

Now we will talk about *sujood*.

Do you remember that from last time?



It is when we put our face, our hands, our knees and our toes on the ground.

When our face is touching the ground, we say another sentence three or more times.

*Subhaana rabbee al a'laa.*<sup>1</sup>

Here we say how high and perfect Allaah is.

سُبْحَانَ رَبِّيَ الْأَعْلَى

Now we sit up from *sujood*, saying *Allaahu akbar*.

اللَّهُ أَكْبَرُ

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<sup>1</sup> I declare my Lord, the Most High, to be free and far removed from all imperfections.

These are all nice words which we say in our prayer.

They help us to remember how great Allaah is.



When we are sitting still and feeling calm,  
kneeling down, we say two times:

*Rabbighfir lee*<sup>2</sup>

رَبِّ اغْفِرْ لِي

We are asking Allaah to forgive us for any bad  
things we have done.

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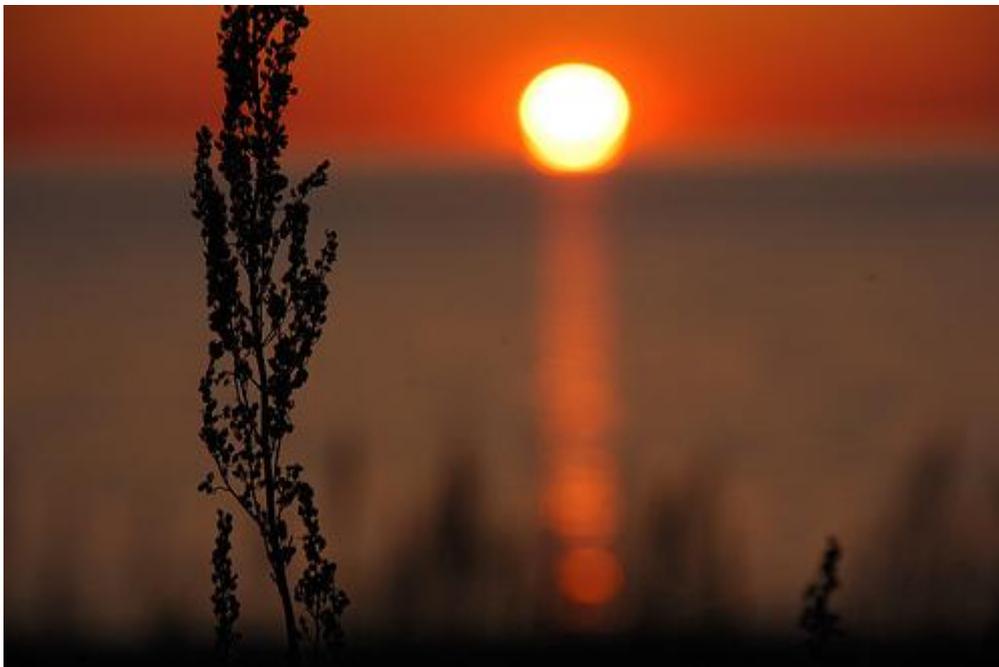
<sup>2</sup> O my Lord, forgive me.

Then we make *sujood* again and say  
*Subhaana rabbee al a'laa* again – three times  
or more.

سُبْحَانَ رَبِّيَ الْأَعْلَى

When we are making *sujood*, we can also make *du'aa* to Allaah.

That is where we ask Allaah for anything good that we want.



When we are ready, we sit back up. We say  
*Allaahu akbar.*

اللهُ أَكْبَرُ

We wait for a second or maybe two, and then  
we stand up.

Now we have done one *rak'ah*.



In some parts of the prayer, we stay sitting on the ground after we have done our second *sujood* for a short time before we stand up again.

During that short time, we read a special *du'aa* called the *tashahhud*.

We can talk about that next time *inshaa Allaah*.



Different prayers have different numbers of *rak'ahs*.

Your mum or your dad can tell you how many there are in each *inshaa Allaah*.<sup>3</sup>



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<sup>3</sup> Details of the number of *rak'ahs* are given in the footnote on the next page

Soon you will learn all of this *inshaa Allaah*.

Soon you will know how to pray *inshaa Allaah*.<sup>4</sup>



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<sup>4</sup> Number of *rak'ahs* in the *fard* (obligatory prayer) are:

Fajr	2
Zuhr	4
'Asr	4
Maghrib	3
'Ishaa	4