



On the virtues of prostrating to Allah the Almighty

First Sermon

All praise is due to Allah, the Affectionate, the Worshipped Lord. To Him all the faces are bowing humbly in prostration. He bestowed upon His prostrating servants the favours of drawing nearer to Him and being generously rewarded. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. He pbuh was the best of those showed gratefulness towards Allah, the best of worshipers and the best of those bowed and prostrated. May the peace and blessings of Allah be upon our Master Muhammad, his family and all of his companions and those who follow them in righteousness till the Day of Judgement.

As to what follows,

I urge you, **O servants of Allah**, and myself to be aware that you are asked to obey Him the Most Exalted in line with His orders: **“O mankind, worship your Lord, who created you and those before you, that you may become righteous.”** (Al-Baqara: ٢١).

Dear Muslims,

Please know that prostration is the greatest of acts of worship performed to Allah the Almighty. Indeed He is the only One Who is worthy of being prostrated to, for He is the Creator and the Owner of Majesty and Honour. Allah the Most Exalted enjoined upon His servants to prostrate to Him for says, **“so prostrate to Allah and worship [Him].”** (An-Najm: ٦٢). In many places in the holy Quran, Allah the Almighty emphasises the significance of prostrating to Him. For instance, the Almighty tells us in the story Suleiman pbuh (Solomon) about the hoopoe that said to Suleiman pbuh, **“[and] so they do not prostrate to Allah, who brings forth what is hidden within the heavens and the earth and knows what you conceal and what you declare - Allah - there is no deity except Him, Lord of the Great Throne.”** (An-Naml: ٢٥-٢٦).

Before going down further on the standing of prostration, it is good to advise each other on its meaning. To prostrate is to be fully submitted and devoted to Allah and in full state of subservience to Him. Performing it, the worshiper would place the stateliest part of

their body on the ground; the forehead falling to the ground while the heart and mind are humble in front of the Most Exalted. On this account, the Prophet pbuh said, "I have been ordered to prostrate on seven bones i.e. on the forehead." He pbuh pointed towards his nose, both hands, both knees and the toes of both feet.

Undoubtedly, to Allah prostrates all creatures in ultimate position of humility and surrender. Allah the Almighty says, "**do you not see that to Allah prostrates whoever is in the heavens and whoever is on the earth and the sun, the moon, the stars, the mountains, the trees, the moving creatures and many of the people? But upon many the punishment has been justified. And he whom Allah humiliates - for him there is no bestower of honour. Indeed, Allah does what He wills.**" (Al-Hajj: ١٧). In like manner, the angels also prostrate to Allah, the Most Sublime, in line with His orders, and in humbleness in front of His Supremacy. The Almighty says, "**and to Allah prostrates whatever is in the heavens and whatever is on the earth of creatures, and the angels [as well], and they are not arrogant.**" (An-Nahl: ٤٩).

In His Book, Allah the Almighty has praised His Prophet Muhammad pbuh and his noble companions, may Allah be pleased with them, as being devoted to observing prostration (in prayer). He says, "**you see them bowing and prostrating [in prayer], seeking bounty from Allah and [His] pleasure. Their mark is on their faces from the trace of prostration.**" (Al-Fath: ٢٩). The Most Exalted also describes those who prostrate to Him much as the "servants of the Most Merciful", saying, "**those who spend [part of] the night to their Lord prostrating and standing [in prayer].**" (Al-Furqan: ٦٤).

O Servants of Allah,

Elaborating on its status, Islam has attributed great standing and lofty rank to prostration. It reflects glorification to Allah, the Exalted is He, and submission to His commands. The Almighty says, "**O you who have believed, bow and prostrate and worship your Lord and do good - that you may succeed.**" (Al-Hajj: ٧٧). In the holy Quran, Allah, the Most High, has celebrated the true believers amongst his servants who "**when the verses of the Most Merciful**

were recited to them, they fell in prostration and weeping.” (Mariam: ٥٨). They do so in glorification of His verses.

Furthermore, the Most Exalted has made prostration as a sign of true faith for He says, **“only those believe in Our verses who, when they are reminded by them, fall down in prostration and exalt [Allah] with praise of their Lord, and they are not arrogant.”** (As-Sajda: ١٥).

