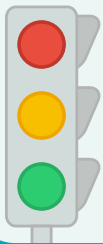


# Salah Secrets



## Learning Objectives

In this lesson, I will:



- Explore the secrets of sujud
- Memorise the du'a in between the two sajdahs
- Memorise the meaning of tashahhud



## Key Words

The Most High - الأَعْلَى  
 All royal greetings - التَّحِيَّاتُ  
 Good deeds - الصَّالِحَاتُ

## T Thinking Starter

Why was Shaytan thrown out of Jannah?



## Do You Love Salah?

After standing up from ruku', you go into sujud. Sujud is one of the most important parts of salah and its greatest pillar.

Everything you do before and during salah prepares you for this special moment with Allah سبحانه وتعالى. Sujud is when you are **closest to Allah**. Allah سبحانه وتعالى told His beloved Prophet صلى الله عليه وسلم:

وَأَسْجُدْ وَاقْتَرِبْ ﴿١٩﴾

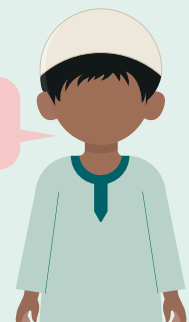
“...Prostrate and come close (to Allah).” (Surah al-'Alaq:19)

If you want to feel really close to Allah, spend as much time as you can in sujud.

There is no better way to show that you are Allah's servant than through sujud. When you put your face on the ground – the noblest part of your body – you humble yourself completely to Allah. You show your **love, respect, and complete humility** for Allah. You praise Him and tell Him what is in your heart.

Sujud is the greatest expression of 'ubudiyyah!

I love talking to Allah in sujud!



The Prophet صلى الله عليه وسلم told us to make lots of du'a in sujud because this is a special position in which our **du'a is accepted**.

**Remember:** Every time you prostrate, you defeat your greatest enemy. Shaytan hates it when you bow down and prostrate to your Lord. Imagine him crying in the corner of your room, saying, “Woe to me! The son of Adam was commanded to prostrate, and he prostrated, so for him is Paradise. I was commanded to prostrate, and I refused, so for me is Hell-fire.” (Muslim)



Hahaha!



HANA!

Yesss!  
Alhamdulillah I did sujud and got Shaytan angry!

In sujud, you say:



الأَعْلَى

the Most High

رَبِّي

my Lord

سُبْحَانَ

how perfect is

How Perfect is my Lord, the Most High!



How should saying ‘My Lord’ make you feel?

(Hint: L15 in Fiqh & ‘Ubudiyyah 4)



### Did You Know?

There are many other du‘as and adhkar that the Prophet صلى الله عليه وسلم used to say in his sujud. Try to learn as many as you can.



### Task 1

Circle out the odd word in each line to reveal three secrets of sujud.

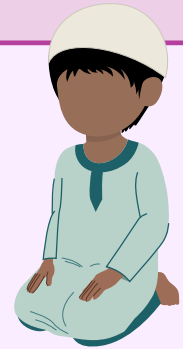
- 1 Pride      Anger      Humility      Showing off
- 2 Hajj      Sawm      Du‘a      Zakah
- 3 Teamwork      Partnership      Cooperation      Closeness

## The Du'a Between the Two Sajdahs

Then you sit up straight and say:

اغْفِرْ لِي	رَبِّ	اغْفِرْ لِي	رَبِّ
forgive me	my Lord	forgive me	my Lord
My Lord, forgive me. My Lord, forgive me.			

Some people rush this part and don't sit properly. Make sure you sit nicely and calmly. Recite this du'a and say it like you really mean it!



## The Tashahhud

Then comes your second sujud. Once you rise from it, if you are not standing for another rak'ah, you recite the tashahhud:

الصَّلَوَاتُ لِلَّهِ	الطَّيِّبَاتُ	الزَّكَايَاتُ لِلَّهِ	لِلَّهِ	التَّحِيَّاتُ
prayers are for Allah	good deeds	pure things are for Allah	for Allah	all royal greetings
اللَّهُ	وَرَحْمَةً	النَّبِيِّ	أَيُّهَا	عَلَيْكَ
of Allah	and mercy	Prophet	O	upon you
اللَّهُ	عِبَادِ	وَعَلَى	عَلَيْنَا	السَّلَامُ
of Allah	the servants	and upon	upon us	peace
إِلَّا اللَّهُ ،	لَا إِلَهَ	أَنَّ	أَشْهَدُ	الصَّالِحِينَ ،
except Allah	there is no god worthy of worship	that	I bear witness	pious
وَرَسُولُهُ	عَبْدُهُ	مُحَمَّدًا	أَنَّ	وَأَشْهَدُ
and His Messenger	His servant	Muhammad	that	and I bear witness

All royal greetings are for Allah; all pure things are for Allah; all good deeds and prayers are for Allah. May peace, the mercy of Allah and His blessings be upon you, O Prophet. Peace be upon us and upon the pious servants of Allah. I bear witness that there is no god worthy of worship except Allah, and I bear witness that Muhammad is His servant and Messenger.




## Task 2

### Vocabulary Bingo

In each box, write an Arabic word from this lesson. Your teacher will say an English word out loud.

If you have the matching Arabic word, circle it. **When you get four circles in a row** (across, down or diagonal), shout: **“Allahu Akbar!”** You are the winner mashaAllah!





## Task 3

**Practise praying two rak'ahs in which you focus on the secrets of sujud.** Remember to lengthen your sujud so you can praise Allah and talk to Him for longer!

a) How was your sajdah different? Which secret of sujud did you focus on?

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b) How did you feel after it?

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## P Progress Check



1. Mention three secrets of sujud.

2. What is the du'a between the two sajdahs?

3. State the meaning of three phrases from the tashahhud.