

REVIVE A SUNNAH

"The person who holds fast (i.e. he is devoted) to my Sunnah during the time of 'fasaad' (evil and corruption) of my Ummat will get the reward of a hundred martyrs (Mishkaat Pg 30)

QAUMAH AND JALSAH

It is Waajib to remain in Qaumah (the standing posture after Ruku before going into Sajda) and Jalsah (the sitting posture between the two Sajdas) for the duration of one Tasbeeh. (Durrul Mukhtaar V.I, P433) It is reported by Bara رضي الله عنه that the Ruku, Sajdah, Qaumah and Jalsah of Rasulallah ﷺ were all of approximately the same duration. **(Bukhari V.I, P.110)**

DUAS TO BE RECITED IN QAUMAH

رَبَّنَا وَ لَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُّبَارَكًا فِيهِ

(Our Sustainer, for You is all praise in abundance, excellent and blessed. - Bukhari V.1,P.110)

OR

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ مِلْأَ السَّمَوَاتِ
وَ الْأَرْضِ وَ مِلْأَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ

Allah has heard the one who has praised Him. Our Sustainer, for You is all praise, full of the heavens and the earth and whatever pleases You beyond that. {Tirmizi V.2, P.180}

DUA TO BE RECITED IN JALSAH

اللَّهُمَّ اغْفِرْ لِي وَ ارْحَمْنِي وَ عَافِنِي وَ اهْدِنِي وَ ارزُقْنِي

○ Allah forgive me, have mercy on me, grant me peace, guide me and grant me sustenance. (Abu Dawood V.I, P123)

These duas should be recited in the Fardh Salaah. It is masnoon (Sunnah) to recite these duas in the Sunnah and Nafil Salaah also (Tirmizi V.2, P.180)

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