

بِسْمِ اللَّهِ، اَلْحَمْدُ لِلّٰهِ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰى رَسُوْلِ اللَّهِ،  
رَبِّ اَشْرَحْ لِيْ صَدْرِيْ، وَيَسِّرْ لِيْ اَمْرِيْ، وَاَحْلِلْ عُقْدَةً مِّنْ لِّسَانِيْ، يَفْقَهُوا قَوْلِيْ  
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

## Lesson - 7a

# Understand Al-Qur'an

*the easy way...*

### Part - I, Salah

by: **Dr. Abdulazeez Abdulraheem**  
Founder & Director, Understand Al-Qur'an Academy



[www.understandquran.com](http://www.understandquran.com)



[Facebook.com/UnderstandQuran](https://Facebook.com/UnderstandQuran)



+91 9652 430 971  
8897 399 399

# Q. Did you answer the google quiz?

**A. Yes**

**B. No need**

**C. No**

**D. Next time inshaAllah**





# Revision Questions

**Q. Translate: اِيَّاكَ**

**A. we worship**

**B. we ask for help**

**C. You (alone)**

**D. He (alone)**

**Q. Translate: اِيَّاكَ**

**A. we worship**

**B. we ask for help**

**C. You (alone)**

**D. He (alone)**



**Q. أَشْهَدُ: means**

**A. I bear witness**

**B. I state**

**C. I believe**

**D. I act upon**

**Q. أَشْهَدُ: means**

**A. I bear witness**

B. I state

C. I believe

D. I act upon

**Q. Translate:** مِنْ رَبِّكُمْ

**A. for your Rabb**

**B. from your Rabb**

**C. from our Rabb**

**D. from his Rabb**



**Q. Translate: مِنْ رَبِّكُمْ**

A. for your Rabb

**B. from your Rabb**

C. from our Rabb

D. from his Rabb

# Today's Lesson





Salah: Ruku, Sjd

Grammar: إِلَى، مَعَ، عِنْدَ

Learning tip

In this lesson you will learn **17** new words  
which occur in Quran almost **2,815** times



# Alhamdulillah



By the end of 7<sup>th</sup> lesson, we will learn  
80 words which occur in Quran almost 26,082 times

There are 4,500 words which occur  
almost 78,000 times in the Qur'an.





# 7 Homework

- 2 on Tilawat (5 min; 5 min)
- 2 on Study (book; vocab sheet)
- Listen to mp3
- Ask your partner
- Recite different Surahs in Salah

*You are  
Chosen*

Allah has selected you  
To learn Qur'an. Don't  
reject his selection by  
walking away!

