

Last time, we mentioned how we move during the prayer.

In the prayer, we say things as well.

What do we say?¹



¹ Refer to *Sifat us salaah in nabi* (The Prophet's Prayer described) of Shaykh Muhammad Naasir ud deen al Albaanee *rahimahullaah*

Let's talk about what we do in the first part of the prayer.

When we raise our hands up to start our prayer, we say: *Allaahu akbar*.

This means that Allaah is greater than anything else.

اللهُ أَكْبَرُ

We talked about this last time.

When we are standing at the beginning of each rak'ah², we have our hands on our chest.

At the beginning of the first rak'ah, we make a du'aa to say how perfect Allaah is.

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ

وَتَبَارَكَ اسْمُكَ

وَتَعَالَى جَدُّكَ

وَلَا إِلَهَ غَيْرُكَ ³

² The parent may have to explain that what a rak'ah is – a unit of the prayer which comprises standing, bowing, returning to the standing position, then two prostrations.

³ I declare You free and far removed from all imperfections, O Allaah, and all praise is for you. Blessed is Your Name. Great and Exalted is Your Kingdom. None has the right to be worshipped besides You.

Don't worry if you can't read it or remember it at the moment.

When you try hard, you will learn it *inshaa Allaah*.

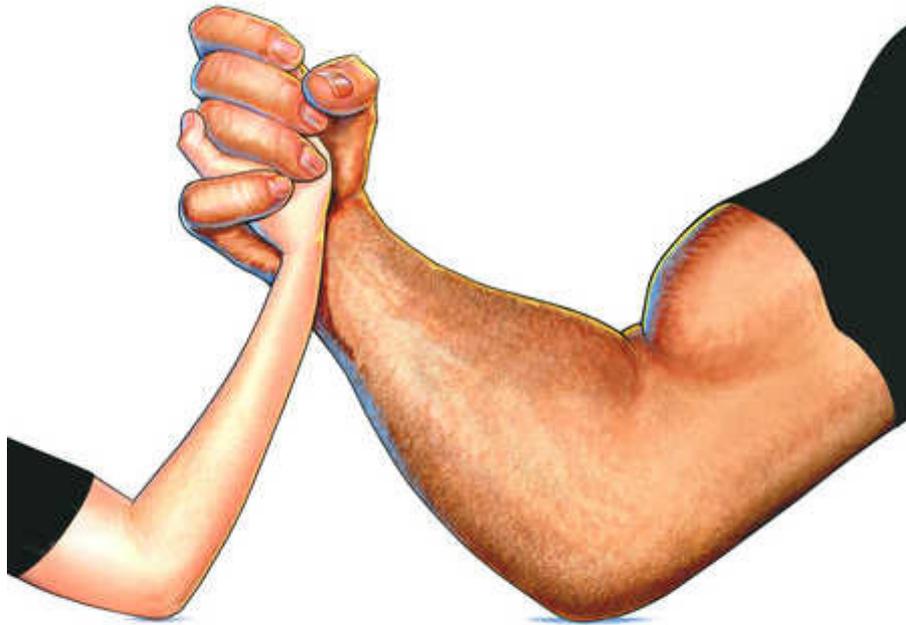


We ask Allaah to protect us from Shaytaan, who is one of our enemies. We cannot see him. But he is always trying to trick us into doing bad things.⁴

أَعُوذُ بِاللَّهِ
مِنَ الشَّيْطَانِ الرَّجِيمِ
مِنْ هَمَزِهِ وَنَفْخِهِ وَنَفْثِهِ

⁴ The supplication in Arabic here means: I seek refuge with Allaah from Satan, the Rejected One from the insanity he brings about, from his arrogance and from his evil poetry.

But he is not very strong. We are much stronger than he is *alhamdulillah*.

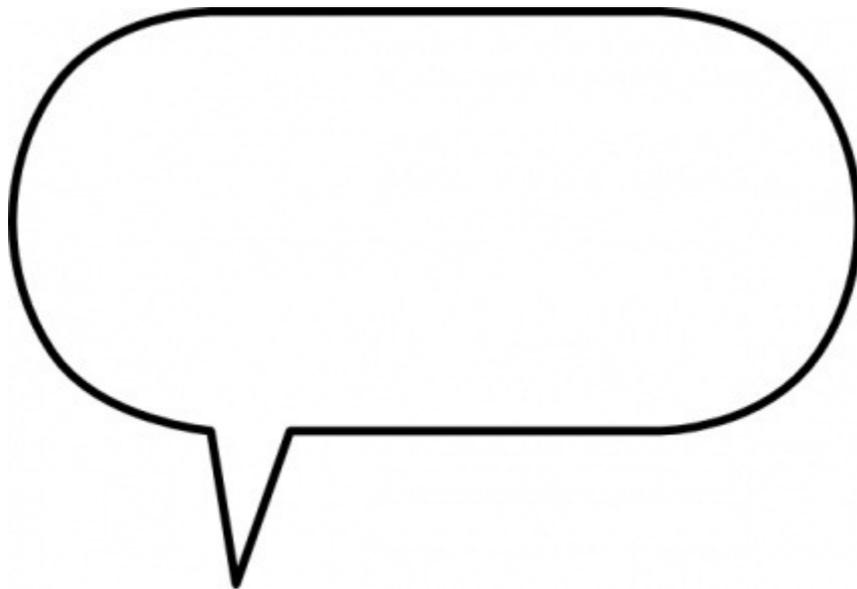


Now it is a time to say part of what is in the Qur-aan.

