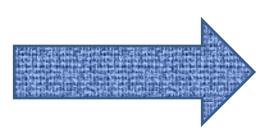


# How to pray.

### THE FIVE PILLARS OF ISLAM??



- 1- Shahaada
- 2- Salaah
- 3- Zakaah
- 4- Sawm
- 5- Hajj



is one of the five pillars of Islam.



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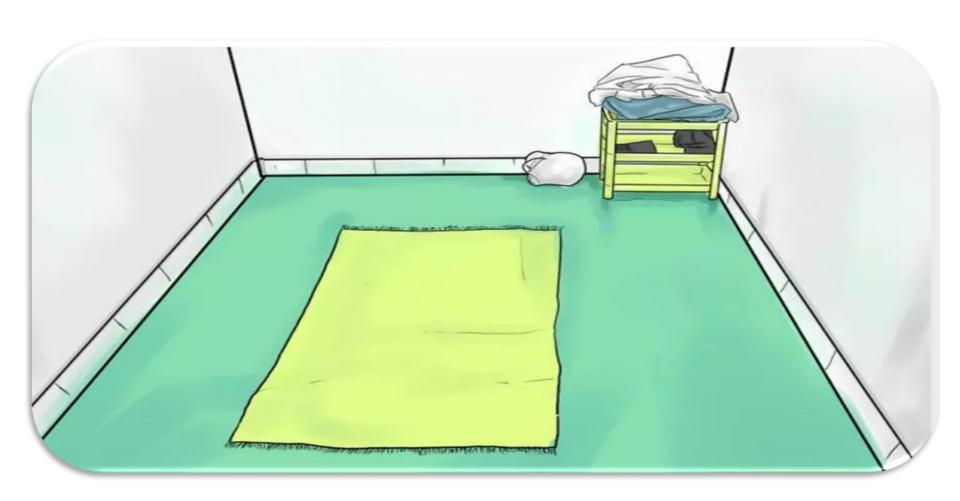
- is one of the five pillars of Islam.
- It is incumbent upon all Muslims, including children aged ten and over, to complete their five daily prayers.
- It is believed that communication with Allah will bring life to the prayerful and bring them courage.
- Muslims believe that Allah speaks to us through the Quran, and salaah is our means of responding.

# ☐ Ensure the area is clean and free of impurities.

This includes your

body
clothes
place of prayer itself.

 If you are unsure of the cleanliness of your area, spread a mat or cloth on the floor for good measure.



#### Perform Ablution if necessary.

You must be ritually pure before you go about praying. If you're not, it's required to perform Wudu before you do.

If since your last prayer you have urinated, defecated, passed gas, bled excessively, fallen asleep lying down, leaned against something, vomited, passed seminal fluid, ejaculated or fainted, then off to the bathroom you go.

#### ☐ Parts Should covered



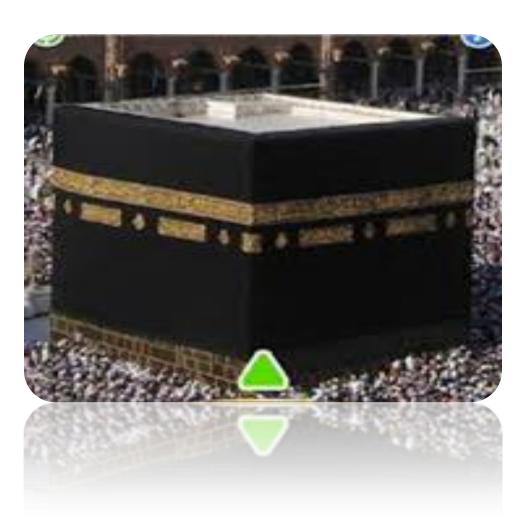
#### □ Masjed

 If you are praying in a masjid, which is preferred, enter quietlyother fellow Muslims might still be praying and you don't want to disturb them.

Stand in a free space away from the entrance/exit.

#### ☐ Face the Qibla.

This is the direction all Muslims face to turn in prayer toward Kabah. The Holy Masjed in Mecca is the most revered place of worship for Muslims around the entire world.



#### Pray at the proper time.

The five prayers of each day take place at very specific times. For each one, there is a brief period of time it can be performed, determined by the rising and falling of the sun.



