

The Sunnah Prayers



Learning Objectives

In this lesson, I will:



- Describe how I can guard my fard salah
- State as-sunan ar-rawatib for each salah
- Identify as-sunan ghayr ar-rawatib for each salah



Key Words

As-sunan ar-rawatib
As-sunan ghayr ar-rawatib
Sunnah mu'akkadah

T Thinking Starter

What would you do if you knew you were in danger?
 How would you protect yourself?



Keep Your Guards Up!

The five daily salahs have **rak'ahs** that are fard (obligatory), but each salah also has rak'ahs that are sunnah. These sunnah rak'ahs are like strong 'guards' that protect our fard rak'ahs.

If we only pray the fard rak'ahs, then our fard is in danger! Shaytan will attack us and try his best to make us miss our prayers or rush through them. But if we 'guard' our salah with the sunnah rak'ahs, then our fard will stay safe and sound.



Sunnah Rak'ahs: A Spiritual Warm-Up

When you play a sport or exercise, you should warm up **before** you start and cool down **after** you finish. This helps you perform your best and stay healthy.

Similarly, before you pray the fard rak'ahs, you warm up your heart by praying the sunnah rak'ahs. They help you clear your mind, get focused and prepare for the main part: the fard rak'ahs. Your heart feels ready to fully focus and connect with Allah!



Task 1

Musa is getting ready for salah. Find the way to the thoughts that connect him to Allah.



The main purpose of salah is to humble our hearts and show our 'ubdiyyah (servitude) to Allah.

As-Sunan ar-Rawatib

There are 12 sunnah rak'ahs called **ar-rawatib**. They are connected to our five daily salahs. We pray them individually—they are not prayed in jama'ah (congregation).

Name of Salah	Rawatib Before Fard	Rawatib After Fard
Fajr	2	-
Dhuhr	4	2
'Asr	-	-
Maghrib	-	2
'Isha	-	2

It is **sunnah mu'akkadah** (an emphasised sunnah) to pray these 12 rak'ahs. The Prophet ﷺ prayed them regularly and they are very important. We should always pray them too.



Did You Know?

The Prophet ﷺ said, “The two [sunnah] rak‘ahs of Fajr are better than the world and everything it contains.” (Muslim)



How does Allah reward a Muslim who prays these 12 rak‘ahs every day?



As-Sunan Ghayr ar-Rawatib

There are also 8 sunnah rak‘ahs called ghayr ar-rawatib. They are:

- ★ 4 rak‘ahs before the fard of ‘Asr
- ★ 2 rak‘ahs before the fard of Maghrib
- ★ 2 rak‘ahs after the sunan ar-rawatib of Dhuhr

Praying these extra rak‘ahs brings a big reward from Allah, so we should pray them too.



Task 2

Fill the table with the correct number of rak‘ahs:

Name of Salah	Before Fard		Fard	After Fard
	as-Sunan ar-Rawatib	as-Sunan Ghayr ar-Rawatib		as-Sunan ar-Rawatib
Fajr				
Dhuhr				
‘Asr				
Maghrib				
‘Isha				



Task 3

Solve the following equations:

$$96 \div 8 = \square$$

$$72 \div 9 = \square$$

Using your answers, write two facts that you learnt from this lesson.

1

2

I Act On What I Learn

I will guard my fard salah by always praying the sunan.



P Progress Check



1. How can we guard our fard salah?

2. How many as-sunan ar-rawatib are there for Dhuhr?

3. How many as-sunan ghayr ar-rawatib are there in total?