

# صَلَاةُ الضُّحَى

## Salatud Duha

### Forenoon Prayer

Salatud Duha (Forenoon Prayer) is prayed after the sun passes its highest point in the sky at Zawal (zenith) and begins the decline towards the West at noon and before Salatuz Zuhri (Noon prayer).

This salah consists of four sunnah rak'ats (cycles of prayer) or two sets of four rak'ats.

#### Hadith – Time of Prayer

عَنْ عَبْدِ اللَّهِ بْنِ السَّائِبِ رَضِيَ اللَّهُ عَنْهُ قَالَ: كَانَ النَّبِيُّ ﷺ يُصَلِّي أَرْبَعًا بَعْدَ أَنْ تَزُولَ الشَّمْسُ قَبْلَ الظُّهْرِ، وَيَقُولُ ﷺ: "إِنَّهَا سَاعَةٌ تُفْتَحُ فِيهَا أَبْوَابُ السَّمَاءِ، فَأُحِبُّ أَنْ يُرْفَعَ لِي فِيهَا عَمَلٌ صَالِحٌ." [صَحِيحُ جَامِعُ التِّرْمِذِيِّ ٤٧٨، كِتَابُ ٣، حَدِيثُ ٢٦]

**'An Abdillahi bin As Sayibi qala (ra): Kaanan Nabiyyu ﷺ yusalli arba'an ba'da an tazulash Shamsu qablaz Zuhri, wa yaqulu ﷺ: "Innaha sa'atun tuftahu fiha abwabus samayi, fa 'uhibu an yurfa'a li fiha 'amalun salihun."**  
[Sahih - Jami' at-Tirmidhi 478, Kitab 3, Hadith 26]

Narrated by 'Abdullah ibn as Saayib (ra): "The Prophet (pbuh) used to pray four rak'ats after the sun had passed its zawal (zenith) before Zuhri (afternoon prayer). And he (pbuh) would say: "Indeed, it is a time when the gates of the heavens are opened, and I love for my righteous deeds to be raised during this time."  
[Authentic by at-Tirmidhi 478, Book 3, Hadith 26]

#### Hadith – Blessings of this salah (prayer)

وَعَنْ أَبِي ذَرٍّ، رَضِيَ اللَّهُ عَنْهُ، عَنِ النَّبِيِّ ﷺ قَالَ: "يُصْبِحُ عَلَى كُلِّ سُلَامَى مِنْ أَحَدِكُمْ صَدَقَةٌ: فَكُلُّ تَسْبِيحَةٍ صَدَقَةٌ، وَكُلُّ تَحْمِيدَةٍ صَدَقَةٌ، وَكُلُّ تَهْلِيلَةٍ صَدَقَةٌ، وَكُلُّ تَكْبِيرَةٍ صَدَقَةٌ، وَأَمْرٌ بِالْمَعْرُوفِ صَدَقَةٌ، وَنَهْيٌ عَنِ الْمُنْكَرِ صَدَقَةٌ. وَيُجْزَى مِنْ ذَلِكَ رَكْعَتَانِ يَرْكَعُهُمَا مِنَ الضُّحَى." [يَحْيَى بْنُ شَرَفٍ النَّوَوِي، رِيَاضُ الصَّالِحِينَ ١١٤٠، كِتَابُ ٨، حَدِيثُ ١٥٠]

**Wa 'an Abi Zarrin (ra), 'anin Nabiyyi ﷺ qala: "Yusbihi 'ala kulli sulama min ahadikum sadaqatun: fa kullu tasbihatin sadaqatun, wa kullu tahmidatin sadaqatun, wa kullu tahlilatin sadaqatun, wa kullu takbiratin sadaqatun, wa amrun bil ma' rufi sadaqatun, wa nahyun 'anil munkari sadaqatun. Wa yujzi'u min zalika rak 'atani yarka 'uhuma minad duha."**  
[Yahya ibn Sharaf an-Nawawi, Riyadus Salihin 1140, Kitab 8, Hadith 150]



Abu Dharr (ra) reported: The Prophet (pbuh) said, "In the morning, charity is due on every joint bone of the body of everyone of you. Every utterance of Allah's Glorification (i.e., saying SubhanAllah) is an act of charity, and every utterance of His Praise (i.e., saying Alhamdulillah) is an act of charity, and every utterance of declaration of His Greatness (i.e., saying La ilaha illAllah) is an act of charity, and every utterance of his magnification (i.e., saying Allah Akbar) is an act of charity. And enjoining M'aruf (good) is an act of charity, and forbidding Munkar (evil) is an act of charity, and two Rak'ah Duha prayers which one performs in the forenoon is equal to all this.

[Yahya ibn Sharaf an-Nawawi, Riyadus Salihin 1140, Book 8, Hadith 150]

