# Salaat al-Awaabeen

Assalaamu 'alaykum wa rahmatu 'Llahi wa barakatuh
Please explain salatul Al-Awaabin and the daleel that supports it. I cannot locate a hadith about this salah.
Jazzakallahu Khayrun

Praise be to Allaah.
Salaat al-Awwaabeen is otherwise known as Salaat al-Duhaa, and may consist of 2, 4, 6 or 8 rak ahs, prayed after the sun has risen and before the time for Zuhr approaches. It is better to delay it until the day is hotter, the evidence for which is as follows:
From Zayd ibn Arqam who said: The Messenger of Allaah

(peace and blessings of Allaah be upon him) went out to the people of Qubaa and found them praying. He said: Salaat al-Awwaabeen is when the young camels lift up their feet (because of the heat of the sand). (Reported by Muslim, 1238).
According to a report narrated by Imaam Ahmad from Zayd ibn Arqam, the Prophet (peace and blessings of Allaah be upon him) came to or entered the mosque at Qubaa after the sun had risen, and found the people there praying. He said:
Salaat al-Duhaa should be prayed when the young camels lift up their feet (because of the heat of the sand).
According to a report narrated by Muslim from al-Qaasim al-Shaybaani, Zayd ibn Arqam saw some people praying Duhaa and said: Do they not know

that praying at
some other time than this is better? The Messenger of Allaah
(peace and blessings of
Allaah be upon him) said: Salaat al-Awwaabeen is when the young
camels lift up their
feet (because of the heat of the sand). (Saheeh Muslim, 1237).
Al-Nawawi (may Allaah have mercy on him) said: The phrase
Salaat al-Awwaabeen is when the young camels lift up their feet (because
of the heat
of the sand) refers to when the sand becomes unbearably hot from the
sun s
heat, and burns the soles of the young camels feet, so they alternately
raise and
lower their feet in response to the heat of the sand. Al-Awwaab means
one who is obedient, or one who turns to obedience. The hadeeth also
refers to the best
time to offer this prayer, although it is permissible to pray it any time after
the sun
has risen and before it reaches its zenith. (Sharh Muslim li l-Nawawi).
And Allaah knows best.