



In The Name of Allah, The Most Merciful, The Bestower of Mercy

## The Sunan Elements of the Salaat

Assalaamu Alaikum wa Rahmatullahi wa Barakhatahu

Upon us today is a subject that needs explanation to every Muslim. Allah says for us to Pray and

He alhamdulillah directed our Prophet Muhammad ﷺ, to teach us how we should pray.

And we learn this from the Sunnah.

### What is the meaning of Sunnah?

Sunnah means the performance of (*traditions*) from Prophet Muhammad ﷺ. And this includes: his sayings, deeds, and approvals which were memorized, recorded and transmitted by the companions and their followers."

### What are the Sunan elements for Salaat? Pgs. 254- 268

The Sunan elements upon which the correctness of one's prayer depends are as follows:

- The opening supplication
- Placing the right hand over the left one with both over the chest while in the standing position. (This includes before the bowing and after the bowing upon rising from that position.)
- Raising the hands up to the level of the shoulders (parallel) or near the ears with the fingers being close together (not separated) when saying the opening Takbir at the beginning of the prayer, when performing the (bowing) Ruku, when resuming the standing position after Ruku, and when rising from the first tashahhud to begin the third unit of the prayer.
- Saying "Subhaana RabbiAl-'Adheem" and "Subhaana RabbiAl- 'Alaa" more than once while in Ruku and when in Sujud respectively.
- What may be added to "Rabbanaa wa Lakal Hamd" after standing from the bowing position, and supplicating for forgiveness more than once between the two prostrations.
- Bowing down (Ruku), making the head and back on one level.
- While prostrating, the arms should neither be brought close to the sides, the abdomen, to the thighs nor towards the thighs to the calves.
- Raising the arms in Sujud. (keeping them away from the ground while prostrating)
- During the first tashahhud and between the two prostrations, one should place his buttocks on his left calf and foot; with the right foot erected. (further explanation and demo given inshaAllah)

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Explanation of Important Lessons (For Every Muslim) written by Abdul Aziz bin Abdullah bin Baz  
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- In the last tashahhud of the 3<sup>rd</sup> and 4<sup>th</sup> rakah prayer one should allow his buttocks to rest on the ground while his left calf is resting under his right leg. (More info given in class).
- Praying for the Prophet and the family of Muhammad, Ibrahim and the family of Ibrahim (as in Tashahhud). And supplicating in the last part of the tashahhud.
- Performing the early Morning Prayer (Fajr) and the first two units of the sunset (Maghrib) and the evening (Ishaa) prayer with an audible voice.
- Whispering the recitation in the Dhuhr (noon), Asr (late afternoon), the third rakah' of Maghrib (sunset) prayer, and the last two raka'at of the Ishaa' (evening) prayer.
- Reciting another passage from the Holy Qur'aan after the opening Surah of Al-Fatihah.

**Notes taken from: The Important Lessons for the Muslim Ummah by Shaykh ‘Abdul Aziz ibn Baz translated by Khalid A. Al-Awadh and reviewed and edited by Dr. Saleh as Saleh.**

The Sunan elements of prayer are divided into two categories. 1) Sayings and; 2) Actions.

It is not binding upon the worshipper to perform the Sunnah sayings or actions of prayer. If the worshipper performs them, then he is rewarded; if he doesn't then just as in all other deeds that are Sunnah, there is no sin upon him. Nonetheless, the Muslim should perform them, following the Prophet's command:

*“Follow my Sunnah (way) and the Sunnah of the rightly guided caliphs – cling to the way by biting on it with your molars.”*

As mentioned above, the Sunan elements are divided into two categories. These are just a few. Take notes for the others that will be mentioned in class inshaAllah.

Some from the sayings

1. The opening supplication
2. Seeking refuge in Allah from shaytain
3. The Basmalah
4. Saying Ameen
5. Reciting a surah from Qur'an in the first two units etc...
6. Reciting aloud when required
7. Reciting quietly when required

Some from the actions:

