# **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 Ummah will get the reward of a hundred martyrs"

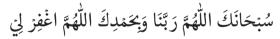
(Mishkaat pg 30)

## By Sheikhul Hadith Hazrat Moulana Fazlur Rahman Azmi مركاته

(Founder of Madrasah Dawatul Haq - Azaadville)

Published by: Academy for the Revival of the Sunnah P.O. Box 9362, Azaadville 1750, South Africa Tel/Fax: (002711) 413-2854 | (002711) 413-2661

# Dua the Prophet would frequently read in Sajdah & Ruku



"Glory be to you, O Allah, our Lord and praise be to you, O Allah, Forgive me"

{Bukhari No. 794, 817, 4293, 4968. Muslim No. 484 Abu Dawud No. 877, An-Nasa'i No 1122, 1123}

Cards Available From: Madrasah Ihyaa-Us-Sunnah 138-140 Blackburn Road, Bolton, United Kingdom, BL1 8DR

### **QAUMAH & 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 Makhtaar V.1, P.433) It is reported by Bara that the Ruku, Sajdah, Qaumah and Jalsah of Rasulullah were all approximately the same duration. (Bukhari V.1, P.110)

### **Duas to be Recited in Qaumah**

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيْرًا طَيِّبًا مُّبَارَكًا فِيْهِ

Our Sustainer, for You is all praise in abundance, excellent and blessed {Bukhari Volume 1, P.110}

0R

سَمِعَ اللهُ لِمَنْ حَمِدَه اللهُمَّ رَبَّنَا لَكَ الْحَمْدُ مِلْأَ السَّمْوَاتِ وَالْأَرْضِ وَمِلاً 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 please You beyond that {Tirmizi Volume 2, P.180}

#### Dua to be Recited in Jalsah

O Allah forgive me, have mercy on me, grant me peace, guide me and grant me sustenance.) (Abu Dawood Volume 1, P123) These duas should be recited in the Fardh Salaah. It is masnoon (Sunnah) to recite these duas in the Sunnah and Nafl Salaah also.

{Tirmizi Volume.2, P.180}