




Lesson-25: Adhkar of Ruku and Sujood

Lesson Outcomes

- Importance of Ruku and Sujood
- Manners to recite Du'aas and Adhkar in Ruku and Sujood.

Text and Explanation

		
the Magnificent.	my Lord	Glory be to
Glory be to my Rabb (Lord), the Magnificent.		

- رَبِّي: means my Rabb. It shows your love and affection towards Allah.
- عَظِيم: He is magnificent. No one can overpower Him or put pressure on Him.
- We say, سُبْحَانَ رَبِّي الْعَظِيم, in Ruku, submitting to His Greatness and Strength. This brings humility in our life.

Importance of Ruku and Sujood

- Ruku and Sujood are the best positions for man in the presence of Allah. In these positions, a person is humblest and nearest to Allah.
- The more you humble yourself and go into Sujood, the closer you get to Allah; and indeed, He elevates you.
- Ruku and Sujood are our special positions reserved for Allah only.
- These positions are the best to glorify Allah and ask Him. Do these while remembering Allah's greatness and infinite mercy upon us.
- It was a practice of Prophet Muhammad صلى الله عليه وسلم to go into Sajdah and ask Allah whenever he needed help.

Story: The Sajdah is so important that Shaitan hates us for it. It has been narrated that when the son of Adam recites the verse of Sajdah and then falls in Sajdah, Shaitan goes into seclusion and weeps and says: "Woe unto me, the son of Adam was commanded to do Sajdah, and he did sajdah, and Paradise was entitled to him and I was commanded to do Sajdah, but I refused and am doomed to Hell." [Muslim]

Hadith: The Prophet صلى الله عليه وسلم said: "وَمَا تَوَاضَعَ أَحَدٌ لِلَّهِ إِلَّا رَفَعَهُ اللَّهُ" and the one who shows humility Allah elevates him in the estimation (of the people)." [Muslim]

Tadabbur – Study, Imagine, and Feel


- Do we feel humble when we do Sajdah? Does it reflect in our life? Do we bow down to the commands of Allah happily.
- Sajdah is not meaningless ritual, but an act of obedience.
- When we do Sajdah, we humble ourselves before Allah. Do we do so in our actions and words?
- We are thankful to our parent as they love and take care of us and help us to grow. Allah Almighty takes care of all our needs and our parent's needs. How thankful we should be to Him.

- What is the condition of our heart in Ruku and Sujood? Are we really offering Ruku and Sujood peacefully and with the feeling of Allah’s Magnificence?

Tadhakkur – Du’aa, Evaluate, and Plan

- Ask for Allah’s Tawfiq (guidance) to believe in Him as our Rabb with full conviction and sincerity.
- After the Ruku and Sujood, do we feel happy and satisfied?

Second part

 حَمْدَهُ	لِمَنْ	سَمِعَ اللَّهُ
praised Him	to the one who	Allah has listened
Allah has listened to the one who praised Him		
 الْحَمْدُ	وَلَكَ	رَبَّنَا
is every praise	For You only	O Our Lord!
O our Lord! For You only is every praise		

- Allah listens to everyone. Here it means that Allah gives special attention to the one who praises Him.
- Allah does not need our praise for Him. We benefit by Praising and thanking Him.
- Remember two meanings of حمد: praise and thanks. Put our heart into it while saying this.

Story: There was an incident which is related to Ruku. Narrated Rifa`a bin Rafi` Az-Zuraqi: One day we were praying behind the Prophet ﷺ. When he raised His head from Ruku He said: .
 A man behind him said: "رَبَّنَا وَلَكَ الْحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ". (O our Lord! All the praises are for You, many good, and blessed praises). When the Prophet ﷺ completed the prayer, he asked, "Who has said these words?" The man replied, "I." The Prophet ﷺ said, "I saw over thirty angels competing to write it first." [Bukhari]

Hadith: The Prophet ﷺ said: “My ummah on that day (Qiyamah) will surely have bright faces because of Sujood, and bright arms and feet because of ablution.” (Ahmad)

Tadabbur – Study, Imagine, and Feel

- If we thank Allah, He will increase the rewards and blessings for us. If we are thankless, Allah will punish us. Are we praising Allah with love and sincerity to be eligible to get His rewards or complaining about what we don’t have?
- We are one of the billions of creatures. Thank Allah that our call to Him doesn’t go unattended. Allah hears and responds to our call. What a great blessing from Almighty!!!
- A scale will be established on the Day of Judgment. Good and bad deeds will be weighed in that scale. How can we save ourselves from the punishment of Allah if our bad deeds exceed our good deeds?
- Without the help of Allah, we can neither get success in this world nor in the hereafter.

Tadhakkur – Du’aa, Evaluate, and Plan

- When you do sajdah, feel the closeness to Allah. He is there to respond to your Du’aa.

- Ask Allah to help you glorify and praise Him with love and sincerity.
- Check: Everything that you possess is a favor from Allah. Do you praise and thank Him for His countless blessings and favors?
- Remind your friends, family and others, to thank Allah and not complain.

الأَعْلَى

رَبِّي

سُبْحَانَ

the Exalted	my Lord	Glory be to
Glory be to my Lord the Exalted		

- The Messenger of Allah ﷺ used to read this Du'aa in Sajdah. We should recite it at least three times in Sajdah.
- In Ruku we declared Allah's Magnificence and greatness. In Sajdah we declare Allah's Highness. Allah is exalted; He is above everyone and everything.
- In Sajdah, we submit ourselves totally to Him. We place the face, the most respected part of our body, on the ground. We do this for Allah who is the highest and most supreme.

Hadith: The Messenger of Allah ﷺ said, "The slave is nearest to his Lord during Sajdah." [Muslim]

Tadabbur – Study, Imagine, and Feel

- Feel Allah's closeness when you offer Sajdah and Praise Him.
- Say سُبْحَانَ رَبِّيَ الْأَعْلَى with attention and humbleness, with the feeling of Allah's supreme Highness.
- Every day while offering Sajdah we recite سُبْحَانَ رَبِّيَ الْأَعْلَى. Let us check: Do we really consider Allah High and Great in our lives?

Tadhakkur – Du'aa, Evaluate, and Plan

- Ask for Allah's Tawfiq (guidance) to do the deeds that get you close to Him.
- Check: Do you have feelings of Allah's Highness in your heart or consider yourself great while showing off Allah's blessings to others.
- Draw a plan to do the deeds which will create Allah's greatness in your heart.

Habit: InshaAllah, I will offer Ruku and Sajdah and recite Du'aas peacefully with concentration and without hurry.

Practice Questions

1. Write the Importance of Ruku and Sujood?
2. What are the manners to recite these Du'aas and Adhkar?
3. Write the meanings of "سُبْحَانَ رَبِّيَ الْأَعْلَى."