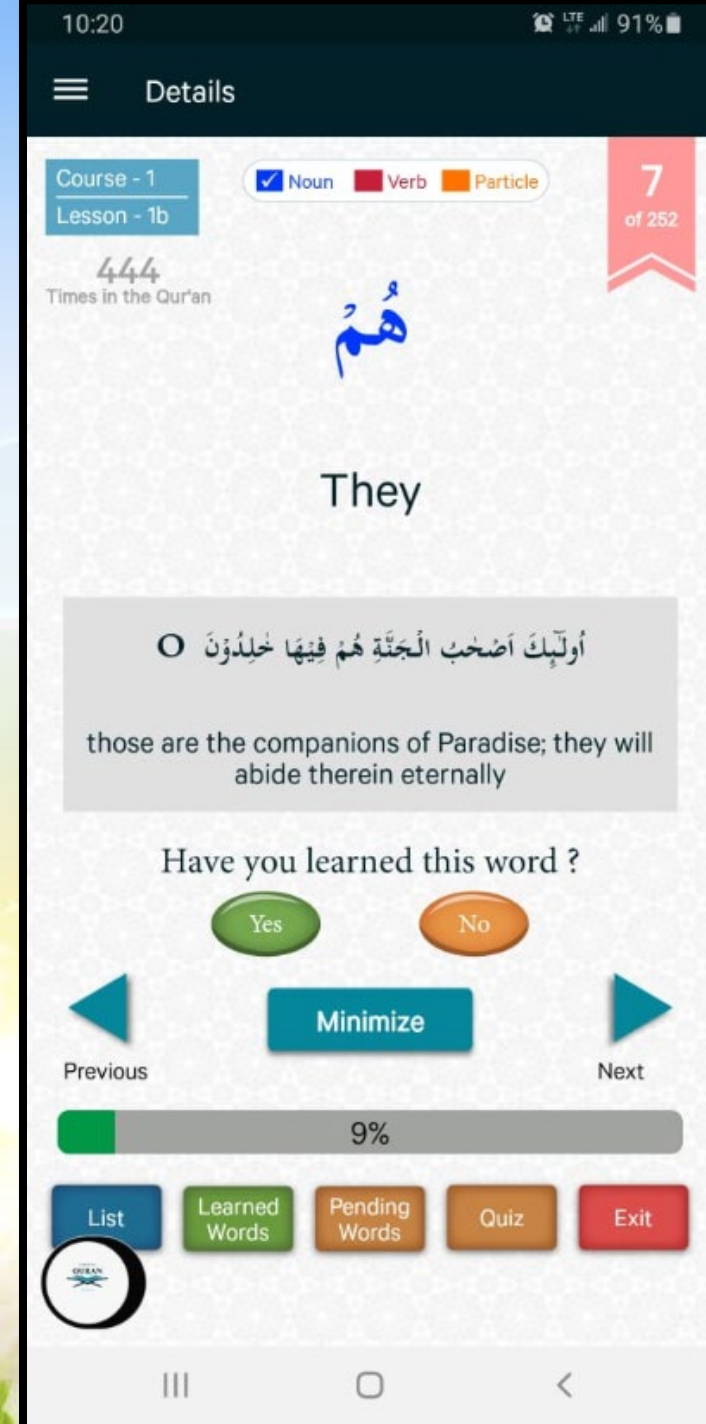
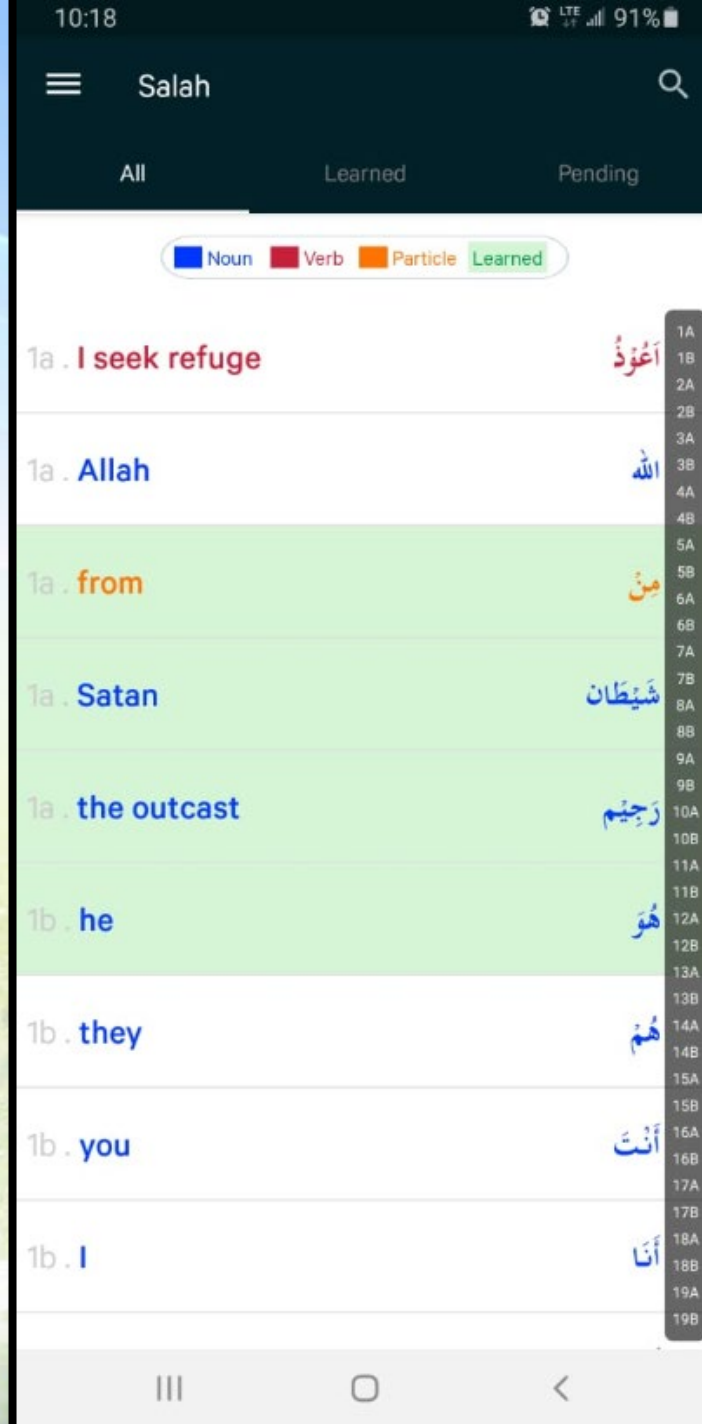
رَبِّ زِدْنِي عِلْمًا

