



Prostration Posture

3. Prostration Posture

- Demonstration of submission to Almighty Allah, along with repeating “***Glory be to my Lord, the Most High***” thrice.



1. Kneel on the ground to perform the first prostration. On your way down, say, “**Allahu Akbar**” without raising your hands. Finish saying **Takbir** before putting your forehead on the ground.

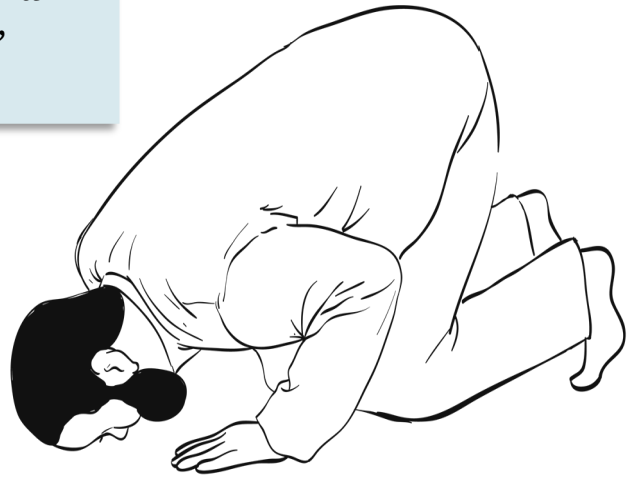


Prostration Is
Performed
Twice in Each
Rak`ah

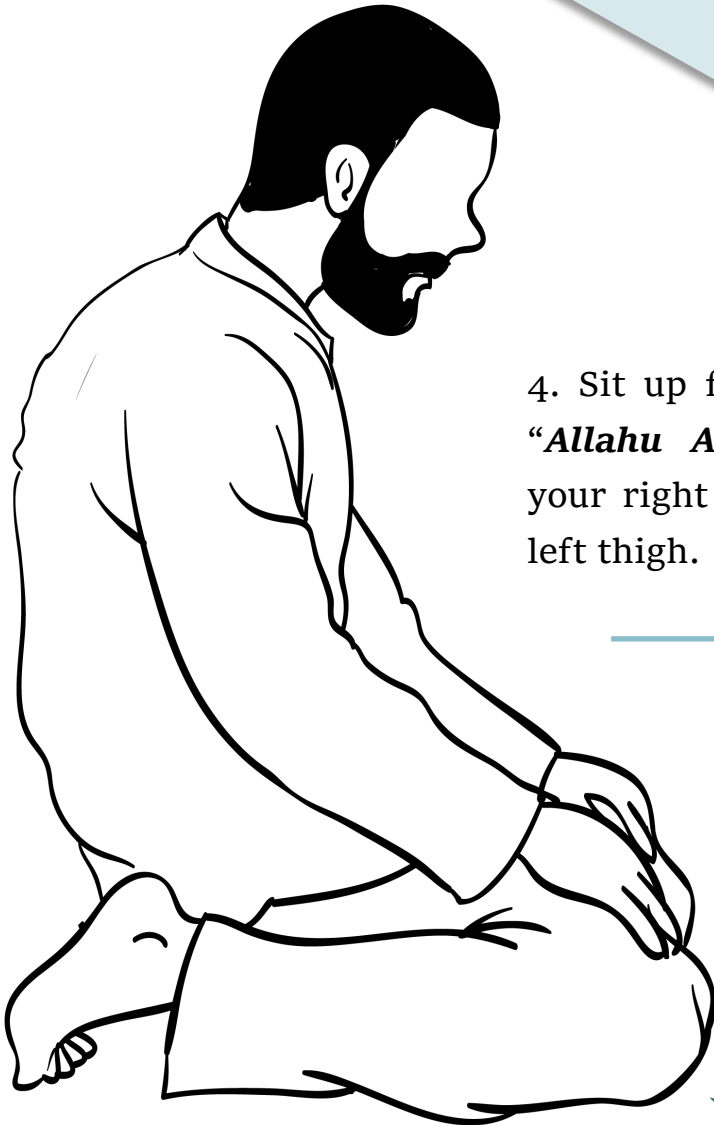
2. Ensure a correct prostrating posture by doing the following:

- ✓ During prostration, seven parts of your body should be firmly resting on the ground: the forehead along with the nose, both palms, both knees, and the bottom of the toes of both feet. These are known as the seven body parts of prostration.
- ✓ Your two palms should be placed flat on the ground in line with your shoulders, while keeping your fingers stretched forward, closed together, and pointing towards the *Qiblah*.
- ✓ Your forearms should stay raised above the ground and away from the sides of your body.
- ✓ Your feet should be held upright on the ground, with the bottom of your toes bent in the direction of the *Qiblah*.

3. While in the prostrating position, say three times, “***Subhana Rabbiyal A`la*** (Glory be to my Lord, the Most High).”