More to the point, prostration is one pillar of prayer that is performed more than other pillars and the greatest of them. In evidence of this, when the Prophet pbuh was once asked about the dearest of acts to Allah the Almighty, he said, “You should prostrate more often.” On the same matter, it was narrated that Abdullah Ibn Masood, may Allah be pleased with him, said, “The best amongst the acts of prayer are bowing and prostration.” This is because prostration is a cause for removing sins as the Messenger of Allah pbuh said, “No worshipper performs a prostration to Allah except that by it Allah will raise him in status one degree, and erase a sin from him for it.”

Amongst the other virtues of prostration is that it is one of the greatest acts that are conducive to draw the believer nearer to their Lord. The Most Exalted says, **“but prostrate and draw near [to Allah].”** (Al-Alaq: ١٩). The Prophet pbuh also said in this regard, “The closest that a person can be to his Lord is when he is prostrating.” Equally important, prostration is an act during which supplications are liable to be answered since Allah, the Most High and Sublime knows what is inside the heart of His prostrating worshipers and listens to their earnest invocations. The Almighty says, **“and rely upon the Exalted in Might, the Merciful, Who sees you when you arise, and your movement among those who prostrate.”** (Ash-Shuaraa: ٢١٧-٢١٩).

This was further accentuated by our Master Muhammad pbuh as he said, “As for prostration, strive in supplication in it, for they are more likely to be answered.” An illustration of this fact can also be found in the following Aya in which Allah the Almighty describes His true believers saying, **“you see them bowing and prostrating [in prayer], seeking bounty from Allah and [His] pleasure.”** (Al-Fath: ٢٩). That is to say: By prostrating to their Lord, they seek His

favours. So, He shows mercy on them, respond to their supplication and is pleased with them.

O Who Prostrate to Allah the Almighty,

Part of the guidance of the Prophet pbuh was that he used to prostrate for a long time when he prayed alone. On this account, Sayida Aisha, may Allah be pleased with her, said, “The Prophet pbuh used to pray, and each of his prostrations lasted for a period enough for one of you to recite fifty verses.” While prostrating, he pbuh also used to exalt His Lord, the Most High, plentifully and seek His forgiveness saying, “Exalted is my Lord, the Most High.”

With this in mind, we seek Allah’s favour to make us amongst those who prostrate to Allah the Almighty.

May Allah guide us all to obey Him and obey His Messenger Muhammad and obey those He has commanded us to obey in line with His orders: **“O you who have believed, obey Allah and obey the Messenger and those in authority among you.”** (An-Nisaa: ٥٩).

May Allah direct us all to the blessings of the Glorious Quran and the Sunna of His Messenger pbuh.

I say this and ask Allah for forgiveness for me and you, so invoke Him for forgiveness, for He is the Most Forgiving, the Most Merciful.

Second Sermon

O Allah, all praise is due to You; You are the Light of the Heavens and the Earth. You are the Maintainer of the Heavens and the Earth. All the praises are due to You; You are the Lord of the Heavens and the Earth and whoever is in them. Our Lord, to You we have prostrated, in You we have believed, upon You we have relied and to You we have returned. We bear witness that there is no deity save Allah, having no associates. We also bear witness that our Master Muhammad is the servant of Allah and His Messenger. May the peace and blessings of Allah be upon our Master Muhammad, his pure family, companions, and all those who follow them in righteousness till the Day of Judgment.

I urge you, **O Servants of Allah**, and myself to be aware that you are asked to obey Him, the Most Exalted and Sublime and strive to maintain the assemblies of goodness.

O Worshipers,

Please be aware that it was a tradition of the Messenger of Allah pbuh to prostrate while reciting certain verses of the noble Quran. In this regard, Ibn Omar, may Allah be pleased with him, said, “When the Prophet pbuh recited a Sura that contained the prostration he would prostrate and we would do the same.” Furthermore, when the Prophet pbuh prostrated for recitation of the Quran, he would say, “I have prostrated my face to the One Who created it, and made its hearing and vision through His ability and power.” He pbuh would repeat it several times.

