

It is also an act of Sunnah to sit between the two prostrations:

1. It is Sunnah to position the left leg to sit on it and erect the right one. This is supported by a sahih (trusted) hadith of Abu Humaid as-Sa'idi which states, "When he (the Prophet ﷺ) sits between the two prostrations, he sits on his left leg and erects the right one."¹
2. Prolonging this pillar because of the hadith of Thabib al-Banani that we have already mentioned.
3. It is Sunnah for the worshipper to sit for a while before he rises up for the second, third or fourth rak'ah: Which is called the rest between sittings and it has no specific dhikr. The legality of this has been proven in three different ahadith. One of them is that which was narrated by Malik Ibn al-Huwairith τ where he said, "I saw the Prophet ﷺ praying and in the odd rak'ah, he used to sit for a moment before getting up."² He is the same narrator who reported to us the Prophet's saying, "Pray as you have seen me praying."³ Scholars differed whether this short resting is Sunnah or not. Yet, the correct view is that it is Sunnah due to the hadith of Malik τ . Among the scholars who said that it is Sunnah are: An-Nawawi, ash-Shawkani, Ibn Baaz and Al-Albaani (may Allah have mercy on them all). In addition, the permanent committee for Iftaa (may Allah prolong their lives) said that it is Sunnah. An-Nawawi (may Allah have mercy on him) said, "This is the right opinion as it has been proved by an authentic hadith."⁴