

# 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)

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**Dua the Prophet ﷺ would frequently  
read in Sajdah & Ruku**

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي

"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}

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## 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 رضي الله عنه that the Ruku, Sajdah, Qaumah and Jalsah of Rasulullah ﷺ were all approximately the same duration. **{Bukhari V.1, P.110}**

### Duas to be Recited in Qaumah

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

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

OR

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ مِلْأَ  
السَّمَوَاتِ وَالْأَرْضِ وَمِأَمَّا شِئْتَ مِنْ شَيْءٍ بَعْدَ

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}

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### Dua to be Recited in Jalsah

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي

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 Nafil Salaah also.

{Tirmizi Volume.2, P.180}