O Allah! Help us  
to learn the Qur'an in  
Qur'an class





It will always pop up when you turn on the phone







**What is the most commonly repeated  
Zikr (by a typical Muslim)?**

# Things to pronounce when bowing: (رُكُوع)

الْعَظِيمُ

the Magnificent.

رَبِّي

my Lord,

سُبْحَانَ

Glory be to



الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

41

سُبْحَنَ

Free from Defects



الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

سُبْحَنَ اللَّهِ

Allah is free from any defects or deficiencies

سُبْحَنَ

Free from Defects

الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

رَبُّهُ
رَبُّهُمْ
رَبُّكَ
رَبِّي
رَبُّكُمْ
رَبُّنَا
رَبُّهَا

# Takes care of us & helps us grow

... Every cell of billions of cells... internally  
And huge arrangements ... externally



الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

bone عَظْمٌ





الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

107

الْعَظِيمُ

Greatness + strength





## Message from:

الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

Try to imagine and feel the four things mentioned here:

- سُبْحَانَ: My Rabb is free from any defects or imperfections. He is not an oppressor or unjust. He has not created anything in vain. He neither gets tired nor slumbers. He is not weak and doesn't fear anyone. There is no flaw in His orders. I do not have any complain for the tests in my life.

## Message from:

الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

رب : the one who takes care of all of me and everything around me. He is the Cherisher, Sustainer, and Provider of everything that I need.

- He is the one who controls each and every one of my 1 trillion cells every second of my life.
- He is continuously supplying and feeding me with Oxygen.
- He is smoothly running all my body systems (11 major organ systems: blood circulation, digestion, respiration, excretion, immunity, bones, etc.)



## Message from:

الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

- رَبِّي : You are addressing Allah saying: My Rabb. If your mother says: “my son is very good” or “my daughter is very good” right in front of you, what does it show? It shows her love and affection! Say it with love when you do Tasbeeh in Rukoo.

## Message from:

الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to

- العظيم : He is the magnificent. No one can overpower Him nor pressure him to do anything.



# Practice with imagination; feelings & prayer

الْعَظِيمُ	رَبِّي	سُبْحَنَ
the Magnificent.	my Lord,	Glory be to



**Q. Translate: وَسُبِّحَنَ اللّٰهُ**

**A. and Allah is exalted**

**B. and glory be to Allah**

**C. Allah is exalted**

**D. glory be to Allah**



**Q. Translate: وَسُبْحَنَ اللَّهُ**

A. and Allah is exalted

B. and glory be to Allah

C. Allah is exalted

D. glory be to Allah

**Q. Which Dhikr teaches us that Allah's commands are free from defects**

**A. بِسْمِ اللَّهِ**

**B. سُبْحَنَ اللَّهِ**

**C. اَلْحَمْدُ لِلَّهِ**

**D. اللَّهُ أَكْبَرُ**



**Q. Which Dhikr teaches us that Allah's commands are free from defects**

A. بِسْمِ اللَّهِ

B. سُبْحَنَ اللَّهِ

C. الْحَمْدُ لِلَّهِ

D. اللَّهُ أَكْبَرُ

# Recital while standing up from Ruku

حَمْدَهُ

praised Him.

