

The Importance of Rukoo' (Bowing) and Sujood (Prostration)

Sins Are Removed By Rukoo' (Bowing) and Sujood (Prostration)

On the authority of Ibn Umar (Radiya-llahu 'an-huma), that the Prophet (Salla-llahu alaihi wa Sallam) said: "Verily, when a servant (of Allah) stands up to perform **Salaah**, all of his sins are brought and placed upon his head and his shoulders. Then, every time he performs **Rukoo'** (bowing) and **Sujood** (prostration) (some of) his **sins** fall from him." [Silsilah al-Ahaadeeth as-Saheehah, no. 1398]

Proper Performance of Rukoo' and Sujood determine the Acceptance or Rejection of Your Salaah, and In Turn the Rest of Your Deeds!

On the authority of Abu Hurairah (Radiya-llahu an-hu), who said that the Prophet (Salla-llahu alaihi wa sallam) said: "The **Salaah** is three (equal) parts: **at-Tuhoor** (purification) is a third, and **ar-Rukoo'** (bowing) is a third and **as-Sujood** (prostration) is a third. So, whoever performs the Salaah with all of its rights (performing each of these parts properly) will have it (i.e. the Salaah) **accepted** from him; and consequently, the rest of his deeds will also be accepted from him. However, whoever has his Salaah **rejected**, will also have the rest of his deeds rejected." [Silsilah al-Ahaadeeth as-Saheehah, no. 2537]

Failure to Perform the Rukoo' and Sujood Properly Could Lead to A Person's Prayers Being Rejected for One's Entire Life-time!

On the authority of Abu Hurairah (Radiya-llahu 'an-hu), who said that the Prophet (Salla-llahu alaihi wa sallam) said: "Verily, a man may perform prayers for **sixty (60) years**, while not one of his prayers will be accepted from him; (the reason being that) perhaps he will complete (and perfect) the **Rukoo'** (bowing), but he will not complete (and perfect) the **Sujood** (prostration); or perhaps he will complete (and perfect) the **Sujood** (prostration), but he will not complete (and perfect) the **Rukoo'** (bowing)." [Silsilah al-Ahaadeeth as-Saheehah, no. 2535]

al-Imaam Ibnu-l-Qayyim (Rahima-hu-llah) said:

The servant is in front of Allah in two situations. The **first** is during the time of **Salaah** (every day); and the **second** is on the **Day of Meeting** (for Judgment). So, whoever fulfills his duty in the **first** situation (during Salaah, every day) will have ease in the **second** situation (on the Day of Accounting). And whoever underestimates the importance of the **first** situation (during their daily prayers) and does not fulfill its rights, will have hardships in the **second** situation (on Yawm al-Qiyaamah)!!!

May Allah increase us all in **concern** for our **prayers** - giving special care to our **Rukoo'** and **Sujood**, and what is **recited** in them!!!