah finger (which we will move up & down) when we read Athhayyat.**

We will learn more details on that later.

Our ultimate goal is to read Salah as holy prophet pbuh performed his Salah.