#### Five Salah in Islam



These are the amount of rakat (rounds, more or less) for each of the 5 salah:

#### 1\_Fajr

- i) First two rakat Sunnat Mo'kadda,
- ii) Two rakat Fard



#### 2\_Zuhr

- i) Four rakat Sunnat Mokadda,
- ii) Four rakat Fard,
- iii) Two rakat Sunnat Mokadda,
- iv) Two rakat Nafl (Optional but spiritually



#### 3\_Asr

- i) Four rakat sunhat ghair mokadda (Optional but spiritually beneficial),
- ii) Four rakat Fard



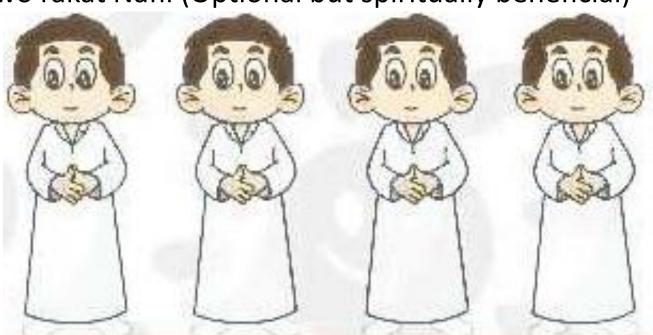
#### 4\_Maghrib

- i) Three rakat Fard,
- ii) Two rakat Sunnat Mo'kadda,
- iii) Two rakat nafl (Optional but spiritually beneficial)



#### 5\_Isha

- i) Four rakat sunhat e Ghair Mokadda (Optional but spiritually beneficial),
- ii) Four rakat Fard,
- iii) Two Rakat Sunnat Mokadda,
- iv) Two rakat Nafil (Optional but spiritually beneficial),
- v) Three rakat Wajib,
- vi) Two rakat Nafil (Optional but spiritually beneficial)



#### □ call to prayer 'Adhan'



2 times each

#### THE MEANING OF ADHAN

Call for Prayer

Allahu Akbar God is Great

Ashhadu an la ilaha illa Allah

(said four times)

I bear witness that there is no god except the One God.

(said two times)

[3]

Ashadu anna Muhammadan Rasool Allah

I bear witness that Muhammad is the messenger of God.

(said two times)

[4]

Hayya 'ala-s-Salah

[5]

Hayya 'ala-I-Falah

Hurry to success (Rise up for Salvation)

(said two times)

[7]

La ilaha illa Allah

There is no god except the One God

(said once)

Hurry to the prayer (Rise up for prayer)

(said two times)

[6]

Allahu Akbar

God is Great

(sold two times)

Alif is for Allah

For the pre-dawn (fair) prayer, the following phrase is inserted after the fifth part above,

towards the end:

As-salatu Khayrun Minan-nawm

Prayer is better than sleep

(said two times)



#### Make Niyyah (Intention)

you should center yourself and quiet your thoughts, focusing seriously on what you are doing. Niyyah doesn't necessarily involve saying anything out loud.

# SECOND



#### Say Allah Akbar

Raise your hands up to your ears and say in a moderate tune

الله أكْبَر \_Allah-Akbar

This translates to, "Allah is the greatest." Do this while standing.



Place your right hand over your left hand on your navel and keep your eyes focused on the place you are standing.

Recite Isteftah Dua (opening prayer):

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ

Glory and praise be to You, O Allah. Blessed be Your name

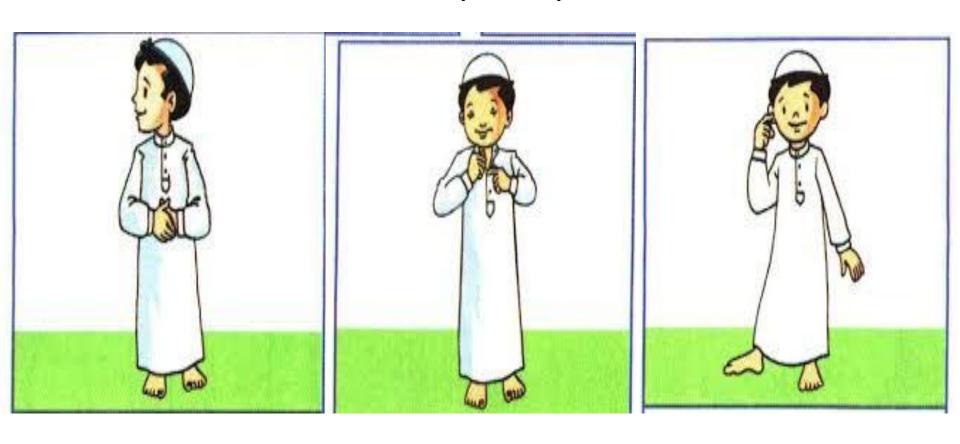
وَتَعَالَى جَدُّكَ وَلاَ إِلَهَ غَيْرُكَ

and exalted be Your majesty,

there is none worthy of worship except You

#### Don't move during Salah

Do not let your eyes wander.

