

Sisters Learning Program

Lecture #7: Optional Salaahs

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In the name of Allah, Most Gracious, Most Merciful.

❖ **Optional prayers and their virtues**

- The adversity that mankind faces today, is nothing compared to that which we will face on the Day of Judgement. But remember, the small problems we face in this world are atonement for our sins.
- Prophet Muhammad (SAW) has taught us that one of the most powerful tools to help us solve our problems is salaah.
- This beautiful gift was given to our Prophet Muhammad (SAW) on the night of Me'raaj.
- The following discusses the various optional salaahs and supporting Hadeeth.

Tahiyattul Whudhu

- o **2 units**
- o **Performed after whudhu, as a form of respect for Whudhu.**
- Whudhu removes both internal and external impurities, and prepares us to talk with our Lord.
- Hadeeth mentioned in both Bukhari and Muslim
 - o Narrated by Abu Hurairah (RA)
 - o Once Prophet Muhammad (SAW) asked Bilaal (RA) that he performs many virtuous acts approved by Allah (SWT), but of those acts, which does he think is the most noble and that will entitle him to Paradise.
 - o Prophet Muhammad (SAW) had asked this because he had heard the footsteps of Bilaal in front of him in Paradise.
 - o Bilaal (RA) said he did all that the Prophet (SAW) had told them to do, but one thing he does is that when after performing whudhu, out of respect for the Whudhu, he performs Tahiyattul Whudhu.
 - o Prophet Muhammad (SAW) said it is for this reason that he heard the footsteps in front of him in Jannah.
- Hadeeth in Muslim and Abu Dawood
 - o Narrated by Uthman bin Aamir
 - o Prophet Muhammad (SAW) said if a Muslim performs the correct whudhu and then stands in front of Allah (SWT) and performs 2 rakaats Tahiyattul Whudhu and his heart and his body faces towards Allah (SWT), then Janaah is Waajib upon that person.
 - o Allah (SWT) will honour him and give him Jannah

Salaatul Ishraaq

- **Can be 2 rakaats or 4 rakaats (in units of 2)**
- **Performed 10 or 12 mins after sunrise**
 - ☑ **Eg if sunrise is 6:30, \implies salaah can be performed at 6:42 or 6:45**
 - ☑ **Preferable to give at least 12 mins so that the sun rises fully**
- Performed by Our Prophet (SAW) with punctuality and holds many virtues
- Hadeeth in Tirmidhi
 - Narrated by Anas bin Maalik (RA)
 - Prophet Muhammad (SAW) said if a person performs their Salaatul Fajr in congregation, (for females at home), and that person remains on the musallah, remembers Allah (SWT), abstains from anything against deen and then the sun rises and then that person performs 2 rakaats Salaatul Ishraaq, the reward of that is 1 Hajj and 1 Umraa.
- The only condition of this salaah \implies to remain on the musallah.
 - The practical side is that you only have to sit on the musallah for another 20 mins.
 - If a person cannot remain on the musallah, and needs to attend to other work, they will be entitled to some reward but not the complete Hajj and Umraa
 - Hasan bin Ali (RA) narrates that Muhammad (SAW) said if a person prays Salaatul Ishraaq either 2 rakaats or 4 rakaats (in units of 2), then on the Day of Judgement, that person's body will be free or protected from the Fire of Jahannam.
- To sleep immediately after fajr, before sunrise, decreases one's sustenance.
- Summary of benefits
 - ☑ Reward of one Hajj and Umraa
 - ☑ Increased sustenance
 - ☑ Protection of one's body from the Fire of Jahannam insha-Allah

Salaatul Dhuha

- **Can be performed around 9/10/11am**
- **Minimum units = 2, maximum = 12**
- **Muhammad (SAW) used to pray 4 rakaats most of the time**
- A Hadeeth narrated by Abi Darda (RA), Prophet Muhammad (SAW) said if a person prays 2 rakaats of Salaatul Dhuha, he will not be considered heedless
- A person who prays.....
 - 4 rakaats \implies considered a true believer
 - 6 rakaats \implies if no other optional ibaadah performed the entire day, this 6 rakaats will be sufficient
 - 8 rakaats \implies considered amongst the obedient
 - 12 rakaats \implies Allah (SWT) will make a house for him in Paradise.

