



Prayer Part 2:

ruku' to sujood

سُورَةُ الْفَاتِحَةِ مَكِّيَّةٌ (11)

AL-FĀTIḤAH
(Revealed before Hijra)

1. In the name of Allah, the Gracious, the Merciful.
2. All praise belongs to Allah, Lord of all the worlds,
3. The Gracious, the Merciful,
4. Master of the Day of Judgment.
5. Thee alone do we worship and Thee alone do we implore for help.
6. Guide us in the right path—
- * 7. The path of those on whom Thou hast bestowed *Thy* blessings, those who have not incurred *Thy* displeasure, and those who have not gone astray.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
 الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ②
 الرَّحْمَنِ الرَّحِيمِ ③
 مَلِكِ يَوْمِ الدِّينِ ④
 إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
 اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥
 صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

سُورَةُ الْإِكْلَاصِ

Surah "Al-Ikhlās"
(Ihsan)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَكِدْ وَلَمْ يُولَدْ ③
 وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

In the name of Allah, the Merciful, the Compassionate
 (112:1) Say: "He is Allah, the One and Unique;
 (112:2) Allah, Who is in need of none and of Whom all are in need;
 (112:3) He neither begot any nor was He begotten,
 (112:4) and none is comparable to Him."

➔ After Surah Fatiha, read any Surah of your choice

Ruku' – Bowing

سبحان ربي العظيم

- “Glory be to my Lord, the Most Tremendous”
- **Al 'adheem** – the Tremendous
 - (1) What fills the eye and captures its attention
 - (2) what sight cannot conceivably encompass in all of its extremities, such as earth and heaven





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- ▶ Renew your lowliness and humility.
 - ▶ Strive to refine your inner feeling through fresh awareness of your own powerlessness and insignificance before the might and grandeur of your Lord.
 - ▶ Confirm what is in your heart: seek the aid of your tongue to praise your Lord and bear witness to His greatness.


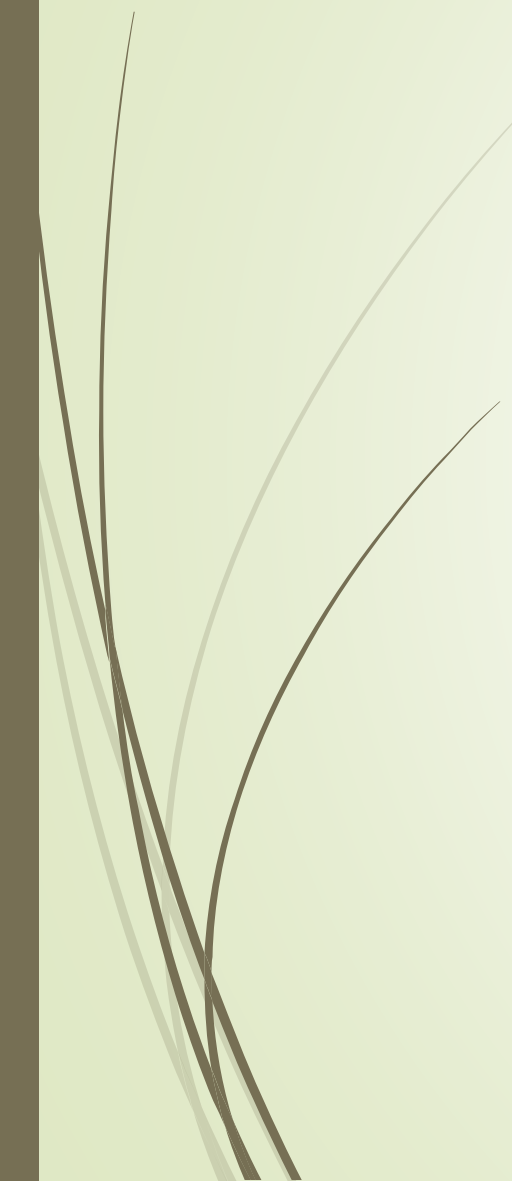
Qiyaam - Standing

- Rise from bowing, hoping He may be compassionate to you:
- **سمع الله لمن حمده** “Allah hears him who praises Him”
- **ربنا ولك الحمد** “O our Lord, to you is due all praise”
 - Acknowledge the need to express gratitude to Him.

سُبْحَانَ
رَبِّيَ الْأَعْلَى

Sujood – Prostration

- سُبْحَانَ رَبِّيَ الْأَعْلَى “Glory to my Lord the Most High”
- You make yourself the most low in front of Allah - the most high. Your face, the most precious thing, touches the ground - the most humble thing.
- Complete humility, absolute submission.
- Prompts you to think about your own insignificance, but in front of Allah you *are* significant.
- Ask for forgiveness, make du'a.

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- The Messenger of Allah said, “**whenever a Muslim prostrates before Allah for his sake, Allah raises him by one degree, and absolves him of one evil deed.**” (Muslim)
 - It is said, “The nearest a creature is to Allah is when he is prostrating, and that is the meaning of the saying of Allah: ‘**And prostrate thyself and draw near.**’” (Quran, Surah Alaq, v.19)
 - It is relayed that a man said to the messenger of Allah, “supplicants to Allah that He may make me one of those who enjoy your intercession, and that he may grant me your companionship in paradise.” He replied, “**Then help me with frequent prostrations.**” (Muslim)
 - The Messenger of Allah said, “A creature does not grow near to God by anything more excellent than prostration in private.” (Ibn al Mubarak)
 - Abu Hurairah said, “The nearest a creature is to Allah is when he prostrates: so do much supplication then.”

Jalsa - sitting

➤ رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي

Lord, forgive me. My Lord, forgive me.

➤ اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَاجْبُرْنِي، وَعَافِنِي،
وَارْزُقْنِي، وَارْفَعْنِي

O Allah forgive me, have mercy on me, guide me, support me, protect me, provide for me and elevate me.