

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، "يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ
الْحَكِيمُ" وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا
وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، إِمَامُ الدَّاكِرِينَ، وَقُدْوَةُ الْمُسَبِّحِينَ،
فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَصَحْبِهِ
أَجْمَعِينَ، وَعَلَى مَنْ سَارَ عَلَى هَدْيِهِمْ إِلَى يَوْمِ الدِّينِ.

All praises are due to Allah, the Lord of all the Worlds

"Whatever is in the heavens and earth is exalting Him. And He is the Exalted in Might, the Wise." And I testify that there is nothing worthy of worship except Allah, the Uniquely One, who has no partners .And I testify that our Sayyid and Prophet Muhammad is the slave of Allah and His Messenger .The leader of those who remember Allah, the exemplar of those who praise Allah .O Allah send Your peace and blessings upon our Sayyid, our Messenger, Muhammad and upon his family and companions, all of them .And upon whomever follows their way of guidance till the Last Day.

“The seven heavens & the earth & whatever is in them exalt Him.” (17:44)

Everything in existence Glorifies, Honours & Praises Allah ﷻ. Everything recognise His Perfection, Magnificence, Majesty, Power & Beauty. Saying ‘Subhan-Allah’ is the easiest & most honourable forms of worship.

“There are two expressions which are very easy for the tongue, but are very heavy on the scale, and very dear to Al-Rahman: Glory is to Allah and The Praise; Glory is to Allah The Magnificent.” (Bukhari)

“Indeed the words most beloved to Allah are: Glory be Allah and to Him be praise, Blessed is your name, Exalted is Your Majesty, and there is no deity except You.” (al-Nasai)

By saying Subhan-Allah you call upon Allah in an intimate manner, a communion that is full of love and praise, glorifying Him as well as esteeming His transcendence. All of creation & universes are doing this.

“And there is not a thing except that it exalts Allah by His praise, but you do not understand their way of exalting.” (17:44)

After falling unconscious from looking at Mount Toor, Musa عليه السلام stated

“Exalted are You! I have repented to You, and I am the first of the believers.” (7:143)

Eesa عليه السلام in exonerating himself & his message, exalts Allah سُبْحَانَ اللَّهِ stating

**“Exalted are You! It was not for me to say that to which I have no right.”
(5:116)**

Our Prophet Muhammad صلى الله عليه وسلم used to be proficient in saying:

**O Allah, exalted are You; praise be to You. I seek your forgiveness and
turn in repentance back to You. (Muslim).**

All responding to the call: **فَسَبِّحْ بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ إِنَّهُ كَانَ تَوَّابًا.**

**“Then exalt Him with praise of your Lord and ask forgiveness of Him.
"Indeed, He is ever Accepting of repentance.” (110:3)**

Subhaan-Allah is a tremendous and magnificent statement. The believer repeats this several times and turns towards it in all of his states

**“O you who have believed, remember Allah with much remembrance.
And exalt Him morning and afternoon.” (33:41-42)**

So if the believer sees anything from the immensity of the creation of Allah, he ponders upon it, reflecting upon the omnipotence of its creator. He also reflects upon the creative capacity of its maker and originator; and his tongue holds fast to uttering praise of his Lord, saying:

“Our Lord, You did not create this aimlessly; exalted are You” (3:191)

“Indeed, those who were given knowledge beforehand, when it is recited to them, they fall down on their faces in humble prostration. And they say: ‘Immensely Transcendent, Sanctified and Exalted is our Lord! Truly, the promise of our Lord has been fulfilled!’ (17:107-108)

Tasbeeh has also been legislated in Salah during Rukuu’ and Sujuud.

Subhaana Rabbiyal Azeem, Subhaan Rabbiyal A’laa

This is when the believer will be closest to his Lord. It is thus then that he best engages in intimate communion with Him, declaring His Absolute Transcendence and Sanctification.

The Prophet ﷺ taught us the importance of even concluding our meetings and gatherings with the Glorification and Exaltation of Allah ﷻ.

، سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ
مَنْ قَالَهَا فِي مَجْلِسٍ ذِكْرٍ؛ كَانَتْ كَالطَّابَعِ يُطْبَعُ عَلَيْهِ، وَمَنْ قَالَهَا فِي مَجْلِسٍ لَعْوٍ؛ كَانَتْ كَفَّارَةً لَهُ

“Whoever said Glory and Praise is to you Allah, I bear witness that there is none other than You, I repent to you and I turn to you in a good gathering then that will become a seal for him for all his good deeds. And whoever said this after a non-beneficial gathering then this will become a means of expiation for him.” (Al-Nasai)