

Lesson 31

Topic: **Salah**

e) Rukoo‘

In every rak‘ah, after the recitation, one must bow until he can place his palms over his knees.

In rukoo‘, as a precaution, one should say three times: **سُبْحَانَ اللَّهِ** or one should say once: **سُبْحَانَ رَبِّيَ الْعَظِيمِ وَ بِحَمْدِهِ**

Case: It is mandatory that the body of the mosalli is motionless during the obligatory dhikr of the rukoo‘.

And it is recommended to recite salawat: **«اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ»**

After rising from the rukoo‘ and standing upright, it is mostahab to say: **سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ**

Case: If one cannot bow down properly as required for rukoo‘, one must lean on something, and if even this is not possible, he must perform the rukoo‘ to the best one can.

If one forgets [performing] the rukoo‘, and remembers [this] – before reaching the sujood – one must stand [attaining the fully upright stature] and then perform the rukoo‘.

f) Sujood

It is mandatory to stand upright after finishing the rukoo‘ dhikr, and once the body attains a state of motionless, he should head for sujood.

A sajdah [is defined as] placing the forehead, the palms of the two hands, the knees, and the tips of the big toes of the two feet on the ground.

In sujood, as a precaution, one should say three times: **سُبْحَانَ اللَّهِ** or say once: **سُبْحَانَ رَبِّيَ الْأَعْلَى وَ بِحَمْدِهِ**

Two sajdah’s together are a rukn, such that if the mosalli misses them out in an obligatory salah, whether deliberately or inadvertently, or adds to them another two sajdah’s, his salah is rendered void.

Case: If one deliberately raises one of his seven masajidi (or the elements of prostrations) from the ground while reciting the sujood dhikr, his salah is rendered void.

There is no objection if one inadvertently raises one of his masajid – other than the forehead – outside the duration of reciting the sujood dhikr.

If one inadvertently raises his forehead from the ground before finishing the sujood dhikr, it is not permitted to place it on the ground.

where there is no tashahhud one should, as per obligatory precaution, after the second sajdah sit and pause a little without motion, and then rise up for the following rak‘ah. This is known as the resting position.