

# About the Du'aa after Wudoo:

The Messenger of Allah ﷺ said,

**“Whoever of you performs Wudoo’ carefully and then affirms this the eight gates of Jannah are opened for him. He may enter through whichever of these gates he desires (to enter).”** (Tirmidhi)

إِلَّا اللهُ	لَا إِلَهَ	أَنْ	أَشْهَدُ
except Allah	(there is) no god	that	I bear witness

- An emergency doctor who was serving in an Arab country said that during his service he has seen several people dying but only one or two were able to recite **لَا إِلَهَ إِلَّا اللهُ** at their last breath.
- May Allah help us recite **لَا إِلَهَ إِلَّا اللهُ** and do His Dhikr more often so that we get a chance to say **لَا إِلَهَ إِلَّا اللهُ** at our death.

وَرَسُولُهُ	عَبْدُهُ	مُحَمَّدًا	أَنَّ	وَأَشْهَدُ
and His Messenger.	(is) His slave	Muhammad (ﷺ)	that	and I bear witness

332

+ رُسُلٌ

رَسُولٌ

## Things to pronounce when bowing: (رُكُوع)

الْعَظِيمُ

the Magnificent.

رَبِّي

my Lord,

سُبْحَانَ

Faultless (is)

الْعَظِيمُ

the Magnificent.

رَبِّي

my Lord,

سُبْحَانَ

Faultless (is)

سُبْحَانَ اللَّهِ

Allah is free from any  
defects or deficiencies

سُبْحَانَ

Free from Defects

## Recital while standing up from Ruku

حَمْدَهُ

praised Him.

لِمَنْ

to the one who

سَمِعَ اللَّهُ

Allah has listened

## After getting up from Ruku



الْحَمْدُ

(be) all the praise.



وَلَكَ

[and] to You



رَبَّنَا

Our Lord!

## Message from:

رَبَّنَا	وَلَكَ	الْحَمْدُ
Our Lord!	[and] to You	(be) all the praise.

- حمد : praise & thanks.
- We can praise and thank Allah from the depth of our heart if we just keep in mind the meaning of رَبَّنَا while saying it.
- Glorify Allah wholeheartedly, with the feelings of gratitude and praise.



# One more Dhikr of Rukoo

The Messenger of Allah ﷺ used to say this while raising his head from Rukoo:

"سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ رَبَّنَا وَلَكَ الْحَمْدُ

مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا

وَمِلْءَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ"-

(Tirmidhi)

مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

and filling the  
earth

filling the skies

مَلَأَ، يَمْلَأُ

1

مِلْءَ

filling

بَعْدُ	مِنْ شَيْءٍ	شِئْتَ	مَا	وَمِلْءَ
after this	from anything	You will	what	and filling

3

شِئْتَ

You will

شَاءَ، يَشَاءُ

# Zikr of Sajdah (سَجْدَة)

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Faultless (is)

**We have learnt this already in Rukoo'**

## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Faultless (is)

- **Position of Sajdah:** Sajdah (prostration) is the expression of complete submission to Allah. Try to imagine and feel the four things mentioned here.

## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Faultless (is)

- (1) Allah is free from defects
  - (2) He is Rabb
  - (3) He is my Rabb
  - (4) He is الأَعْلَى i.e., the highest, the topmost. I am in the lowest position on this earth and my Rabb is the highest on His Throne.
- We are nearest to Allah in the position of Sajdah.

# Tasbeeh and Success!

- **Ask:** O Allah! Help me to accept every test of my life and not have any complaint against You. Never should I say: Why did this happen to me?
- **Evaluate:** How many times do I complain about my color, nose, face, physique, family, weather, country, etc.
- **Plan:** I will try to never do that again!
- **Propagate.**