11878 - A pregnant woman feels nauseous all the time – how should she pray?

the question

I have a few questions regarding pregnancy and prayers . When a woman is pregnant, especially in the early stages, it is quite common to feel ill. I am in the first months of my pregnancy and have nausea all day long. What is the ruling on a woman praying when she feels ill? Can she join prayers? Can she sit down while praying (in case she feels much more nauseous when standing)? When I currently pray standing, I must do so quickly for fear that I will become sick and this causes me to not have the proper attention in prayers.

Detailed answer

Praise be to Allah.

Firstly: it is not permissible for a Muslim to forego prayer no matter what the situation. But if he is sick, then he should pray according to what he is able to do. So he should pray standing up; if he cannot do that, then he should pray sitting, and if he cannot do that, then on his side. The evidence for that is:

1 – ‘Imraan ibn Husayn (may Allaah be pleased with him) who said: “The Messenger of Allaah (peace and blessings of Allaah be upon him) said: ‘Pray standing, and if you cannot, then sitting, and if you cannot, then on your side.’” (narrated by al-Bukhaari, 1117)

2 – It was narrated from Jaabir (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said to a sick person who prayed using a pillow for rukoo’ and prostration “Pray on the ground if you can, and if you cannot, then tilt your head, and make your sujood lower than your rukoo’.” (Narrated by al-Bayhaqi with a strong (qawiy) isnaad, 4359. Classed as saheeh by al-Albaani in al-Saheeh, 323). See also Question no. 7522.

Secondly, although you say that you feel nauseous during pregnancy, this should not prevent you

from doing the prayers; even if you feel nauseous when you pray, this does not invalidate your prayers.

Thirdly, can a woman join prayers if she finds it difficult to pray each prayer at its own time?

Examples of difficulty include travelling, sickness, rain, mud and intense cold wind.

But shortening the prayers is only permitted when travelling.

This woman who feels nauseous when praying will be rewarded in sha Allaah for striving to pray when she is in this difficult situation. Whatever she suffers of pain and exhaustion in her pregnancy will also expiate for her sins, because the Prophet (peace and blessings of Allaah be upon him) said: “No fatigue, no disease, no sorrow, no sadness, no hurt, no distress befalls a Muslim, not even the prick of a thorn, but Allaah expiates some of his sins for that.”

(Narrated by al-Bukhaari, al-Murda, 5210 – from Abu Hurayrah)

And Allaah knows best.