

HOW TO PERFORM SALAATUL TASBEEH

Ibn Abbās رضي الله عنه narrated that the Messenger of Allaah صلى الله عليه وسلم said to Al-'Abbās bin 'Abdul-Muttalib رضي الله عنه:

"O Abbās, O my uncle! Should I not give something to you? Should I not give you a present? Should I not give a gift to you? Should I not instruct you to ten things – If you were to do them, Allaah ﷻ will forgive your sins; the first of them and the last of them, the old of them and the new of them, the unintentional of them and the intentional of them, the small of them and the large of them, the hidden of them and the public of them. Ten things which are: that you pray four Rak'ahs.....(After this the Prophet Muhammad صلى الله عليه وسلم taught him the way of performing this Salaah)

The Prophet Muhammad صلى الله عليه وسلم then said: "if you are able to pray this once everyday, do so, and if you can not do so, then once every week, and if you can not do so, then once every month, and if you can not do so, then once every year, and if you can not do so, then once in your lifetime." (Abu Dawud, Tirmidhi, Saheeh)

The Tasbeeh to be recited in Salaatul Tasbeeh is:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Subhaan Allaahi Wal Hamdulillaahi Wa Laa ilaaha illal Laahu Wallaahu Akbar
'Glory be to Allaah, All praise is due to Allaah, There is no God except Allaah, Allaah is the greatest.'



1. Make intention (Niyah) for four Rak'ahs Nafil for Salaatul Tasbeeh to please Allaah ﷻ and then start your Salaah in the normal way

2. After reading Thana

Recite the above Tasbeeh 15 times

3. Then recite Ta'awwuz (A'uzu Billahi...), Tasmiyah (Bismillah...), Surah Faatihah and any Surah. After this

Recite the above Tasbeeh 10 times



4. Then go into Ruku and after the Tasbeeh (Subhaana Rabbiyal Azeem)

Recite the above Tasbeeh 10 times



5. Go to Qowmah (standing position after Ruku) and after saying Samee Allaahu Liman Hamidah, Rabbana Lakal Hamdh, then

Recite the above Tasbeeh 10 times



6. Go into the 1st Sajdah and after the Tasbeeh (Subhaana Rabbiyal Aa'la)

Recite the above Tasbeeh 10 times



7. Now sit-up from the first Sajdah in Jalsa position (sitting position between the two Sajdahs) and then

Recite the above Tasbeeh 10 times



8. Now go into the 2nd Sajdah and after the Tasbeeh (Subhaana Rabbiyal Aa'la)

Recite the above Tasbeeh 10 times

This completes the 1st Rak'ah with the Tasbeeh been prayed 75 times

The remaining three Rak'ahs will be prayed in a similar manner but without Thana (point 2) and Ta'awwuz (point 3)

Note:

- 1) You can pray Salaatul Tasbeeh any part of the day or night except during the forbidden times for performing Salaah. It is encouraged during the potential nights of Laila-tul-Qadr because of the blessings during that blessed night as stated in the Qur'aan itself (Surah Qadr, Chapter 97).
- 2) Your aim is to recite the above Tasbeeh 300 times in total over 4 Rak'ahs with 75 Tasbeehs in each Rak'ah. However, please do not count loudly, or on the fingers or by holding beads in your hand.
- 3) You may count by pressing the fingers as a reminder. For example if you are in Ruku. You may press the first finger of your right hand first for the first count, then the finger next to it for second count, then the middle finger for third count, following this method until you reach the little finger of your left hand, and that will give you a count of ten. Use the same method during the whole Salaah.
- 4) There is another method to pray Salaatul Tasbeeh which is also correct and acceptable; instead of praying the 15 Tasbeeh's after Thana (as in point 2) pray 15 Tasbeeh's after the Surah (point 3). Now after the 2nd Sajdah (point 8), come back to the jalsa position (as in point 7) and then pray the 10 remaining Tasbeehs to make the total 75 Tasbeehs in that Rak'ah - After this say "Allaahu Akbar" and stand up and start the next Rak'ah (if you are at the end of the second or fourth Rak'ah, then Recite the Tasbeeh before Tashahud - Al-tahiyyaatu lillaahi..)