

In the name of Allah, Most Beneficent, Most Merciful

Understand Qur'an – the Easy Way

For Primary School Children (Book-1)

Lesson-10: Supplications while Bowing
down, Raising up & Prostration

سُبْحَانَ رَبِّيَ الْعَظِيمِ [In Ruku – while bowing down]

الْعَظِيمِ	رَبِّي	سُبْحَانَ
rabbi-yal ‘azeem		subḥaana
the Magnificent.	my Lord,	Glory be to

- 4 Things
- Rabb translated as Lord, let's understand the real meaning:
- * We are talking of Rabb: (the one who takes care of all our needs, helps us grow)
- So feel the power, control as well as mercy and care and love that Allah has on each one of us. Each and every part of the body and each and every cell from head to toe in our body which is growing. He is Rabb of everything and He is my Rabb

سُبْحَانَ رَبِّيَ الْعَظِيمِ [In Ruku – while bowing down]

الْعَظِيمِ	رَبِّي	سُبْحَانَ
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- Rabbi my Rabb, feel the closeness of Allah swt.
- .
- For Example: if our mom and dad says my son is done this thing in front of you, don't you feel closeness?
- Feel the closeness of Allah swt.
- My rabb is free from defects or any faults. It means Allah, You are not oppressor, You don't do wrong, You don't create anything meaningless and You don't get tired or You don't sleep, You are not careless, You are not weak and You are not afraid of anyone

الْعَظِيمِ

رَبِّي

سُبْحَانَ

rabbi-yal ‘azzeem

subḥaana

the Magnificent.

my Lord,

Glory be to

- You don't have any faults
- My Rabb is free from any defects. Every thing you created has no defect at all. It is perfect.
- We should not complain about any thing we have whether it is my body, my nose, my color, my father, my mother , my teachers, my books, my school, my friends, my house, my cousins, as wells as today's weather, our times, ... All of this is designed as a test by Allah.
- And there is no defect is Allah's exam or test. We should now try to do best in these conditions.
- We should not blame weather also. Allah designed the weather. He is Perfect. If it is difficult for us, then take it as a test from Allah and be patient. Don't complain.

Azeem:

الْعَظِيم

‘azzeem

the Magnificent.

- My Lord, You are the Magnificent. Grand and Great. You created such as great and awesome, wonderful universe.
- We say this while we bow down. We have accepted and are impressed by His Magnificence and there bow down to You in humbleness.
- Remember we should NOT bow down our head to any one in the world. We should do that ONLY for Allah swt

الْعَظِيمِ

رَبِّي

سُبْحَانَ

rabbi-yal ‘azceem

subḥaana

the Magnificent.

my Lord,

Glory be to

[While raising up] سَمِعَ اللهُ لِمَنْ حَمَدَهُ

حَمَدَهُ	لِمَنْ	سَمِعَ اللهُ
ḥamidah	limañ	sami-‘al-laahu
praised Him .	to the one who	Allah has listened

– Transliteration: Samy Allahu liman-hamidah

– Interpretation: Allah listens to the one who praises Him.

– Explanation:

