

Salah-tul-Tasbeeh (Prayer of praising Allah)

Great virtue has been mentioned for Salah-tul-Tasbeeh in the Hadith, the reward abundantly on offering this Salah.

- Hazrat Abi Rafa'a ؓ narrates Rasulullah ﷺ once said to his uncle Hazrat Abbas ؓ; O Abbas! "O my uncle! Shall I not give you a gift? Shall I not show you something by means of which Allah ﷻ will forgive your sins, the first and the last of them, the past and recent, the unintentional and the intentional, the small and huge, the secret and open. Rasulullah ﷺ then taught him the Salah-tul-Tasbeeh. Then He ﷺ advised him that if it is possible should try to offer this Salah daily. If it cannot be offered daily, then every Friday, if not, then once a month, if not, then once a year and if even this is not possible, then at least once in a lifetime." (Abu-Dawud, Tirmidhi)

Tasbeeh: You will have read this Kalimah 75 times in each Raka'ah and 300 times in all four Raka'ats.

﴿سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ﴾

"Glory be to Allah ﷻ, and All Praise be to Allah ﷻ, there is none worthy of worship besides Allah ﷻ and Allah ﷻ is the Greatest."

The method of offering this Salah is as follows:

First of all the Niyah (intention) should be made I am performing 4 Raka'at "Salah-tul-Tasbeeh" Say Takbeer "Allahu Akbar" and then recite the Thana (Sanaa), Ta'awwuz (A'oozu-billah) and Tasmiyyah (Bismillah), as follow.

1 st Raka'at	Surah Al-Fatiha and another Surah Then recite above Tasbeeh 15 times	Into Rukoo after recite the usual Tasbeeh of Rukoo Then recite Tasbeeh 10 times	Stand up from Rukoo, say Tasmee' and Tahmeed Then recite Tasbeeh 10 times	In 1 st Sajdah, after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	Getting up from 1 st Sajdah and sit back Then recite Tasbeeh 10 times	In 2 nd Sajdah after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	After 2 nd Sajdah before standing up for 2 nd Raka'at sit back Then recite Tasbeeh 10 times	In each Raka'ah Total Tasbeeh 75 times
2 nd Raka'at	Surah Al-Fatiha and another Surah Then recite above Tasbeeh 15 times	Into Rukoo after recite the usual Tasbeeh of Rukoo Then recite Tasbeeh 10 times	Stand up from Rukoo, say Tasmee' and Tahmeed Then recite Tasbeeh 10 times	In 1 st Sajdah, after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	Getting up from 1 st Sajdah and sit back Then recite Tasbeeh 10 times	In 2 nd Sajdah after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	After 2 nd Sajdah in 1 st Qa'dah sit back Recite Tasbeeh 10 times and then Tashahhud	In each Raka'ah Total Tasbeeh 75 times
3 rd Raka'at	Surah Al-Fatiha and another Surah Then recite above Tasbeeh 15 times	Into Rukoo after recite the usual Tasbeeh of Rukoo Then recite Tasbeeh 10 times	Stand up from Rukoo, say Tasmee' and Tahmeed Then recite Tasbeeh 10 times	In 1 st Sajdah, after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	Getting up from 1 st Sajdah and sit back Then recite Tasbeeh 10 times	In 2 nd Sajdah after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	After 2 nd Sajdah before standing up for 3 rd Raka'at sit back Then recite Tasbeeh 10 times	In each Raka'ah Total Tasbeeh 75 times
4 th Raka'at	Surah Al-Fatiha and another Surah Then recite above Tasbeeh 15 times	Into Rukoo after recite the usual Tasbeeh of Rukoo Then recite Tasbeeh 10 times	Stand up from Rukoo, say Tasmee' and Tahmeed Then recite Tasbeeh 10 times	In 1 st Sajdah, after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	Getting up from 1 st Sajdah and sit back Then recite Tasbeeh 10 times	In 2 nd Sajdah after reciting the usual Sajdah Tasbeeh Then recite Tasbeeh 10 times	After 2 nd Sajdah in 2 nd Qa'dah sit back Recite Tasbeeh 10 times, then Tashahhud and up to Salam.	In each Raka'ah Total Tasbeeh 75 times

- **Note:** It is desirable to recite these Surahs in each Raka'at in this order: Surah At-Takathur, Surah Al-Asr, Surah Al-Kafirun and Surah Al-Ikhlaas. It is recorded in Sunnah.