

Masnoon DU'Ā's QAUMAH AND JALSAH



Alhamdulillah, various (Masnoon) Du`ā's of Rasulullah *Sallallahu Alayhi Wasallam* have been recorded in the books of Ahādīth. Whilst we commonly suffice on selected Du`ā's that we have learnt in our youth, there are so many more Du`ā's taught to us by our Beloved Rasulullah *Sallallahu Alayhi Wasallam* that we can introduce into our daily practices. My beloved Ustaad, *Shaykh-ul-Hadith* Hazrat Moulana Fazlur Rahman Azmi *Daamat Barakaatuhum* has since a long time been tirelessly promoting the revival of the Sunnah of Rasulullah *Sallallahu Alayhi Wasallam* in all aspects of our lives, and in this regard, he has gathered numerous (Masnoon) Du`ā's established from authentic books of Ahādīth so that we could learn and recite these Du`ā's effortlessly. I wish to share these beneficial Du`ā's that we have learnt from him, *InshaaAllah*.



QAUMAH AND 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. 433 ص 1 درالمختار ج 1 It is reported by Bara *RadiAllahu Anhu* that the Ruku, Sajdah, Qaumah and Jalsah of Rasulullah *Sallallahu Alayhi Wasallam* were all of approximately the same duration. 110 ص 1 صحيح البخاري ج 1 It is Masnoon [Sunnah] to recite these Du`ā's in the Sunnah and Nafl Salaah. 180 ص 2 سنن الترمذي ج 2 These Du`ā's could be recited in the Fardh Salaah also.

ANY OF THE FOLLOWING DU'Ā'S MAY BE RECITED IN QAUMAH

DU'Ā TO BE RECITED IN QAUMAH 1

رَبَّنَا وَلَكَ الْحَمْدُ صحيح البخاري ج 1 ص 95 OR رَبَّنَا لَكَ الْحَمْدُ صحيح البخاري ج 1 ص 100
Our Sustainer, and for You is all praise Our Sustainer, for You is all praise

DU'Ā TO BE RECITED IN QAUMAH 2

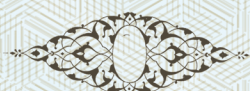
رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ صحيح البخاري ج 1 ص 110
Our Sustainer, and for You is all praise in abundance, excellent and blessed.

DU'Ā TO BE RECITED IN QAUMAH 3

اَللّٰهُمَّ رَبَّنَا لَكَ الْحَمْدُ مِلْءَ السَّمٰوٰتِ وَلِاَرْضٍ
وَمِلْءِ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ

سنن الترمذي ج 2 ص 180 صحيح مسلم ج 1 ص 190

Our Sustainer, for You is all praise, full of the heavens and the earth
and whatever pleases You beyond that.



DU'Ā TO BE RECITED IN JALSAH

اَللّٰهُمَّ اغْفِرْ لِيْ وَارْحَمْنِيْ وَعَافِنِيْ وَاَهْدِنِيْ وَارْزُقْنِيْ سنن أبي داود ج 1 ص 123

O Allah forgive me, have mercy on me, grant me peace, guide me and grant me sustenance.