



Practical Salaah

- The JALSAH and 2<sup>nd</sup> SAJDAH

	After remaining in the prostrating for the duration of saying “SUBHANALLAH “ 3 times:
	Raise the forehead followed by the nose and sit up Whilst simultaneously saying ALLAHU AKBAR
	The left foot will be kept flat and one will sit on it. Whilst the right foot will be kept erect and the toes bent, facing towards the Qiblah. <i>See illustration</i>
	 
	The back will be kept straight as well as the head
	Both hands will be placed on thighs whilst the fingers will touch the knees
	One has to sit until every joint of the body has achieved its normal composure or poise.
	Proceed for the 2 <sup>nd</sup> prostration whilst saying ALLAHU AKBAR. Complete as one had completed the 1 <sup>st</sup> prostration.
	Stand up from prostration into a complete standing position whilst saying ALLAHU AKBAR <u>SIMULTANEOUSLY</u>
	Tie ones hands immediately upon standing.( There is no need to raise ones hands till earlobes)
	Complete this segment (Rak’ah) as explained for the first one. Except that we will: <ul style="list-style-type: none"> <li>✗ not read “SUBHAANAKAALLAHUMMA wa BIHAMDIKA....)</li> <li>✗ Not read “A’UTHU BILLAHI.....”</li> <li>✓ Begin by reciting “BISMILLAHIR RAHMAANIR.....”</li> </ul>

Glossary of terms

FARDH	Compulsory
WAAJIB	Compulsory (to a slightly lesser degree than FARDH)
SUNNAH	A practise which was encouraged or acted upon or approved verbally or tacitly by the Prophet Sallallahu alaihi wasallam. If it was strongly encouraged then it will be known as <b><u>SUNNAH MUAKKADAH</u></b> . If not then <b><u>SUNNAH GHAIR MUAKKADAH</u></b>
Notes	
NAFL or MUSTAHAB	Optional act

<b>TAKBEER</b>	Saying ALLAHU <b>AKBAR</b>	<b>RUKU'</b>	Bowing posture
<b>TASBEEH</b>	Saying <b>SUBHAANALLAH</b> or <b>SUBHAANA RABBIYAL ADHEEM</b> or <b>SUBHAANA RABBIYAL A'LAA</b>	<b>SAJDAH</b>	Prostrating posture
		<b>QIBLAH</b>	The direction of the Ka'bah in Makkah.
<b>TAHMEED</b>	?	<b>JALSAH</b>	Sitting posture between two sajdahs
<b>QAUMAH</b>	Standing posture after Ruku'	<b>QIRA'AH</b>	The recital of Quran in the standing posture of prayer
<b>SURAH</b>	A chapter of the Qur'an	<b>AYAH</b>	A verse of the Qur'an

**Memo for the week (TASHAHHUD- ATTAHIYYATU)**

<b>At-taḥiyyaatu lillaahi waṣ-ṣalaawaatu waṭ-ṭayyibaat</b>	التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ	Week 5
<i>All worships oral, physical and monetary are for Allah</i>		
<b>As-salaamu 'alaika ayyuhan Nabiyyu wa rahmatullahi wa barakatuh</b>	السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ	Week 5
<i>Allah's peace be upon you, O Prophet, with His mercy and blessings.</i>		
<b>As-salamu 'alaina wa 'alaa 'Ibaadillahis-sauliheen</b>	السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ	Week 6
<i>Peace be on us and on all righteous servants of Allah.</i>		
<b>Ash-hadu-al-la-Ilaha illAllahu wa ash-hadu anna Muhammadan 'abduhu wa Rasooluh</b>	أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ	Week 6
<i>I bear witness that there is no god but Allah, and I bear witness that Muhammad is His Slavet and Messenger.</i>		

**Aqeedah #4**

We believe in all Divine books and scriptures	Notes
Four main books : 1. TORAH 2. ZABOOR 3. INJEEL 4. QUR'AN	

**Advice for the week**

**Raise up your lower garment halfway to the leg (shin), if not then at least above the ankles, for trailing it is (a signof) arrogance and Allah dislikes arrogance/pride.**