لِمَنْ

to the one who

سَمِعَ اللَّهُ

Allah has listened



حَمْدَهُ	لِمَنْ	سَمِعَ اللَّهُ
praised Him.	to the one who	Allah has listened

اللَّهُ

Allah

سَمِعَ

listened

حَمِدَهُ	لِمَنْ	سَمِعَ اللَّهُ
praised Him.	to the one who	Allah has listened

مَنْ

(the one) who

لِ

to



حَمِدَهُ	لِمَنْ	سَمِعَ اللَّهُ
praised Him.	to the one who	Allah has listened

هـ _
هُمْ _
كَ _
ي _
كُم _
نَا _
هَا _

هـ

Him

حَمِدَ

praised





## Message from:

حَمْدَهُ	لِمَنْ	سَمِعَ اللَّهُ
praised Him.	to the one who	Allah has listened

- Allah listens to everyone. Here it means that Allah responds to the one who praises Him and answers his prayers.
- Allah does not need our praise for Him. It does not benefit him at all. He does not lose anything if we don't praise Him. Only we benefit by praising Him.

# Practice with imagination; feelings & prayer

حَمْدَهُ

praised Him.

لِمَنْ

to the one who

سَمِعَ اللَّهُ

Allah has listened





**Q. سَمِعَ اللهُ: means**

**A. Allah listenes**

**B. Allah listenes to**

**C. Allah has listened**

**D. Allah has answered**

**Q. سَمِعَ اللهُ: means**

**A. Allah listenes**

**B. Allah listenes to**

**C. Allah has listened**

**D. Allah has answered**



# After getting up from Ruku



الْحَمْدُ

(be) all the praise.



وَلَكَ

[and] to You



رَبَّنَا

Our Lord!





## Message from:

رَبَّنَا	وَلَكَ	الْحَمْدُ
Our Lord!	[and] to You	(be) all the praise.

- حمد : praise & thanks.
- We can praise and thank Allah from the depth of our heart if we just keep in mind the meaning of رَبَّنَا while saying it.
- Glorify Allah wholeheartedly, with the feelings of gratitude and praise.

## Message from:

رَبَّنَا	وَلَكَ	الْحَمْدُ
Our Lord!	[and] to You	(be) all the praise.

**Say it with 3 feelings:**

- 1. You are Rabb**
- 2. Our Rabb**
- 3. Hamd belong to You only.**



## Message from:

رَبَّنَا	وَلَكَ	الْحَمْدُ
Our Lord!	[and] to You	(be) all the praise.

- Visualize His best qualities: O Allah! You are the most Merciful, Most Powerful, Best Creator, and Best Designer.
- Say it from the depth of your heart.

# Practice with imagination; feelings & prayer

رَبَّنَا	وَلَكَ	الْحَمْدُ
Our Lord!	[and] to You	(be) all the praise.







مَا شَاءَ اللَّهُ!!!



# One more Dhikr of Rukoo

The Messenger of Allah ﷺ used to say this while raising his head from Rukoo:

"سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ رَبَّنَا وَلَكَ الْحَمْدُ

مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا

وَمِلْءَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ".

(Tirmidhi)



مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

and filling the  
earth

filling the skies

1  
مَلَأَ، يَمْلَأُ

مِلْءَ

filling

مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

and filling the  
earth

filling the skies

السَّمَوَاتِ

the skies



مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

and filling the  
earth

filling the skies

310

سَمَاءُ سَمَوَاتٍ +

skies

sky

مِلْءَ السَّمَوَاتِ	وَمِلْءَ الْأَرْضِ	وَمِلْءَ مَا بَيْنَهُمَا،
filling the skies	and filling the earth	and filling what (is) in between them.

461

الْأَرْضِ

the earth



مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

and filling the  
earth

filling the skies

هُمَا

them

266

بَيْنَ

between





## Message from:

مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

and filling  
the earth

filling  
the skies

- However much we may praise Allah, we can never fulfil the right of praising Him.

