

Every time we do our prayers, we spend some of the prayer kneeling down.

And when we finish our prayer, we are kneeling down.

Maybe you have seen people doing this?

What do we say when we are kneeling down?

Let's talk about that.¹

¹ Refer to "The Abridgement of the Prophet's Prayer described" of Shaykh Muḥammad Naasir ud Deen al Albaanee *rahimahullaah* – translated into English by Aboo Talḥah Dawud Burbank *rahimahullaah* (p32 of the English translation)

التَّحِيَّاتُ لِلَّهِ

وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

السَّلَامُ عَلَى النَّبِيِّ

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

السَّلَامُ عَلَيْنَا

وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

At-Tahiyyaatu lillaahi was-Salawaatu waṭ-Tayyibaatu

As-Salaamu `alan-Nabiyy wa rahmatullaahi wa barakaatuhu

As-Salaamu `alaynaa wa `alaa `ibaad illaahis-saaliheen²

² Words of praise and glorification are for Allaah alone, and prayers and acts of worship, and pure words and attributes.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

وَأَشْهَدُ أَنَّ مُحَمَّدًا

عَبْدُهُ وَرَسُولُهُ

Ash-hadu an laa ilaaha ill Allaah

*Wa ash-hadu anna Muḥammadan `abduhu
wa rasooluhu³*

May Allaah send peace and security upon the Prophet and may Allaah's Mercy and Blessings be upon him.
May Allaah send peace and security upon us and upon all of Allaah's righteous servants.

³ I bear witness that none has the right to be worshipped except Allaah
And I bear witness that Muhammad is His Slave and Messenger.

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ

وَعَلَى آلِ مُحَمَّدٍ

كَمَا صَلَّيْتَ

عَلَى إِبْرَاهِيمَ

وَعَلَى آلِ إِبْرَاهِيمَ

إِنَّكَ حَمِيدٌ مَجِيدٌ

Allaahumma ṣalli `alaa Muḥammadin wa `alaa aali Muḥammadin

Kamaa Ṣallayta `alaa Ibraaheema wa `alaa aali Ibraaheema

*Innaka Ḥameedun Majeed.*⁴

⁴ O Allaah, extol and honour Muhammad and the true followers of Muhammad, just as you extolled and honoured Ibraaheem and the righteous offspring of Ibraaheem. Indeed You are deserving of all praise, Perfect in Glory and Honour.

And then we say a *du`aa* which is very similar to this, which is:

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ

وَعَلَى آلِ مُحَمَّدٍ

كَمَا بَارَكْتَ

عَلَى إِبْرَاهِيمَ

وَعَلَى آلِ إِبْرَاهِيمَ

إِنَّكَ حَمِيدٌ مَجِيدٌ

Allaahumma baarik `alaa Muḥammadin wa `alaa aali Muḥammadin

Kamaa baarakta `alaa Ibraaheema wa `alaa aali Ibraaheema

*Innaka Ḥameedun Majeed.*⁵

⁵ O Allaah, send continual blessings upon Muhammad and the true followers of Muhammad, just as you sent blessings upon Ibraaheem and the righteous offspring of Ibraaheem. Indeed You are deserving of all praise, Perfect in Glory and Honour.

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If our prayer is two *rak`ahs* long then we only kneel once which is at the end of the prayer.

If our prayer is more than 2 *rak`ahs*, then we have to do two kneelings.

- One kneeling in the second *rak`ah*.
- And one kneeling in the last *rak`ah*.

What happens when we get to the last *rak`ah* of the prayer?

In the last kneeling, we say an extra *du`aa* as well as what we have talked about above.

Here it is.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ

مِنْ عَذَابِ جَهَنَّمَ

وَمِنْ عَذَابِ الْقَبْرِ

وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

Allaahumma innee a`oodhu bika

Min `adhaabi jahannam

Wa min `adhaab il qabr

Wa min fitnat-il-mahyaa wal-mamaat

Wa min sharri fitnat-il-maseeh-id-dajjaal⁶

⁶ O Allaah, I seek refuge with You from the punishment of the Hellfire and from the Punishment of the Grave, and from the trials of the living and the dying and the from the evil trials of the False Messiah.

Then we are allowed to ask Allaah for whatever good things we like.

And after that we finish our prayer by turning our head to the right and then to the left, saying each time:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

As-Salaamu `alaykum wa rahmatullaah⁷

Now we have finished our prayer!

⁷ May Allaah grant you peace and security, and may His Mercy and Blessings be upon you.