



DID YOU KNOW ?

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METHOD OF SAJDAH FOR FEMALES

Sajdah (prostration) is the ultimate position of humility for a Believer. In Sajdah, the highest part of the human body, where the intellect resides, meets the ground. The position of Sajdah is the climax of Salah.

Nabi ﷺ said, “The nearest a slave comes to his Rabb is when he is prostrating, so increase dua (in this state).” (Muslim)

A number of errors are found when people make Sajdah in Salah. To acquire maximum benefit from this posture, Sajdah must be performed correctly.

Hazrat Yazid bin Abi Habib ؓ reports that Nabi ﷺ passed by two women who were performing Salah. (After they had completed their Salah) He ﷺ said, “When you perform Sajdah, then allow your body to remain close to the ground. Certainly the Salah of women is different from the Salah of men.” (Maraseel of Abu Dawood)

It is reported from Hazrat Ali ؓ that when a woman performs Sajdah she should draw herself together close to the ground and join her thighs together. (Musannaf ibn Abi Shaybah)

Method of Sajdah:

In Sajdah, a female will draw her limbs together and keep them close to each other without gaps. She will keep the abdomen attached to the lower part of her body and the arms attached to the sides. The elbows will be placed on the ground. The feet will not be kept upright, instead they will be placed flat on the ground on the right-hand side.

We should try to improve our postures in Salah by referring to authentic books of Salah and also referring to our Ulama to help us correct our postures and our Salah in general.

(NB. The above method is for females/Hanafi)



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