بَعْدُ	مِنْ شَيْءٍ	شِئْتَ	مَا	وَمِلْءَ
after this	from anything	You will	what	and filling

3

شِئْتَ

You will

شَاءَ، يَشَاءُ



بَعْدُ	مِنْ شَيْءٍ	شِئْتَ	مَا	وَمِلْءَ
after this	from anything	You will	what	and filling

شَيْءٍ

thing

وَمِلْءَ	مَا	شِئْتَ	مِنْ شَيْءٍ	بَعْدُ
and filling	what	You will	from anything	after this

198

بَعْدُ

after



# Lessons from this Dua

- The words of this Zikr are amazing. Look at the life of Muhammad ﷺ. He passed through continuous trials and tribulations. He did not have even two full consecutive meals in his Prophetic life.
- In addition to that, he was persecuted for almost 13 years and his city Madinah was attacked by armies for several years.
- Keep this in mind and look at the words of this Zikr expressing thanks and gratitude of Allah! No human can reach even a fraction of what the Prophet ﷺ had expressed in these words. His actions indeed were far superior than his words.

# Lessons from this Dua

- According to modern research, one has to be full of gratitude for a peaceful and satisfactory life. One of the modern success expert had suggested that in order to develop gratitude, we should try to imagine filling our body with the liquid of gratitude every night before sleep! As if every part of our body is swimming in gratitude.



# Lessons from this Dua

- Now look at the words of the Prophet ﷺ. He wants to fill up the heavens and the earth and everything in between with gratitude and praise to Allah!
- The last part of the Zikr are more amazing! After mentioning heavens and the earth, he says that he would like to thank and praise Allah by filling “whatever You will O Allah!”. That means, O Allah, I know heavens and earth only. If there is anything beyond that which pleases you, I would love to fill that too with gratitude and praise! Allah know best.

# Lessons from this Dua

- Indeed the modern success experts and trainers can't reach even the dust of what the Prophet ﷺ has taught us about gratitude.



# Practice with imagination; feelings & prayer

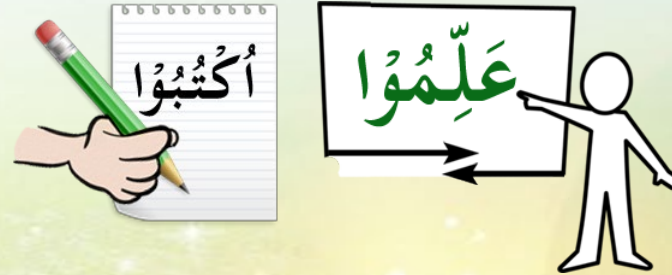
مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا،

in between  
them.

and filling  
what (is)

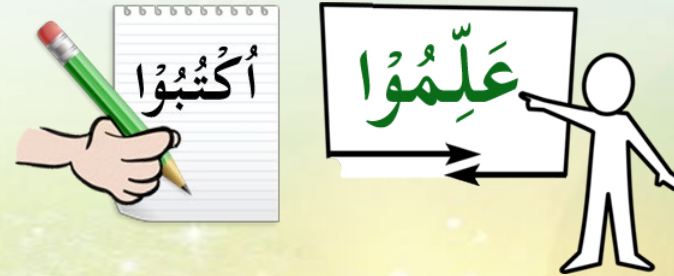
and filling  
the earth

filling  
the skies



# Practice with imagination; feelings & prayer

وَمِلْءَ مَا	شِئْتَ	مِنْ شَيْءٍ	بَعْدُ
and filling all those things what	You will	from anything	after this





**Q. Translate: بَيْنَهُمْ**

**A. between us**

**B. between me**

**C. between you all**

**D. between them**

**Q. Translate: بَيْنَهُمْ**

A. between us

B. between me

C. between you all

D. between them



Q. **means** فِي السَّمَوَاتِ

A. in skies

B. in the skies

C. in sky

D. in the sky

Q. **فِي السَّمَوَاتِ** means

A. in skies

B. in the skies

C. in sky

D. in the sky



Q. شَيْءٌ means

A. things

B. after

C. thing

D. filling

Q. شَيْءٌ means

A. things

B. after

C. thing

D. filling



# Zikr of Sajdah (سَجْدَة)

الأَعْلَى	رَبِّي	سُبْحَنَ
the Exalted.	my Lord,	Glory be to

**We have learnt this already in Rukoo'**



الْأَعْلَى

the Exalted.