- In Muslim, Aayesha (RA) narrates that the day Prophet Muhammad (SAW) entered Makkah victoriously, he prayed 8 rakaats of Salaatul Dhuha. (But as mentioned previously, Muhammad (SAW) used to pray consistently, 4 rakaats)
- Another Hadeeth in Muslim narrated by Abi Thar (RA)
 - o Prophet Muhammad (SAW) said for every joint that Allah (SWT) has placed in your body, you have to give sadaqah, because you wake up early in the morning fresh and healthy and Allah (SWT) removes the tiredness.
 - o To say Subhanallah, Alhamdulillah or Allahu Akbar, to prohibit people from bad etc is all sadaqah
 - o But to perform 2 rakaat Salaatul Dhuha, is sufficient for every joint in your body.
- Aayesha (RA) never used to miss Salaatul Dhuha. She used to pray 8 rakaats.
- The Ulamaa have mentioned that if Salaatul Dhuha is performed, it increases barakaah in our sustenance.

Salaah 8 mins after zenith

- o **4 units with one salaam**
- o **Performed after the sun declines, approximately 8 mins after zenith**
- o **Many virtues regarding this prayer**
- Hadeeth in Tirmidhi
 - o Narrated by Abu Ayooob Ansari
 - o After the sun used to decline, Muhammad (SAW) always used to pray 4 rakaats and was very punctual with this prayer
 - o Hazrat Ayooob Ansari asked why Muhammad (SAW) used to pray these 4 rakaats and he replied that after the sun declines before a person prays his/her Zuhr, Allah (SWT) opens the doors of rahmah between that time (i.e. after zenith and before Zhur)
 - o Prophet Muhammad (SAW) said he takes advantage of this moment and prays 4 rakaats to show respect, so that the reward of this act can ascend to the heavens and enter the kingdom of Allah (SWT) through the doors of rahma and Allah (SWT) can look at me with Rahmaa.
 - o Prophet (SAW) said that qiraat should be recited in every rakaat, and instead of 2 salaams, only 1 salaam is necessary for this salaah.

Salaah Awaabeen

- o **6 units**
- o **After Magribh & before Esha**
- Hadeeth in Tirmizi and Ibn Maajah
 - o Narrated by Hazrat Abu Hurairah (RA)
 - o Prophet (SAW) said a person that can pray 6 rakaats after Magribh in 2 units each, the reward of these 6 units is 12 years of worship.

- Remember in 12 years, there are 12 months of Ramadhan, 12 Laylatul Qadr, many salaah, 12 Hajj etc, all for which we get the reward for simply by performing this salaah.
- Hadeeth narrated by Ibn Abbas (RA)
 - Muhammad (SAW) said if a person prays Salaatul Awaabeen, the angels will surround you.
 - It assists the human being in turning towards Allah (SWT).

Salaah Safr

- **2 rakaats**
- **When a person is travelling to another place or travelling back home (more than 48 miles)**
- In one Hadeeth Prophet Muhammad (SAW) said the greatest gift a person can give to his family if travelling, is 2 rakaats safr.
- Hadeeth narrated by Abu Hurairah (RA)
 - Muhammad (SAW) said when you return back from your journey, pray 2 rakaats, as this will protect you from a bad entrance
 - And when you intend to go on a journey, pray 2 rakaats which will protect you from the harmful things outside.

