



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الحمد لله حمد الشاكرين، والصلاة والسلام على المبعوث رحمة للعالمين، وهادياً للناس أجمعين. صلاةً وسلاماً دائمين إلى يوم الدين، وآله وصحبه ومن تبعهم بإحسان، وسلم تسليماً كثيراً، أما بعد:

سنن الصلاة وهى إحدى وخمسون

51 Sunnats of Salah in the light of Saheeh Ahadith

THE 11 SUNNATS OF QIYAAM (Standing Position)

1. One of the Sunnah governing *Qiyaam* (the standing position in Salah) is to stand facing the *Qibla* upright. The head should not be bent. The eyesight should be focused on the place of *Sajdah*. (Sahih Muslim vol 1, p200 / Sunan Nasai no.1196/ Sunan Ibn Majah no-803)
2. The toes should also be pointing towards the *Qibla*, there should be a gap of four fingers width between the feet. (Daru Qutuni vol 1, p272 / Musanaf Abdul Razzaq vol 2, p581/ Al Mughni vol 2, p11)
3. When *Salah* is preformed in Jamah, the Imam reads the *Takbeer-e-Tahreema* **الله أكبر** (1st Takbeer) the Muqtadi (one following the Imam) should also read (quietly) *Takbeer-e-Tahreema* **الله أكبر** immediately after the Imam. (Sahih Muslim vol 1, p177/ Sunan Ibn Majah no-803)
4. The male while saying the ('*Al-laa Hu'ak-bar'*) **الله أكبر** (1st Takbeer) should raise both his hands towards his earlobes making contact with the tip of his thumbs to the tip of his earlobes. (Sahih Muslim no.391/ Sunan Abu Dawood no.728/ Sunan Tibaraani vol 22, p18/ Sunan Nasai vol 1, p141)
5. While saying the *Takbeer-e-Tahreema*, the palms of the hand (while being raised) should face the *Qibla*, the hands are raised with *Takbeer-e-Tahreema* (1st Takbeer) at the beginning of 1st *Rakat* only. (Jami Tirmidhi no-257/ Abu Dawood no.749/ Sunan Nasai p158/ Sahih Muslim p181)
6. While raising the hands during the *Takbeer-e-Tahreema* the fingers should be kept naturally relaxed (neither completely open nor tightly together) but in their natural relaxed position. (Jami Tirmidhi p62/ Sahih Ibn Habban vol 3, p195/ Sunan Baihaqi vol 2, p27)
7. Then, when folding the hands, the palm of his right hand should be placed on the back of the wrist of his left hand. (Sahih Bukhari vol 1, p159/ Majma ul Zawahed vol 2, p104)
8. The males should form a ring around the wrist of the left hand by gripping it with the thumb and the little finger of the right hand. (Sahih Bukhari vol 1, p102/ Ibn Abi Shaybah vol1, p391)
9. The males should then place the middle three fingers of the right hand over the forearm. (Sunan Ibn Majah p58/ A'tharul Sunan vol1, p69)
10. The males should fasten their hands in the above mentioned manner below the navel. (Sunan Abu Dawood, no-756 p117/ Musnad Ahmed vol 1, p110/ Ibn Abi Shaybah vol 1, p390/ Daru Qutuni vol 1, p286)
11. Then one should recite *Thana* **سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ**. (Sunan Abu Dawood vol 1, p113/ Jami Tirmidhi p62/ Sunan Nasai vol 1, p104)

THE 7 SUNNATS OF QIRAAT (Qur'an Reciting Position)

12. After the *Thana*, *Ta'aw-wuth* should be recited quietly in the first *Rakaat* only **أعوذ بالله من الشيطان الرجيم**. (Tibaraani Kaber vol 9, p263)
13. After *Ta'aw-wuth*, (*Tas-mi-yah*) **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ** should be recited quietly and thereafter in every *Rakaat*. (Sahih Muslim vol 1, p172/ Sunan Tahaawi vol 1, p140/ Jami Tirmidhi vol 1, p57/ A'tharul Sunan p121)
14. Then after Surah *Fatihah* *Ameen* (**أَمِينَ**) should be said softly. (Holy Qur'an 7:55/ 19:3/ Jami Tirmidhi no-248/ Sahih Muslim vol 1, p176/ Musnad Ahmad vol 4, p316)
15. To recite extended Surahs from (*Surah 29 Al-Hujurat to Surah 85 Al-Buruj*) in *Fajr* and *Zuhr* and from Surahs (*Surah 85 Al-Buruj to Surah 98 Al-Bayyinah*) in *Asar* and *Isha*, and from Surahs (*Surah 99 Az-Zalzalah to Surah 114 An-Nas*) in *Maghrib* Salah. (Sunan Nasai vol 1, p154/ Musanaf Abdul Razzaq vol 2, p104)
16. To lengthen the first *Rakaat* of the *Fajr* Salah. (Musanaf Ibn Abi Shayba vol 1, p353/ Sunan Nasai vol 1, p154)
17. The *Qur'an* should not be recited too fast nor too slow but at a medium pace. (Sahih Bukhari vol 1, p57/ Sahih Muslim no-766)
18. Only *Surah Fatihah* should be read in the third and fourth *Rakaats* of each *Fard Salah*. In any Jamah (congregation) Salah the *Muqtadi* should not recite *Qiraat*, only the *Imaam* is to recite (Holy Qur'an 7:204/ Sahih Bukhari vol 1, p107/ Sahih Muslim no-398 / Sunan Ibn Majah no-850)

THE 8 SUNNATS OF THE RUKU (Bowing Down Position)

