

## 11543 - When to Raise Hands in Du`a

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### the question

My question refers to one of your previous answers in which you stated that it is a bid'ah to raise one's hands in supplication after a fard prayer or after the Friday prayer. Could you please tell me when it is good to raise one's hands in du'a? Could we raise our hands after a supererogatory prayer?

### Summary of answer

Any du`a which has not been narrated in a report and which is not part of another act of worship is regarded as general du`a; in this case there is nothing wrong with raising the hands.

### Detailed answer

#### Table Of Contents

- [Du`a: An act of worship](#)
- [Raising hands in du`a](#)
- [When to raise hands in du`a](#)
- [Raising hands in du`a in nafl prayer](#)

### Du`a: An act of worship

It is important to note that [du`a](#) is an act of worship, and every act of worship should only be done on the basis of evidence.

### Raising hands in du`a

The basic principle here is that the hands should be raised when making du`a, except when the du`a is part of another act of worship, in which case [raising the hands](#) is regarded as an additional action (and should not be done).

Examples of such acts of worship include prayer, [khutbah \(Friday sermon\)](#) , tawaf (circumambulation of the Ka`bah), sa`i (running between al-Safa and Marwah), etc.

Prayer includes du`a at the beginning of the prayer, in ruku' (bowing), when standing up from ruku', in the [two sajdahs \(prostrations\)](#) and in the sitting between the two prostrations – but whoever [raises his hands](#) in these places is considered to have committed an act of bid'ah (reprehensible innovation).

The same applies to raising the hands when making du`a on the pulpit, except in the case of istisqa (praying for rain). And the same applies when making du`a when doing tawaf or sa`i.

### **When to raise hands in du`a**

When there is evidence to show that it is permissible to raise the hands in certain situations, then there is no dispute. Any du`a which has not been narrated in a report and which is not part of another act of worship is regarded as general du`a; in this case there is nothing wrong with raising the hands.

Prophet Muhammad (peace and blessings of Allah be upon him) spoke of a man who raised his hands to the sky and said, “O Lord, O Lord,” whilst his food was haram, his drink was haram, his clothing was haram, he had been nourished with haram, so how could his du`a be answered?

The Prophet (peace and blessings of Allah be upon him) also said: “Allah feels shy to let His slave raise his hands to Him and bring them back empty.”

### **Raising hands in du`a in nafl prayer**

With regard to [raising the hands](#) after a nafl prayer, if that is not a du`a that is regularly offered, such as when a man is faced with some emergency, and he calls upon Allah at that moment, there is nothing wrong with that. But if he regularly makes du`a and raises his hands after praying an obligatory prayer, there is no clear evidence to support doing so.

And Allah knows best.