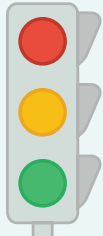


Salah Secrets 2



Learning Objectives

In this lesson, I will:



Identify how I should stand in salah

Reflect on the du'a of istiftah

Memorise the meaning of the du'a of istiftah



Key Words

Your majesty - جَدُّكَ

Exalted

Istiftah

T Thinking Starter

How do you greet someone who you respect?

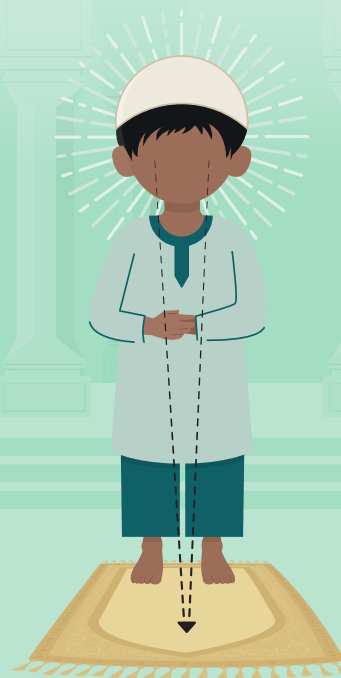


Qiyam: Stand Like a Servant

Imagine walking into a palace. You see two groups of people. One group stands with their hands on their hips, looking around everywhere. The other group stands with their hands neatly placed together, looking down respectfully. Which group do you think are the servants?

Now think about standing before Allah in salah. We should show our 'ubudiyyah (servitude) to Him by standing **humbly**, looking down **respectfully**, and placing the right hand over the left hand. We shouldn't look left or right, or at what others are doing.

Our respectful and humble posture helps us stay still and **focus** better during salah.



Who Are You Standing in Front of?

We're not standing in front of just a king, a headteacher, or an important person. We're standing before Allah—the Lord of all the worlds! He is the King of all kings, the **Most Powerful**, and our **Most Loving** Creator.

We have learned many beautiful Names of Allah. As we pray, we should think of some of these Names. This will help us fill our salah with khushu' and 'ubudiyyah.

الملك

القدوس

الودود

الخالق



What are your favourite Names of Allah? Which ones can you think about whilst you're praying?



Task 1

What feelings should we have in our hearts to help us perform a **superb** salah when we stand to pray?



Du'a of Opening

After saying takbir, we recite the du'a of opening (**istiftah**). When we meet someone we love and respect, we greet them lovingly with respect. In the same way, when we enter our special meeting with Allah سبحانه وتعالى, we greet Him with words full of respect, love, and praise. We say:

وَتَبَارَكَ	وَبِحَمْدِكَ	اللَّهُمَّ	سُبْحَانَكَ
and most blessed is	and all praise is Yours	O Allah	How Perfect are You
غَيْرُكَ	وَلَا إِلَهَ	جَدُّكَ	وَتَعَالَى
except You	and there is no god worthy of worship	Your majesty	and exalted is
اسْمُكَ			Your Name

How Perfect are You, O Allah, and all praise is Yours.
Your Name is most blessed, Your majesty is exalted and there is no god worthy of worship except You.

In this special dhikr, we praise Allah, thank Him, and affirm His tawhid (Oneness).

Task 2

Match the phrases to their explanations.

سُبْحَانَكَ اللَّهُمَّ

You have all the best qualities and are praised with love and respect because You are Perfect.

وَبِحَمْدِكَ

You are the Greatest and the Most Majestic.

وَتَبَارَكَ اسْمُكَ

Since You are the Most Perfect and the Greatest, it is only right that You are the Only One worthy of being worshipped.

وَتَعَالَى جَدُّكَ

Your Name is perfect, holy, and full of blessings.

وَلَا إِلَهَ غَيْرُكَ

O Allah, You are Perfect and free from any mistakes or weaknesses. Nothing in creation is like You.

Remember
لَا إِلَهَ إِلَّا اللَّهُ
is our most
important
belief!



Task 3

Make cards to help you learn the meanings of the words you say in salah.

1



Use a ruler to cut small pieces of paper or card.

2



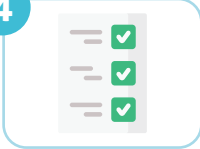
Write one Arabic word from the du'a of istiftah on one side of each card.

3



Write the meaning on the other side.

4

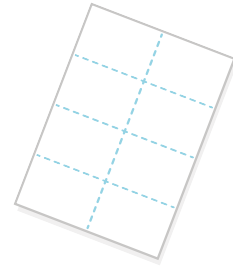


Do this with all the words.

5



Use the cards to quiz yourself or a friend!



You can also decorate your cards if you like.

I Act On What I Learn

During salah, I will say the du'a of istiftah slowly and reflect on its meaning.

P Progress Check



1. How can you stand like a servant in salah?



2. Why do you say the du'a of istiftah at the beginning of salah?



3. What is the meaning of the du'a of istiftah?

