



When the Messenger of Allah (may Allah's peace and blessings be upon him) said: "Allah hears the one who praises Him," none of us would bend his back until the Messenger of Allah (may Allah's peace and blessings be upon him) had fallen in prostration. We would then fall in prostration right after him

'Abdullāh ibn Yazīd al-Khatmi al-Ansāri (may Allah be pleased with him) reported: Al-Barā' - and he is not a liar - said to me: "When the Messenger of Allah (may Allah's peace and blessings be upon him) said: "Allah hears the one who praises Him," none of us would bend his back until the Messenger of Allah (may Allah's peace and blessings be upon him) had fallen in prostration. We would then fall in prostration right after him."

[Authentic hadith] [Narrated by Bukhari & Muslim]

This truthful Companion (may Allah be pleased with him) says that the Prophet (may Allah's peace and blessings be upon him) used to lead his Companions in prayer, and they would perform the movements of prayer after he had performed them. When he raised his head from Rukū' and said: "Allah hears the one who praises Him," they would raise their heads after him. When he had reached the ground in prostration, they would then fall in prostration after him.

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