رَبِّي

my Lord,

سُبْحَنَ

Glory be to

الْأَكْبَرُ

أَكْبَرُ

كَبِير

الْأَعْلَى	رَبِّي	سُبْحَنَ
the Exalted.	my Lord,	Glory be to

الْأَكْبَرُ	أَكْبَرُ	big كَبِيرُ
الْأَصْغَرُ	أَصْغَرُ	small صَغِيرُ



الْأَعْلَى	رَبِّي	سُبْحَنَ
the Exalted.	my Lord,	Glory be to

أَكْبَرُ	كَبِيرُ
أَصْغَرُ	صَغِيرُ
أَكْثَرُ	كَثِيرُ
أَعْلَى	عَلِيٌّ

**big**

**small**

**more**

**high**





## Message from:

الأَعْلَى	رَبِّي	سُبْحَنَ
the Exalted.	my Lord,	Glory be to

- **Position of Sajdah:** Sajdah (prostration) is the expression of complete submission to Allah. Try to imagine and feel the four things mentioned here.

## Message from:

الأَعْلَى	رَبِّي	سُبْحَنَ
the Exalted.	my Lord,	Glory be to

- (1) Allah is free from defects
  - (2) He is Rabb
  - (3) He is my Rabb
  - (4) He is الأَعْلَى i.e., the highest, the topmost. I am in the lowest position on this earth and my Rabb is the highest above His Throne.
- We are nearest to Allah in the position of Sajdah.



## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to

- Latest research shows that we need to have two things for a successful and happy life: Positive attitude and Gratitude. We have learned about gratitude. Every Qiyam in Rakah of our Salah start from اَلْحَمْدُ لِلّٰهِ and ends with وَلَكَ الْحَمْدُ . Now let us see Tasbeeh:

## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to

- We recite Tasbeeh 9 times in every Rakah, and therefore more than 200 times everyday. The most recited Dhikr in Salah is سُبْحَانَ رَبِّي.
- Remember, Allah wants us to repeat this for a special reason: to train us how to think and live everyday in the best way.



## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to

- سُبْحَانَ رَبِّي has many dimensions for our training, most important among them is that Allah does not need any partners. It also means that the commandments of Allah like Salah, Fasting, Hijab etc. are faultless because Allah Himself is free from all defects.

## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to

- Allah has kept many things to test us like nose, face, physique, family, country and its situation etc. These tests are also faultless. As an obedient slave, we should ask Allah's help to fulfill our duties without complaining. We must ask Allah: O Allah! Please solve my problems and correct my conditions in order to achieve success in this world and in the hereafter.



## Message from:

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to

- While reciting Tasbeeh, we bow down and we put our face on earth & say رَبِّي with love and affection. As if we are saying, O Allah! I am totally satisfied and do not have any complaint. If we do Tasbeeh with this feeling and manner then we can develop a strong Positive Attitude. The present day so called “Success Experts” can’t give even 1% of it.

## Message from:

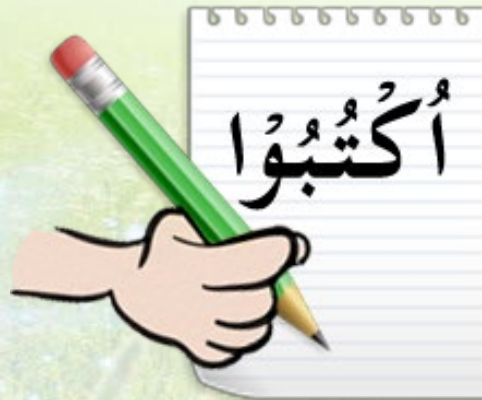
الْأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to

- Remember, whatever Allah does is perfect. The situation we are in is either a test and/or due to our own faults. We should pray to Allah to help us do our best in whatever situation we are in or change it the best way. This is the secret of success.



