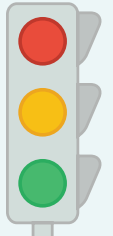


Salah Secrets 4



Learning Objectives

In this lesson, I will:



Reflect on the importance of ruku'

Memorise the meaning of the adhkar of ruku' and standing up from ruku'

Practise 2 rak'ahs in which I reflect on these adhkar



Key Words

My Lord - رَبِّي

The Magnificent - الْعَظِيم

Posture

T Thinking Starter

How can you remind yourself to pray salah calmly and slowly?



Ruku'

After you finish reciting Qur'an, you go into ruku' saying 'Allahu Akbar'. Think about how great Allah is when you say this.

In ruku', lower your head in respect. Straighten your back, relax your body, and say three times:

الْعَظِيم	رَبِّي	سُبْحَانَ
the Magnificent	my Lord	How perfect is
How perfect is my Lord, the Magnificent.		

Allah is perfect: He is free from any imperfections or weaknesses.

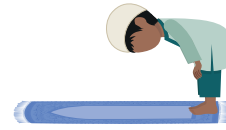
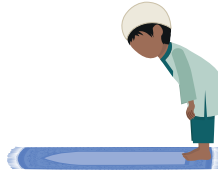
The word 'my' makes us feel close to Allah. Allah is my Rabb—the One who created me, takes care of me, feeds me, clothes me, heals me, and looks after everything in my life.

Allah is so Great that we can't even understand how great He is. Nobody can compare to Him.



Task 1

Circle the correct way of doing ruku'.



Why should we rest in every position during salah instead of rushing through it, up and down, like a bird pecking at food?

Ruku'

Ruku' is one of the most important parts of salah. It is a powerful posture that shows **humility**, submission and servitude ('ubudiyyah) to Allah.

As you bow, focus on Allah's greatness and let go of any pride. Take your time in ruku'. Enjoy the peace and joy it brings to your heart.

Posture: how you sit, stand, or hold your body.

Ruku' reminds me that I am a servant of Allah.



Standing Up From Ruku'

After ruku', stand up straight and raise your hands, saying:

حَمْدُهُ	لِمَنْ	سَمِعَ اللَّهُ
praises Him	to the one who	may Allah respond
May Allah respond to the one who praises Him.		

Here, you are asking Allah to accept the praises of those people who praise Allah.

Take your time in this posture and don't rush to go into sujud. At this moment, you are getting ready for the most special part of salah: sujud.



Once you are standing peacefully, say:

الْحَمْدُ	وَلَكَ	رَبَّنَا
all praise	and to You Alone belongs	our Lord
Our Lord, and to You Alone belongs all praise.		



Task 2

In the story below, write the meaning of سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ and trace the Arabic.



IT'S STORY TIME!

The Angels Race to Write



One day, Rifa'ah ibn Rafi' رضي الله عنه was praying behind the Prophet صلى الله عليه وسلم. When the Prophet صلى الله عليه وسلم raised his head from ruku', he said:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

In response, a Sahabi praying behind the Prophet صلى الله عليه وسلم said,

رَبَّنَا وَلَكَ الْحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

“Our Lord, and to You Alone belongs all praise; abundant, pure and blessed praise.”

After the prayer, the Prophet صلى الله عليه وسلم asked, “Who said those words?” The Sahabi رضي الله عنه replied, “It was me.”

The Prophet صلى الله عليه وسلم was so pleased. He told the Sahabi, “I saw about thirty angels rushing to write it down, and they were competing to write it first!”

Wow! Thirty angels competed to record the special way this Sahabi had praised Allah.

I want the angels to do the same for me!

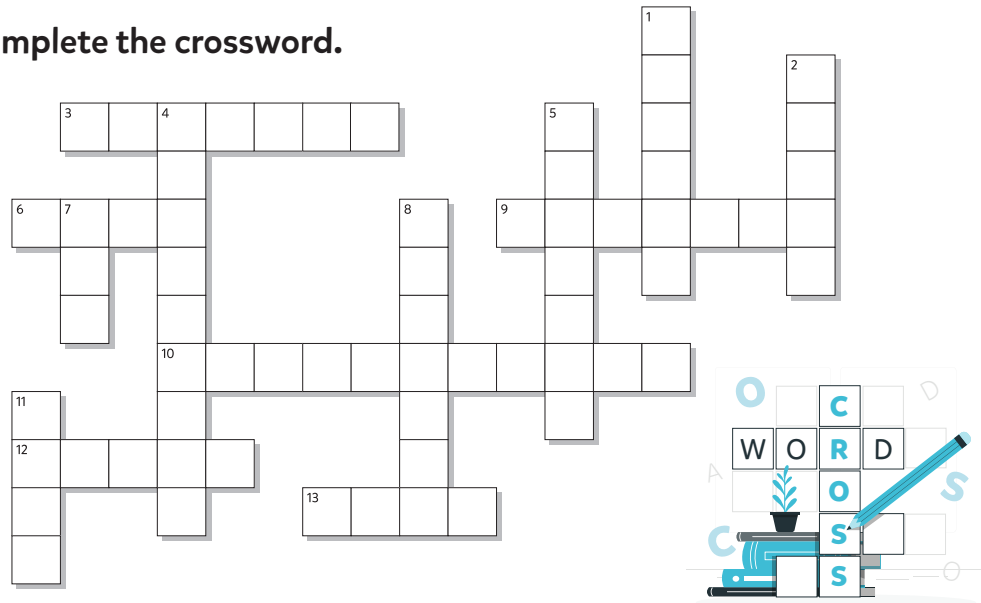




Task 3

Let's review what we've learnt!

a Complete the crossword.



Across

3. تَعَالَى جَدُّكَ means Your _____ is exalted.
6. رَبِّي means My _____.
9. سَمِعَ اللَّهُ means May Allah _____.
10. الْعَظِيمُ means The _____.
12. إِيَّاكَ means You _____.
13. الصِّرَاطُ means the _____.

Down

1. غَيْرُكَ means _____ You.
2. إِهْدِنَا means _____ us.
4. يَوْمَ الدِّينِ means the Day of _____.
5. تَبَارَكَ means is _____.
7. رَبَّنَا means _____ Lord.
8. سُبْحَانَكَ means How _____ are You.
11. اسْمُكَ means Your _____.

b Practise 2 rak'ahs in which you reflect on the meanings of what you say during ruku' and when standing up from ruku'.

P Progress Check



1. What should you think when you are in ruku'?
2. What do you say during ruku' and what does it mean?
3. What do you say as you are standing up from ruku'? What does it mean?