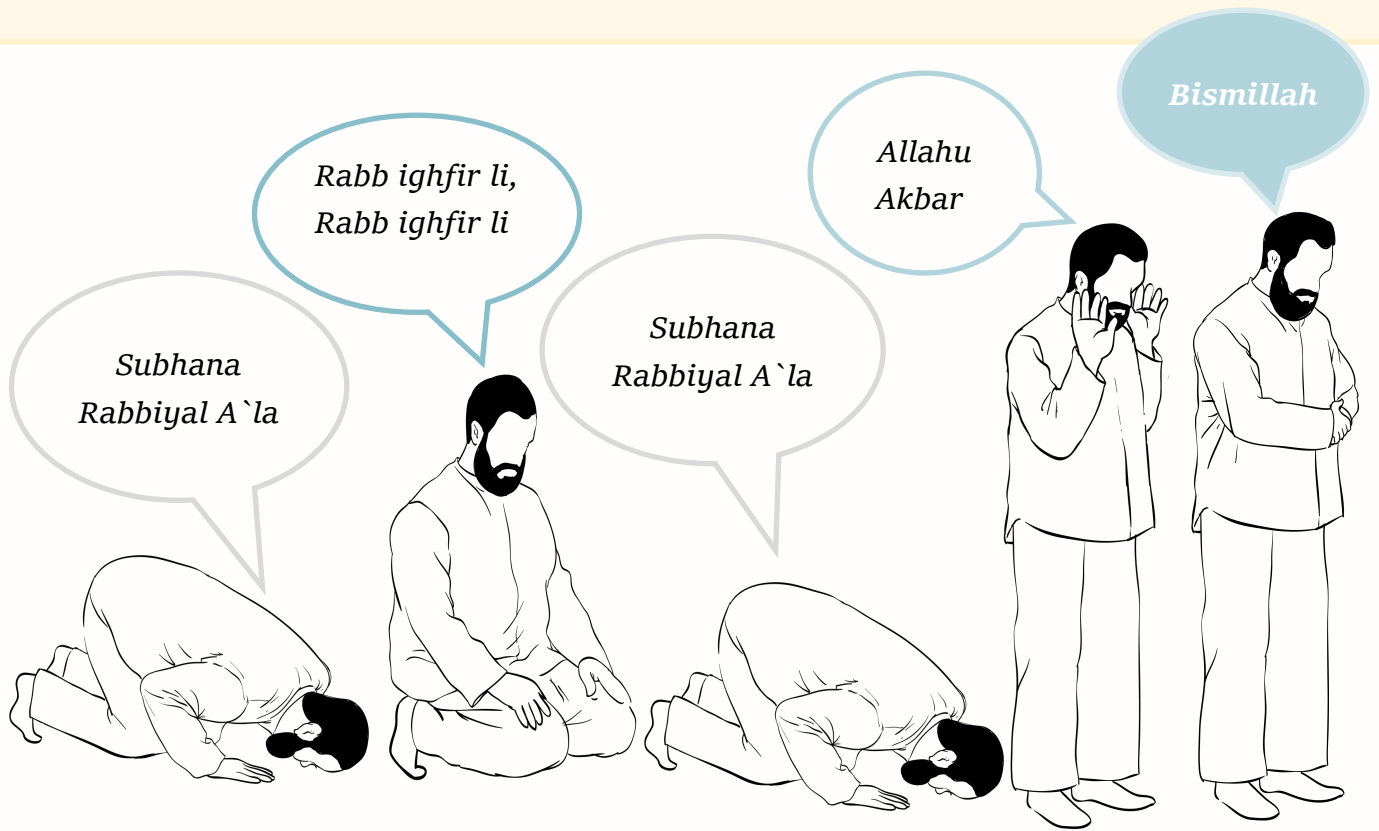


4. Sit up from the first prostration, saying, “***Allahu Akbar.***” Place your right hand on your right thigh and your left hand on your left thigh.



In this posture, it is a recommended act of **Sunnah** to sit on the left leg while keeping the right foot upright with the toes pointing towards the **Qiblah**. This sitting position is called **Iftirash**.

It is also a recommended act of **Sunnah** to say during the sitting pause between the two prostrations, “***Rabb ighfir li, Rabb ighfir li (O my Lord, forgive me. O my Lord, forgive me).***” Or you may say, “***Allahumma ighfir li, warhamni, wa`aafini, wahdini, warzuqni*** (O Allah, forgive me, have mercy on me, grant me well-being, guide me, and grant me provision).”



5. Prostrate again, saying, “**Allahu Akbar.**” During the second prostration, repeat what you have done and said in the first prostration.

6. Once you complete the second prostration, you have completed one full *Rak`ah*. Rise up to proceed to the next *Ra`kah*, saying, “**Allahu Akbar.**”

The Closest You Can Get to Allah

“The closest a person can be to their Lord is when they are prostrating, so supplicate much in it,” said Prophet Muhammad (peace and blessings be upon him). [Narrated by Abu Dawud] Therefore, it is recommended that you supplicate to Allah a lot during prostration for whatever matters of this world or the Hereafter you need addressed.