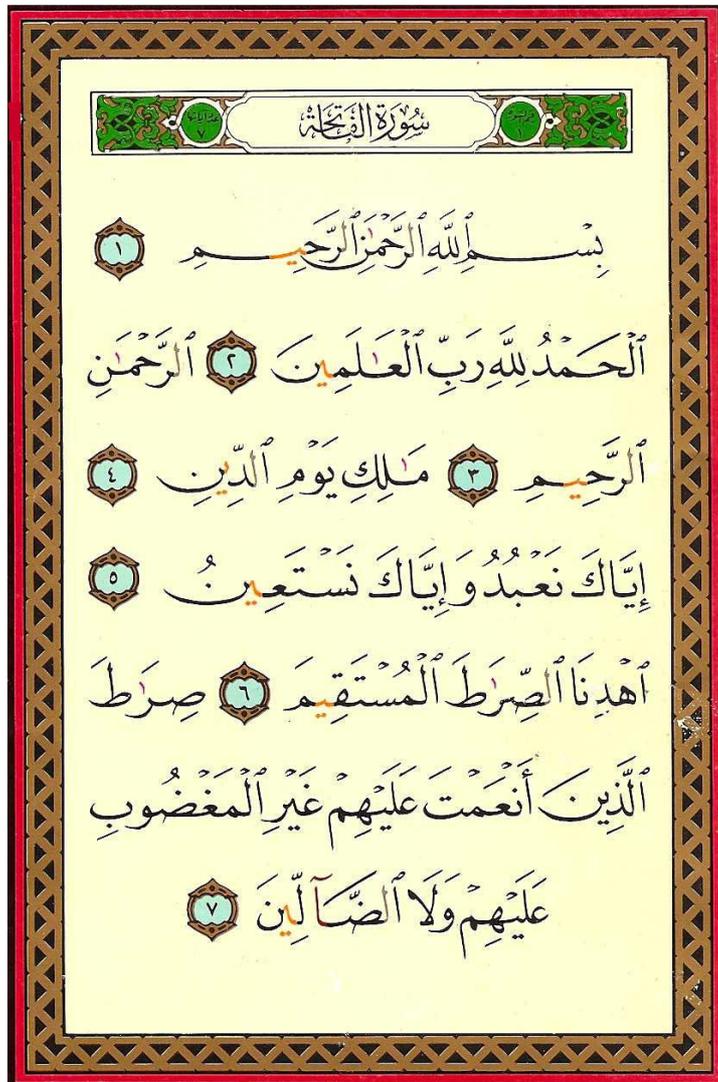
In some prayers we say it out aloud in a nice voice.

In other prayers we say it quietly to ourselves.

We call this “reciting” the Qur-aan.



We recite Soorah al Faatihah.



If you know any other parts of the Qur-aan you can recite those after reciting Soorah al Faatihah.

When we have finished that, we say *Allaahu akbar* and bow down.

اللَّهُ أَكْبَرُ

This bowing is called *rukoo'*.



While we are in *rukoo'* (bowing down) we say *subhaana rabbiy al'adheem*.⁵

سُبْحَانَ رَبِّيَ الْعَظِيمِ

When we say this, we are saying how tremendous Allaah is.

And that Allaah is Perfect.

We say it three or more times.

⁵ I declare my Lord, the Supreme, free and far removed from all imperfections.

Then we stand up straight again.

But as we are standing up we say:

سَمِعَ اللهُ لِمَنْ حَمِدَهُ

*Sami' Allaahu liman hamidah*⁶

This means that Allaah hears us and He gives us what we ask Him for.

⁶ Allaah listens and responds to the one who praises Him.

Then straight after that when our back is straight and we are standing properly, we say:

رَبَّنَا وَكَالْحَمْدُ

*Rabbanaa wa lakal hamd*⁷

We are saying that all the praise is for Allaah, our Lord.

What does “praise” mean?

When we praise Allaah, it means that we are saying how perfect and tremendous He is.⁸

⁷ O our Lord and all praise is for You.

⁸ Praise may be a difficult concept for the child to understand. When explaining to the child what praise of Allaah, the parent may wish to explain that we praise Allaah on account of His Self, His Names, His Attributes and His Actions – all of which are perfect. Refer to Shaykh Saalih al Fawzaan’s explanation of the statement “alhamdulillah” at the beginning of his commentary on *lum’at ul i’tiqaad*.

<http://islamthestudyguides.com/lumah/>

We stand calmly for a short time.

We say *Allaahu akbar*.

اللهُ أَكْبَرُ

Now it is time to go into *sujood*.

That is when we put our face, our hands, our knees and our feet on the ground.

But we will talk about that next time *inshaa Allaah*.