

## Lesson 7a

## Rukoo' & Sujood Prayers

After completing this lesson (a & b),  
you will learn **80 new** words, which  
occur **26,082** times in the Qur'an.



### Things to pronounce when bowing (رُكُوع):

107

الْعَظِيمُ

the Magnificent

رَبِّي

my Lord,

سُبْحَانَ

Glory be to

Try to imagine and feel the four things mentioned here:

- My Rabb is free from any defects or imperfections. He does not need any partner or help. He is not an oppressor or unjust. He has not created anything in vain. He neither gets tired nor slumbers. He is not weak and doesn't fear anyone. There is no flaw in His commands. I do not have any complain for the tests in my life.
- He is Rabb, i.e., who takes care of all of me and everything around me. He is the Cherisher, Sustainer, and Provider of everything that I need. He is the one who controls each and every one of my 1 trillion cells every second of my life. He is continuously supplying and feeding me with oxygen. He is smoothly running all my body systems such as the blood system and digestion system.
- You are addressing Allah saying: My Rabb. If your mother says: "my son is very good" or "my daughter is very good" right in front of you, what does it show? It shows her love and affection! Say it with love when you do Tasbeeh in Rukoo'.
- He is magnificent عَظِيم. No one can overpower or put pressure on him.

حَمْدَهُ

praised Him

لِمَنْ

to the one who

سَمِعَ اللَّهُ

Allah has listened

هُ	حَمْدَ	مَنْ	لِ	
Him	praised	the one who	for, to	

- Allah listens to everyone. Here it means that Allah responds to the one who praises Him and answers his prayers.
- Allah does not need our praise for Him. It does not benefit him at all. He does not lose anything if we don't praise Him. Only we benefit by praising Him.

الْحَمْدُ

is all praise.

وَلَكَ

and for You only

رَبَّنَا

O our Lord!

is all praise.	and for You only	O our Lord!
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- 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.
- Hamd حمد has two meanings: praising and giving thanks. Glorify Allah whole heartedly, with the feelings of gratitude and praise.
- Say it with 3 feelings: You are Rabb; Our Rabb; Hamd belong to You only.
- Visualize His best qualities: O Allah! You are the most Merciful, the Most Powerful, the Best Creator, and the Best Designer. Say it from the depth of your heart.

## 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)

Meanings of the remaining part are given below.

266	461	310	1
بَيْنَهُمَا،	وَمِلْءَ مَا	وَمِلْءَ الْأَرْضِ	مِلْءَ السَّمَوَاتِ
in between them,	and filling what is	and filling the earth	filling the skies
198	283	3	
بَعْدُ،	مِنْ شَيْءٍ	شِئْتَ	مَا
after (them).	from anything	You will	all those things what
			and filling

- The words of this Dhikr are amazing. Look at the life of the Messenger of Allah ﷺ. He passed through continuous trials and tribulations. He did not have even two full consecutive meals in his life. In addition to that, he was persecuted for almost 13 years in Makkah and was attacked by armies for several years in Madinah. Keep this in mind and look at the words of this Dhikr expressing thanks and gratitude to Allah! No human can reach even a fraction of what the Prophet ﷺ had expressed in these words. His actions indeed were far superior to his words.
- According to modern research, one has to be full of gratitude for a peaceful and satisfactory life. One of the modern success expert had suggested that in order to develop gratitude, we should try to imagine filling our body with the liquid of gratitude every night before sleep! As if every part of our body is swimming in gratitude.
- Now look at the words of the Prophet ﷺ. He wants to fill up the heavens and the earth and everything in between with gratitude and praise to Allah!
- The last part of the Dhikr are more amazing! After mentioning heavens and the earth, he says that he would like to thank and praise Allah by filling "whatever You will O Allah!". That means, O Allah, I know heavens and earth only. If there is anything beyond that which pleases You, I would love to fill that too with gratitude and praise! Allah know best.
- Indeed the modern success experts and trainers can't reach even the dust of what the Prophet ﷺ has taught us about gratitude.

## Adhkaar of Sajdah (سجدة):

الْأَعْلَى	رَبِّي	سُبْحَنَ
the Exalted.	my Lord,	Glory be to
(the highest) الْأَعْلَى، ٩ أَعْلَى (high) عَلَيَّ <sup>11</sup>		

**Position of Sajdah:** Sajdah (prostration) is the expression of complete submission to Allah. Try to imagine and feel the four things mentioned here. (1) Allah is free from defects; (2) He is Rabb; (3) He is my Rabb; and (4) He is الْأَعْلَى, 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.

**The message of Tasbeeh:** Latest research shows that we need to have two things for a successful and happy life: Positive attitude and gratitude. We have learned about gratitude. The standing in every Rakah of our Salah starts with الْحَمْدُ لِلَّهِ and ends with وَلَكَ الْحَمْدُ. Now let us see Tasbeeh:

- We recite Tasbeeh at least 9 times in every Rakah, and therefore more than 200 times every day. The most recited Dhikr in Salah is سُبْحَانَ رَبِّي. Remember, Allah wants us to repeat this for a special reason: to train us how to think and live every day in the best way.
- سُبْحَانَ رَبِّي has many dimensions for our training. Most important among them is that Allah does not need any partners. It also means that the commandments of Allah like Salah, Fasting, Hijab etc. are faultless because Allah Himself is free from all defects.
- Allah has kept many things to test us like the design of our nose, face, physique, family, country, and its situation, etc. These tests are also faultless. As an obedient slave, we must say: O Allah! Help us fulfill our duties without any complaint against You. Solve our problems and correct our conditions in order to achieve success in this world and in the Hereafter.
- While reciting Tasbeeh, we bow down and we put our face on earth and say رَبِّي with love and affection. As if we are saying, O Allah! We submit to you completely and do not have any complaint. If we do Tasbeeh with this feeling and manner then we can develop a strong positive attitude. The present day “Success Experts” cannot give even 1% of it.
- Remember, whatever Allah does is perfect. The situation we are in is either a test and/or due to our own faults. We should pray to Allah to help us do our best in whatever situation we are in or change it the best way. This is the secret of success.

To bring it into our lives, we need to apply the following formula:

- 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, environment, etc.?
- Plan: I will try to never have any negative feelings about my tests!
- Propagate. I will convey this to others.