

Starter: What's The Question?

Q1: _____

A: Utmost humility and utmost love.

Q2: _____

A: Humility and fully focusing your heart on Allah.

Q3: _____

A: Worship Allah as though you can see Him.

Lesson 4

The Journey Through Salah

Preparation-Standing Up From Ruku



Life With Allah

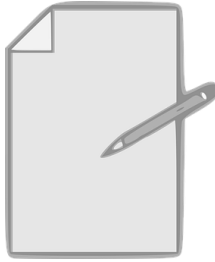
الحياة مع الله

LOs

- To identify the significance of the postures in salah
- To link the spiritual elements to the physical movements

Before Salah

Annotate your Salah JourneyBoard as we go along this journey...



- **Attending the Court of the Almighty**
 - Mentally remind yourself of WHO you are going to be conversing
- **Wuḍū'**
- **Nice clothes**
- **Facing the qiblah**

Allahu Akbar

- Raising the hands
 - Surrendering
 - Pushing the dunya behind you
- Takbīr

أَكْبَرُ

Greater than...

Video

7 Heavens, Kursi (Footstool) and The Arsh (Throne) Of Allah - By Sheikh Ahmed Ali (HD)

<https://www.youtube.com/watch?v=Uy8DT0jemE8>

Qiyam

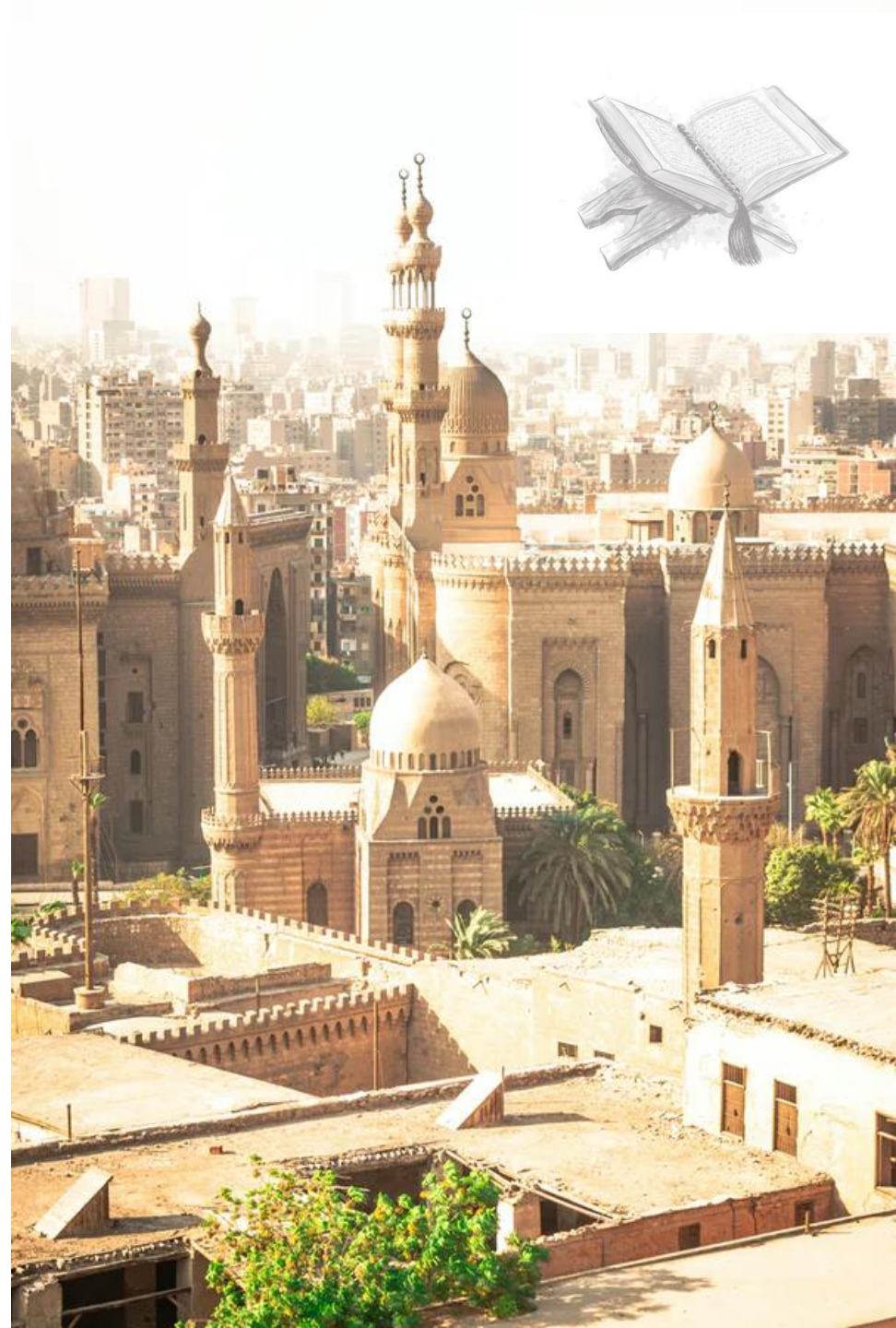
- **Qiyām (Standing)**

- Humbly lowering your gaze
- Clasping right hand over left hand
- [A] Write 2:238

حَفِظُوا عَلَى الصَّلَوَاتِ وَالصَّلَاةِ
الْوُسْطَىٰ وَقُومُوا لِلَّهِ قَانِتِينَ

﴿ ٢٣٨ ﴾

Take due care of all the prayers,
and the middle prayer, and stand
before Allah in total devotion



Beginnings

- **Istiftāḥ (Opening Du‘ā’)**
 - Greet & praise Allah
 - Seek forgiveness
- **Isti‘ādhah**
 - Seeking protection from s.o who wants to DESTROY.
 - Only one who can protect us from him is Allah.
- **Basmalah**
 - Ba: seeking help & blessing

Qur'an & Ruku

- **Reciting Qur'an**
 - Calmly
 - Tajwid
 - Hear yourself recite (NOT IN YOUR MIND)
 - Reflect
- **Sūrah al-Fātiḥah**
 - Try to pause + think of what Allah is saying
- **Rukū'**
 - Strong symbol of submission
