

Dua in Qawma (The standing posture after Ruku)

Rifa'h رضي الله عنه reports that we once read Salaah behind Nabi ﷺ who, after lifting his head from Ruku, recited: **سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ** to which a Sahabi behind him added:

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

Upon completion of the Salaah, Nabi ﷺ said, 'I saw 30 some odd angels rushing to the words to see who would be the first to record them.' (Bukhari vol.1 - pg.110)

DARUL IHSAN
ISLAMIC SERVICES
CENTRE دار الإحسان

53 Joyce Rd, Seacowlake, Dbn
Tel: (031) 577 7868 - Fax: (031) 577 6012
Email: disc@darulihсан.com
www.darulihсан.com

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Dua in Jalsa (The sitting posture between the two Sajdahs)

It is reported by Ibn Abbas رضي الله عنه that Nabi ﷺ used to recite between the two Sajdahs:

اللَّهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَعَافِنِيْ وَاهْدِنِيْ وَارْزُقْنِيْ

(Abu Dawood:724)

Transliteration: Allahummagh firlee warhamnee wa A'afinee wah dinee war zuqnee

Translation: O Allah! grant me forgiveness, mercy, well-being, guidance and sustenance.

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