19. *Takbeer* اللهُ أَكْبَرُ ('Al-laa Hu'ak-bar') should be said while making the *Ruku*. (Sahih Bukhari vol 1, p109/ Sahih Muslim vol 1, p169)
20. In *Ruku*, males should grasp their knees with their hands. (Jami Tirmidhi vol 1, p60)
21. The male's fingers should be spread while grasping their knees. (Sahih Bukhari no-753)
22. In *Ruku*, the legs should be kept straight. (A'tharul Sunan p112/ Sunan Nasai no-1038)
23. In *Ruku*, the males should keep their back level. (Sunan Nasai p118/ Musnad Ahmad vol 4, p22/ Shami-Vol 1, p365)
24. The head and the lower back of the males should be in a straight line. (Sunan Abu Dawood vol 1, p132/ Sunan Nasai vol 1, p118)
25. سُبْحَانَ رَبِّيَ الْعَظِيمِ (Glory be to my Lord, the Great) should be recited at least three times in *Ruku*. (Jami Tirmidhi vol 1, p60/ Sunan Nasai no.1049)
26. While getting up from *Ruku*, the imam should say سَمِعَ اللهُ لِمَنْ حَمِدَهُ (Allah hears one who praises Him). The Muqtadi should thereafter say رَبَّنَاكَ الْحَمْدُ (Our Lord! all praise be to You). The *Munfarid* (person who is performing his Salah individually) should say both. (Jami Tirmidhi vol 1, p61/ Sahih Bukhari vol 1, p109/ Sunan Ibn Majah no.875)

THE 12 SUNNATS OF SAJDAH (Prostrating Position)

27. While proceeding for *Sajdah*, the *Takbeer* of *Sajdah* اللهُ أَكْبَرُ ('Al-laa Hu'ak-bar') should be said. (Nasai no-1145)
28. While proceeding for *Sajdah*, the knees should first be placed upon the earth. (Sunan Abu Dawood no-829)
29. Thereafter, the palms should be placed upon the ground. In *Sajdah*, the fingers should be close together. (Sunan Abu Dawood no-830)
30. Then the nose should be placed on the ground. (Sunan Abu Dawood no-885)
31. Thereafter, the forehead should be placed on the ground. (Sunan Nasai no-1099/ Sahih Bukhari no-775)
32. To make *Sajdah* between the two hands i.e. to place the head between the palms. (Bukhari no-771/ Sunan Tahaawi vol 1, p151)
33. In *Sajdah*, the males should keep their stomachs separate from their thighs. They should also ensure that the toes on both feet are pointing towards *Qibla*. (Sahih Muslim no-495/ Sahih Bukhari no-769 & 828/ Sunan Baihaqi no-2717)
34. Males should keep their arm separate from their sides. (Sunan Nasai no.1109)
35. To keep the elbows away from the ground. (Mustadarak Hakim vol 1, p227)
36. سُبْحَانَ رَبِّيَ الْأَعْلَى (Glory be to my Lord, the Most High) should be read at least three times. (Sunan Abu Dawood vol 1, p126/ Tirmidhi p65/ Sunan Nasai no.1049)
37. To recite the *Takbeer* of *Sajdah* اللهُ أَكْبَرُ when getting up. (Sunan Nasai no.1085)
38. When getting up from *Sajdah*, the head should be raised first and then nose, and then the hands, and then the knees. Also, to sit with ease between the two *Sajdahs*. (Abu Dawood no-829/ Sahih Muslim no.473)

THE 13 SUNNATS OF QA'DAH (Sitting Position)

39. In *Qa'dah* (sitting posture between the two *Sajdahs*), the males should keep their right foot up whilst the toes should face the *Qiblah* and let the left foot lie flat and sit on it. (Sahih Bukhari p114/ Muwatta Imaam Malik p73)
40. Both hands should be placed upon the thighs. (Sahih Muslim p216)
41. In *Tashahhud*, the forefinger should be raised while reciting أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللهُ and should be lowered while reciting 'إِلَّا اللهُ'. (Sunan Baihaqi vol 2, p132/ Musnad Ahmad vol 2, p119)
42. To recite *Durood Salam* in the last *Qa'dah*. (Sahih Muslim p175)
43. After the recitation of the *Durood Salam*, a Du'ā from the Qur'an or Hadith should be read. (Sahih Bukhari no-835)
44. To make *Salam* on both sides. (Sunan Nasai no-1145/ Sunan Ibn Majah no-915)
45. When making *Salam*, السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ to begin with the right side first. (Sahih Muslim vol 1, p116/ Musanaf Ibn Abi Shaybah vol 1, p298)
46. The Imam should make the intention of *Salam* to the Muqtadi's, Angels and Pious Jinns. (Sunan Ibn Majah no-923/ Sunan Abu Dawood, no-988)
47. The Muqtadi should make their intention of *Salam* for the Imam, Angels and Pious Jinns and they should also make the intention for the Muqtadis on their right and left respectively. (Sunan Ibn Majah no-922)
48. The *Munfarid* should only make the intention of *Salam* for the Angels. (Tahtaawi p149/ Kabeeri p337/ Sharah Niqayah vol 1, p81)
49. The Muqtadi should make his *Salam* at the same time as that of the Imam. (Sunan Ibn Majah no-921/ Sunan Nasai no-797/ Sunan Abu Dawood, no-988)
50. The Imam should not stretch *Salam*, and say the second *Salam* in a softer tone than the first *Salam*. (Sunan Abu Dawood, no-991/ Sahih Bukhari no-798)
51. The *Masbooq* (a person who has joined *Jamaat* late) should wait for the Imam to finish his second *Salam* (before getting up to perform the missed *Rakaats*). (Sahih Bukhari vol 1, p347/ Duri Mukhtar vol 1 p86)

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Ahadith References provided by Mufti Muhammad Yusuf Danka

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