# Practice with imagination; feelings & prayer

الأَعْلَى	رَبِّي	سُبْحَانَ
the Exalted.	my Lord,	Glory be to



# Tasbeeh and Success!

- **Ask: O Allah! Help me to accept every test of my life and not have any complaint against You. Never should I say: Why did this happen to me?**
- **Evaluate: How many times do I complain about my color, nose, face, physique, family, weather, country, etc.**
- **Plan: I will try to never do that again!**
- **Propagate.**



# Q. We are nearest to Allah in...

**A. Rukoo'**

**B. while standing in Salah**

**C. Sajdah**

**D. while sitting in Salah**

# Q. We are nearest to Allah in...

A. Rukoo'

B. while standing in Salah

C. Sajdah

D. while sitting in Salah



# Q. To praise Allah from the heart

**A. recite fast**

**B. Ponder the attributes of Allah**

**C. recite with Tajweed**

**D. Ponder the favours of Allah**

# Q. To praise Allah from the heart

A. recite fast

B. Ponder the attributes of Allah

C. recite with Tajweed

D. Ponder the favours of Allah



Q. How many messages are there in سُبْحَنَ رَبِّيَ الْأَعْلَى

A. 2

B. 4

C. 3

D. 5

**Q. How many messages are there in سُبْحَنَ رَبِّيَ الْأَعْلَى**

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**Q. To bring Tasbeeh into our life, we should...**

**A. complain about trials**

**B. accept the trails of life without any complaints**

**C. not talk to others**

**D. keep myself busy in my works**

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**A. complain about trials**