 - Praising and glorifying Allah + simultaneously humbling yourself physically and in your heart

Story Time



رَضِيَ اللهُ عَنْهُ

أبو بكر



Standing Up From Ruku

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ

Class Quiz

- 1 point for a decent-ish answer
- 2 points for a good answer
- 3 points for an outstanding answer!

بالتوفيق!

Quiz questions

1. What can you think of when you are doing wudu?
2. Why should you dress nicely for salah?
3. What is the spiritual significance of facing the qiblah?
4. Just before you start salah, what you can tell yourself?
5. What is the significance of raising our hands when we start salah?
6. What does 'Allahu Akbar' mean beyond a simple translation?
7. Why do we put our right hands on our left hands, and look down?
8. What are we doing when we start our salah with the 'opening du'a'?
9. Why do we recite the isti'adhah?
10. What does the 'baa' in Bismillah denote?
11. How should we recite Qur'an in salah?
12. Why is Surah al-Fatihah in salah one of the most amazing conversations?
13. What does *سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ* mean?
14. What does ruku' symbolise?

The Adhkar Bank



Life With Allah

الحياة مع الله

Standing up from Ruku'

رَبَّنَا وَلَكَ الْحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ.

Our Lord, to You Alone belongs all praise; abundant, pure and blessed praise
(Bukhārī).

Rifā'ah b. Rāfi' narrated, "One day we were praying behind the Messenger of Allah ﷺ. When he raised his head from rukū', he ﷺ said سَمِعَ اللهُ لِمَنْ حَمِدَهُ

A man behind him said [the above]. When he ﷺ finished, he asked, 'Who uttered those words?' The man replied, 'Me.' The Prophet ﷺ said, 'I saw some **thirty-something angels racing to write it first**'" (Bukhārī).

Practising What We're Learning

2 rak'ah with the highest level of khushu you can, with the help of Allah ﷻ