More to the point, when a Muslim recites an Aya that contains prostration and he prostrates, Satan withdraws weeping, saying, “Woe is me! The son of Adam was commanded to prostrate and he prostrated, and Paradise will be his; I was commanded to prostrate and I refused, so I am doomed to Hell.”

So, the regret within the heart of Satan was so great for refusing to prostrate himself to His Lord. Indeed, prostration is one of the greatest acts that lead the believer to be admitted to Paradise and see their status raised by degrees so as to accompany the Prophet pbuh therein. It is, truly, such a glorious rank and gracious company. An illustration of this can be seen in the following Hadith. It was narrated that Rabiaa Ibn Kaab Al Aslami, may Allah be pleased with him, said to the Prophet pbuh, “O Messenger of Allah! I want your company in Paradise.” The Prophet pbuh said, “Is there anything else?” Rabiaa said, “That is all (what I wish).” He pbuh said, “Then help me to fulfil your wish by prostrating often.”

Thus, the Prophet pbuh advised him to do what Allah the Almighty has commanded us to do when He says, **“and We already know that your breast is constrained by what they say. So exalt [Allah] with praise of your Lord and be of those who prostrate [to Him].”** (Al-Hijr: ٩٧-٩٨). Undoubtedly, while engaged in prostration, Allah the Almighty expands the chests of His true believers. As a

result, their heart become assured, their souls tranquil and they will see their status raised in degrees.

That is said, please bear in mind that you are instructed to invoke peace and blessings on the Prophet pbuh. Allah, the Most Sublime, says, **“indeed, Allah confers blessing upon the Prophet, and His angels [ask Him to do so]. O you who have believed, ask [Allah to confer] blessing upon him and ask [Allah to grant him] peace.”** (Al-Ahzab: ٥٦).

On the same matter, the Prophet pbuh said, “For everyone who invokes a blessing on me will receive ten blessings from Allah.”

O Allah, please confer Your blessings and grant peace upon our Prophet Muhammad pbuh, his family and all of the companions.

May Allah be pleased with the Rightly Guided Caliphs: Abu Bakr, Umar, Uthman and Ali, and all of the noble Companions.

May Allah have mercy on the honourable martyrs of our nation and gather them with the ones upon whom Allah has bestowed favour of the prophets. May Allah make the dwelling of the martyrs, their families, parents and relatives with the righteous. Indeed, You answer to the supplications.

O Allah, please grant the best reward for the families of the martyrs and offer them patience and solace. May Allah grant victory to the soldiers of the Arab Coalition who gathered to restore the rights to their owners. O Lord, please be by their side and guide the Yemeni people to everything that is good. O Allah, make them rally for the word of truth and legitimacy, and bless them with welfare and stability, O the Most Generous.

O Lord, we beseech You to bless all of the Muslim countries and the whole world with stability and peace.

May Allah grant success and continued health and care to the UAE President HH Sheikh Khalifa bin Zayed Al Nahyan. May Allah also ensure success to his Vice-President, trustworthy Crown Prince and his brothers, Their Highnesses the Rulers of the Emirates.

O Allah, please forgive all of the Muslims, men and women, living and dead. May Allah have mercy on Sheikh Zayed, Sheikh Maktoum and the Late UAE Sheikhs. O Lord, forgive and show mercy on them and bless them with Your kindness and satisfaction. O Lord, forgive

and show mercy on our parents, relatives and whoever has done a favour to us.

We pray to Allah, the Lord of the Worlds, to continue blessing the UAE with stability and welfare and bless its provisions. O Allah, please continue blessing the UAE with safety and security.

O Allah, the Originator of the Heavens and the earth, the Ever-Living, the Sustainer of [all] existence, the Possessor of Glory and Honour, we seek Your favour to send us wealthy rain and make us not amongst those who are despondent. O Allah, relieve us! O Allah, relieve us! O Allah, relieve us! O Allah, give us from the blessings of the sky and grow for us from the blessings of the earth.

Remember Allah and He will remember you. Be grateful of His benevolence and He will increase His blessings to you.

Please stand up for prayer.