**B. accept the trails of life without any complaints**

**C. not talk to others**

**D. keep myself busy in my works**



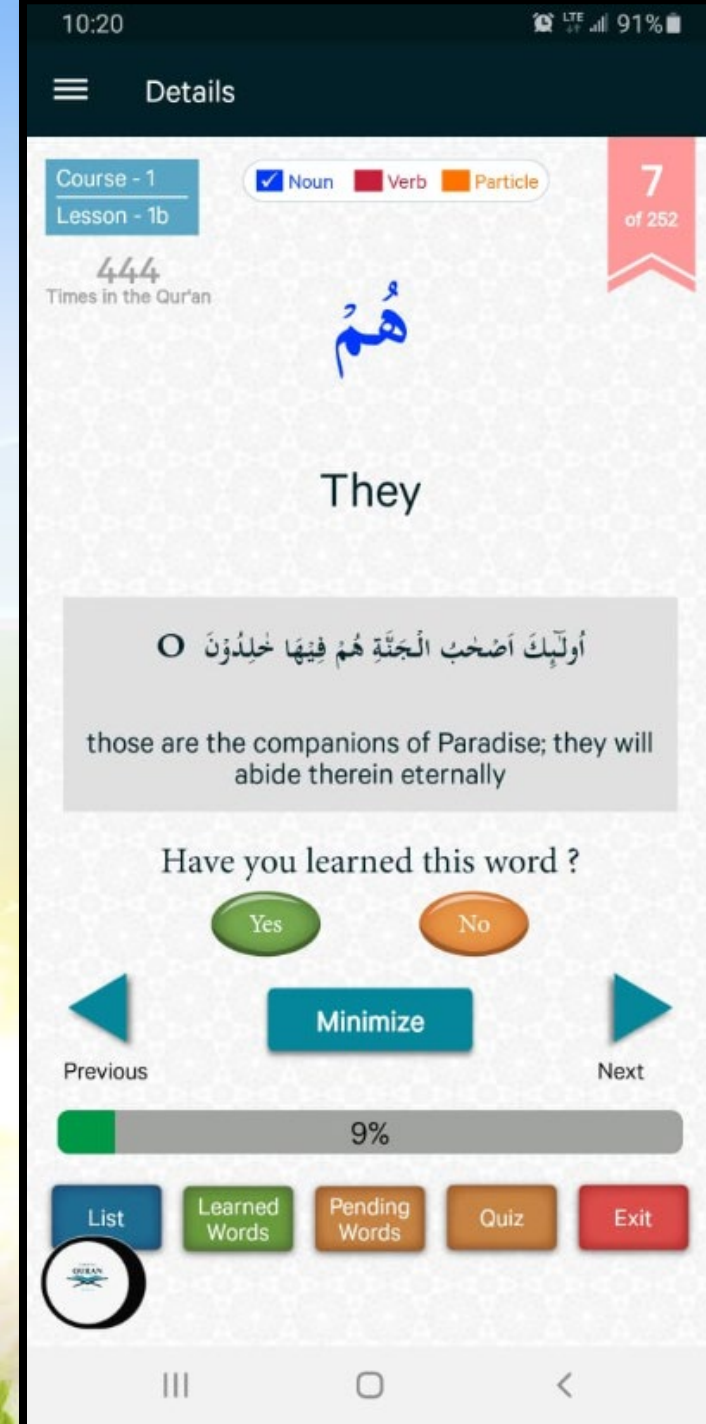
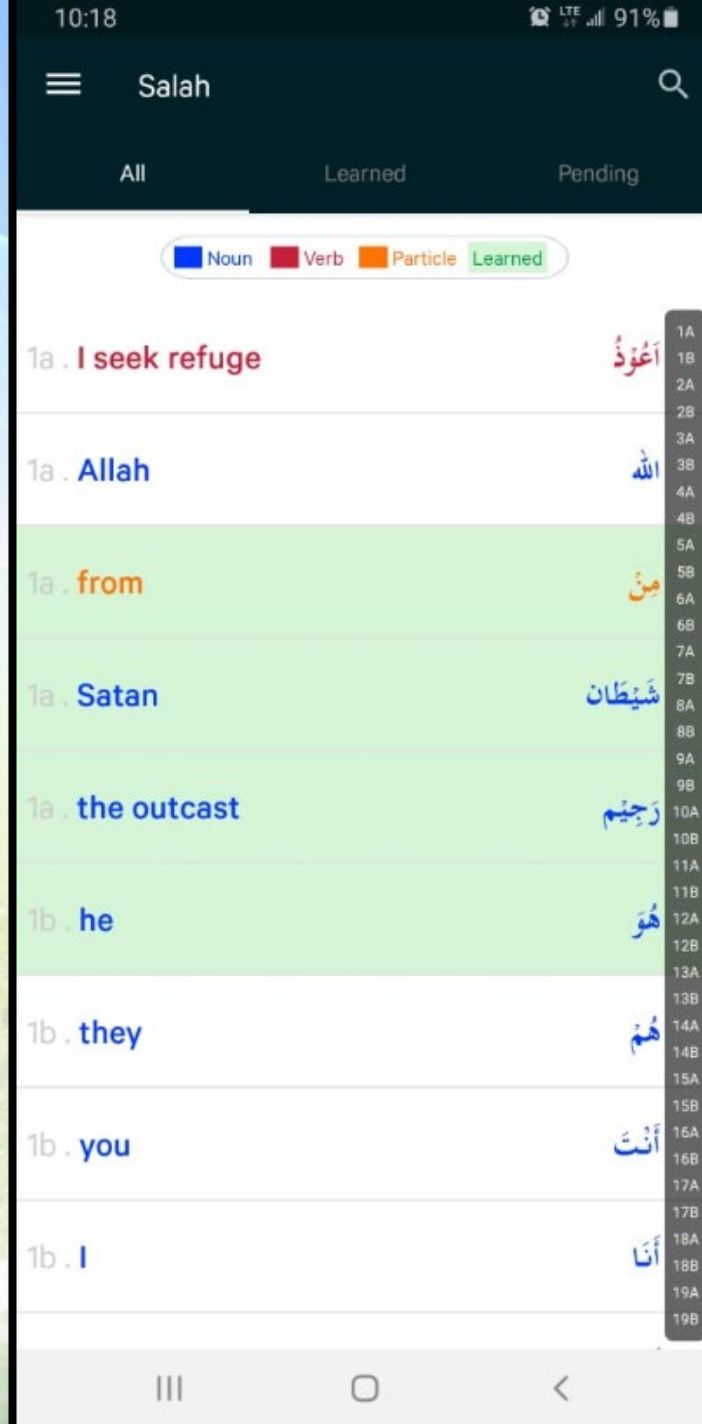


مَا شَاءَ اللَّهُ!!!


**Congratulations!**



It will always pop up when you turn on the phone







**Lets take a break now  
and then study  
Grammar & Learning tips**

**Lesson 7b**