Salaatul Haajaat

- **2 rakaats**
- **Performed when in need of anything**
- Hadeeth in Tirmizi and Ibn Majaah
 - Narrated by Abdullah bin Abi Aufah
 - Prophet (SAW) said whenever you need anything, perform whudhu and perform 2 rakaats Haajaat (2 rakaats of need). On completion, raise your hands, praise Allah through his attributes, send Durood upon Muhammad (SAW) and say the following dua (a very powerful dua!):

*Laa illaha illahul haleemul karim
 Subhanallahu rabil arshi atheem
 Alhamdulillahii rabil alamin
 As alooka moojibaati rahmatiq
 Wa azaa immam magfiratiq
 Walgani mata min quli bir
 Wasalaamata min quli is
 Laa tada'
 Lee thaman illah gafarta
 Walaa haman illah farajtaa
 Walaa haajatan hiya laka ridhan
 Illa kathay ta haa
 Ya arhamar raaheemeen*

- Present your need and insha-Allah, Allah will fulfil your need.

- Whenever our Prophet (SAW) used to face any problem, he always turned to salaah.
- Whether it was an earthquake, disease, famine, tragedy etc, our Prophet (SAW) always turned to salaah, and likewise we should follow the sunnah and do the same.

Salaatul Shukr

- o **2 units**
- o **To show gratefulness to Allah (SWT)**
- Some scholars are of the opinion that one does not have to perform 2 rakaats, but even to fall into sajdah of shukr is accepted.
- According to Imaam Ahmed, Imaam Shafi'i & Imaam Muhammad, to perform a sajdah of shukr \iff is a sunnah
- Imaam Malik and Imaam Abu Haneefa say that the word of sajdah shukr in the Hadeeth in reality refers to 2 units of shukr
- However, according to Imaam Abu Haneefa and Imaam Malik, one should have whudhu to fall into Sajdah Shukr
- When Firraun was killed, (SAW) performed 2 rakaats of shukr
- Imaam Abu Haneefa and Imaam Malik say that one should perform 2 rakaats shukr when one experiences good in one's life....and we all experience good in our lives.

Salaatul Taubah

- o **2 rakaats**
- o **To repent and seek forgiveness from Allah (SWT)**
- There is a weakness in human beings, and sometimes we fall off the right path, but we must repent.
- Hadeeth narrated by Hazrat Hasan Basri
 - o Muhammad (SAW) said if a person commits a crime (major sins), performs a good whudhu, and performs 2 rakaats in an open place (women can pray at home), and repents sincerely, his/her sins will be forgiven

Salaatul Istikharaa

- o **2 units**
- o **For guidance when making *major* decisions**
- A dua (found in many books) is recited on completion of the 2 rakaats nafil salaah

- Do not necessarily have to have a dream, it is said in a Hadeeth that Allah (SWT) will turn your heart to that which is right for you.
- It is possible to see a dream, but in that case, it is advisable to seek advice from a person who is knowledgeable about dreams.
- This salaah should be continued, if possible for 7 days if an answer is not arrived at prior to the 7 days.

Salaatul Tasbeeh

- o **4 rakaats**
- o **For forgiveness of sins**
- In one Hadeeth, Prophet Muhammad (SAW) said that salaah should be prayed every day, if not then every week, if not then every month, if not then every year, and if that's not possible then or at least once in a lifetime
- Therefore try and pray this salaah at least once in a life time.
- The method of performing this salaah can be found in many Kitaabs.
- After performing this salaah, there is a stronger connection with Allah (SWT).

Salaatul Tahajjud

- In a Hadeeth it is stated, that the best salaah after the 5 compulsory salaah is Tahajjud
- Another Hadeeth mentions that Allah (SWT) descends to the lower heaven in the last 3rd portion of the night
- Prophet Muhammad (SAW) mentions in a Hadeeth that if you know are not able to wake up for Tahajjud, you can perform the salaah after Witr salaah. However, this should not become a habit, and only be used if one knows that on that day they will not be able to wake up in the later part of the night.
- Jaabir (RA) narrated that Prophet Muhammad (SAW) said in the night there is a special moment, and if a Muslim makes duaa in that moment, Allah (SWT) will grant that duaa, and that moment is in Tahajjud.

NB: Hadeeth mentioned are not quoted specifically word for word, but only mentioned briefly.