



ALI 712: Inspiration from the 'Ibādat performed by the Ahlul Bayt عليهم السلام

*Weekdays in the first two weeks of
Ramadan 1447.*

Dates: Feb 19, 20, 23 to 27, and March
2 to 4, 2026.

Session 10: Wednesday 4 March 2026



Ibādat is a Divine favor

الصَّادِقِ ع : كَانَ أَبِي يُصَلِّي فِي جَوْفِ اللَّيْلِ، فَيَسْجُدُ السَّجْدَةَ فَيُطِيلُ
حَتَّى نَقُولُ: إِنَّهُ رَاقِدٌ.

Imam al-Sadiq عليه السلام: My father would perform prayers in the middle of the night and would keep his sajdah so long, that we thought he had fallen asleep.

(Image of HP's Household, H 257)

The faith of Sayyid ibn Tawus (r) had brought him to such a point that he used to celebrate every year the anniversary of the day of his becoming mukallaf, for on that day God had bestowed upon him the permission to engage in His worship and had dressed him in the robes of *takleef*. (Khumaynī, 40 Hadiths)

Let us hear from you the obstacles or impediments to concentration and elongation in prayers?

Long ruku' and sajdah by Rasulullah ﷺ

I heard Abu 'Abdillah عليه السلام saying – as he recollected the prayer of the Holy Prophet ﷺ: He would bring his ablution water, cover it and place it near himself, and he would put his *siwak* under his bed then he would sleep for as long as Allah willed. When he woke up, he would sit, turn his eyes towards the sky and recited the ayah from (Surah) Aali 'Imran: *Verily in the creation of the heavens and earth...*

(3:190) then he brushed his teeth and performed ablution after which he went to his place of prayer and performed four rak'ahs with the duration of his ruku' being equal to his recitation (while standing) and the duration of his sujud being equal to that of his ruku'. He would bow in ruku' until it would be asked: "When will raise his head?" And he would prostrate in sujud until it would be asked: "When will he raise his head?"