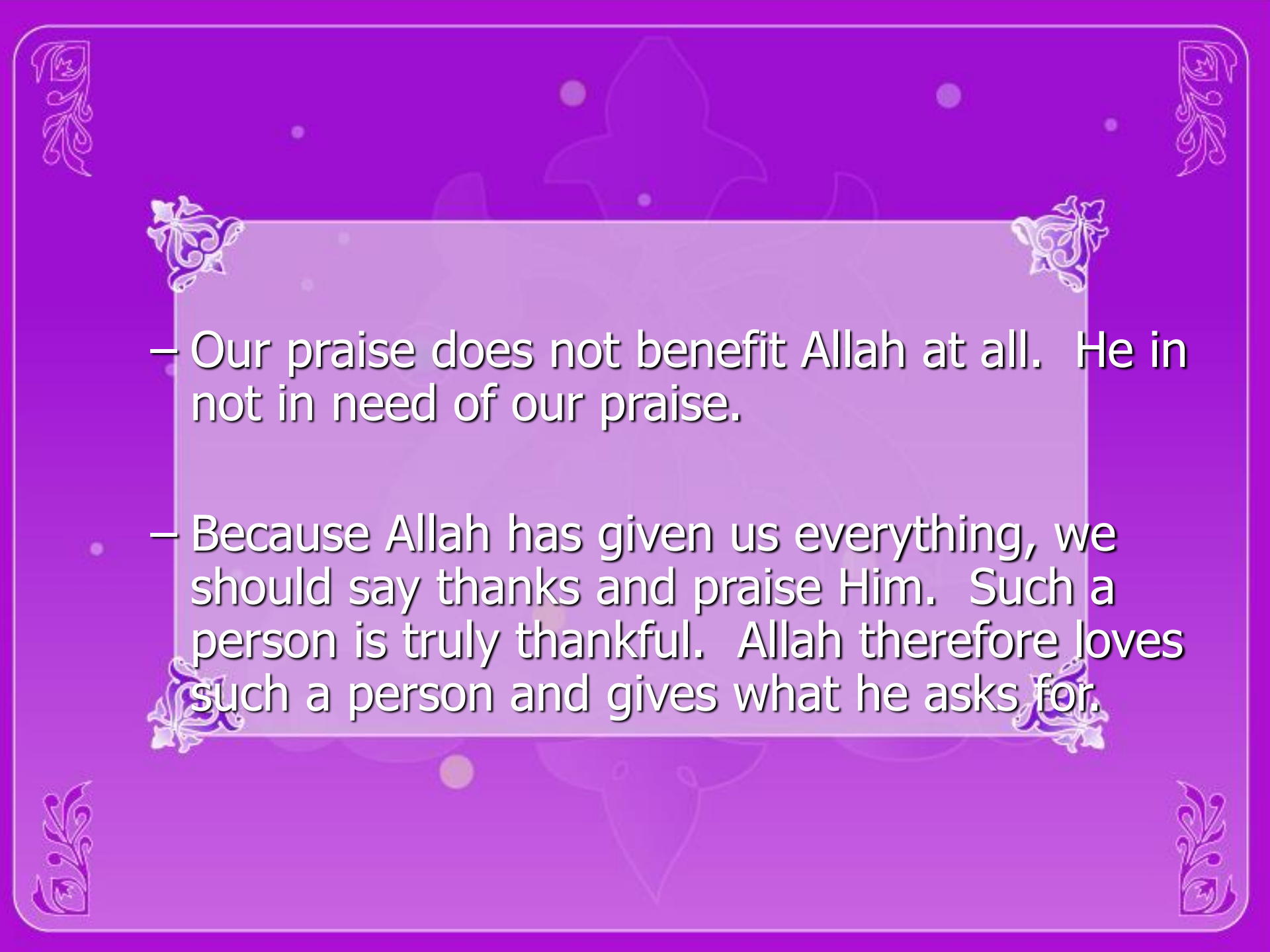
– You said it, He listened to it. It is not the same way another one listens to.

– Remember it is not the same with anyone else, When Allah listens to us, He takes care of us.

– He answers all our requests and needs.

– Allah listens to everyone and everything.

– We should be confident that Allah is listening to us. We are praising Allah in Salah

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- Our praise does not benefit Allah at all. He is not in need of our praise.
 - Because Allah has given us everything, we should say thanks and praise Him. Such a person is truly thankful. Allah therefore loves such a person and gives what he asks for.

رَبَّنَا وَكَأَنَّكَ الْحَمْدُ

[After raising up]

الْحَمْدُ	وَلَّكَ	رَبَّنَا
wa lakal-ḥamd		Rab-banaa
(be) all the praise.	[and] to You	Our Lord

- O Allaah, You are our Lord.
- You take care of all our needs, You keep us healthy, You take care of our eyes, ears, body, you provide us air to breath in, food, the earth to stay on. You help us grow second by second, minutes by minute, hour by hour day by day year by year, Allah swt is helping us grow.
- O Allaah, to You is all true praise and thanks.

رَبَّنَا وَآلِكَ الْحَمْدُ

[After raising up]

الْحَمْدُ	وَلَاكَ
wa lakal-ḥamd	
(be) all the praise.	[and] to You

- You are so Kind, You are so merciful, You are the Best Creator, the most Powerful, You are the most High, Exalted, Magnificent.
- In other words superb, splendid, brilliant, All-Wise, You are the Best.
- You are #1. (Remember what we said in Alhamdulillah)

الْحَمْدُ

وَلَكَ

رَبَّنَا

wa lakal-ḥamd

Rab-banaa

(be) all the praise.

[and] to **You**

Our Lord

سُبْحَانَ رَبِّيَ الْأَعْلَى

[In Sujood]

الأَعْلَى	رَبِّي	سُبْحَانَ
Rabbi-yal 'a'-laa		subḥaana
the Exalted.	my Lord,	Glory be to

- Here again, we are talking of 2 things:
- O Allaah, to You belongs true Glory.
- O Allaah, You are above all creation, the Most High.
- When we do sujood, we become the lowest and then say O Allah! You are the highest.
- In this position, we become closest to Allah.

Don't forget to do the HWs

- Listen to a tape
- Paste the poster in your room and learn the meanings from it at different times in the day
- Fill up the worksheets in your book

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ
نَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ نَسْتَغْفِرُكَ وَنَتُوبُ
إِلَيْكَ