

Ṣalāh-at-Tasbīh

The Prophet ﷺ taught this special form of ṣalāh to his uncle ‘Abbās ؓ, saying that in return Allāh would forgive his sins - old and new, intentional and unintentional, minor and major, open and hidden. He ﷺ advised that it should be performed once every day if possible, otherwise once every year, and if even that is not possible then once in a lifetime. (Abū Dāwūd, Ibn Mājah)

How to perform this ṣalāh: Make intention to pray 4 rak‘āt Ṣalāh-at-Tasbīh, recite Sūrah Al-Fātiḥah and another sūrah in every rak‘ah and recite the following tasbīh according to the methods specified hereunder.

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Subḥānallāhi wal-ḥamdulillāhi wa lā ilāha illallāhu wallāhu akbar

Method 1 (Recommended)

15 times in the first rak‘ah - after having recited THANĀ (i.e. SUBḤĀNAKALLĀHUMMA WA BI ḤAMDIKA...) and before recitation of Sūrah Al-Fātiḥah (in following rak‘āt)

10 times after second sūrah - before going into rukū‘ (bowing position)

10 times in rukū‘ - after having recited SUBḤĀNA RABBIYAL ‘AẒĪM

10 times in qawmah (standing position) - after having recited RABBANĀ LAKAL ḤAMD

10 times in first sajdah (prostration) - after having recited SUBḤĀNA RABBIYAL A’LĀ

10 times in jalsah (short sitting) - between the two sajdahs

10 times in second sajdah - after having recited SUBḤĀNA RABBIYAL A’LĀ, then EITHER get up for next rak‘ah OR continue with recitation of TASHAHHUD

Total: 75 tasbīhāt recited per rak‘ah x 4 rak‘āt prayed = 300 tasbīhāt

Method 2

15 times after second sūrah - before going into rukū‘ (bowing position)

10 times in rukū‘ - after having recited SUBḤĀNA RABBIYAL ‘AẒĪM

10 times in qawmah (standing position) - after having recited RABBANĀ LAKAL ḤAMD

10 times in first sajdah (prostration) - after having recited SUBḤĀNA RABBIYAL A’LĀ

10 times in jalsah (short sitting) - between the two sajdahs

10 times in second sajdah - after having recited SUBḤĀNA RABBIYAL A’LĀ

10 times after completion of second sajdah - tasbīh to be pronounced whilst sitting down, EITHER before getting up for the next rak‘ah (if concluding first or third rak‘ah) OR before recitation of TASHAHHUD (if concluding second or last rak‘ah)

Total: 75 tasbīhāt recited per rak‘ah x 4 rak‘āt prayed = 300 tasbīhāt