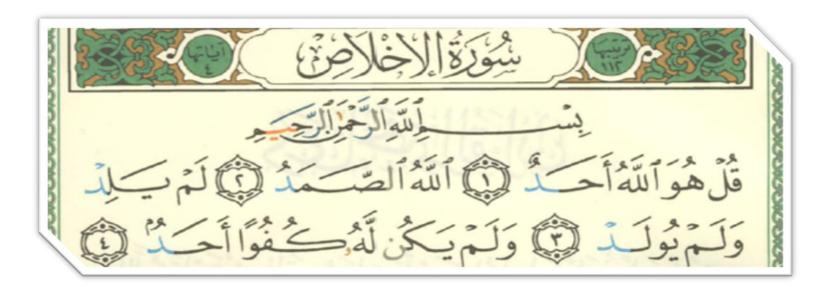


## □ Follow it with the opening chapter of the Qu'ran, the Surah Al- Fatiha (this Surah is recited in each Rak'ah):

al-hamdu lillaahi rabbil'aalameen arrahmaanir raheem maaliki yawmideen iyyaaka na-budo wa-iyyaaka nasta'een ihdinassiraatalmustageem siraatalladheena an'amta alayhim ghayril maghduobi'alayhim waladduaaalleen ameen



#### □ You can also recite any other surah or any part of Qu'ran such as:



Bis-millaahir rahmaanir raheem Qul huwal-lahu ahad alluhus-samad Lam yalid wa lam yulad Wa lam yakul-lahu kuhuwan ahad



Rukoo' "Bowing"

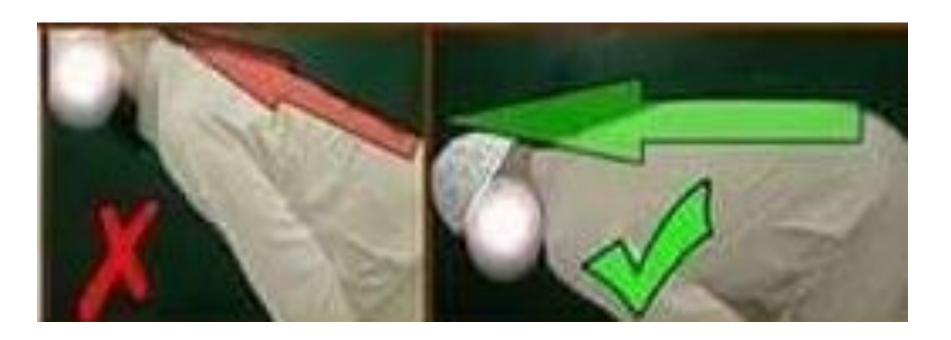
□ Ruku
Bend down.

While bending,say

"Allah -Akbar."



- Bend your body so that your back and neck are straight and level with the ground, keeping your eyes there. Your back and head should be in a 90 degree angle with your legs.
- Put your hands on your knees, Spacing the fingers out as if you are grasping your knees.



Once you are bent to the proper angle, say,

"Subhanna Rabbeyal - Azzem"
Three times or more

This translates to,
"Glorious is my Lord,
the most great."









Straighten up from Rukoo'

## ☐ Stand back up (raise from ruku').

Raise your hands them level with your shoulders While rising up & Say

<u>"Sameya - Allahu - leman –</u> <u>Hameda</u>

This means, "Allah hears those who praise Him. O our Lord, and all praise is to you."

While standing up Say
Rabana Walakal Hamd once.







## Sujood "prostration" 1st Sajdah

□ Sajdah Go down .

While Going down, Say:

"Allah -Akbar."



## ☐ Go down and place your forehead, nose, palms, knees and toes on the ground.

Putting the hands down before the knees, keep the fingers together towards the Qibla & your toes.

" When you are positioned







### Arise from Sujood

#### ☐ Rise from sajdah and sit on your knees.

Place your left foot from ball to heel on the floor. Your right foot should be toes on the floor only. Place your hands flat on your knees.



### Duaa beween Sujood



Lord forgive me, Lord forgive me



## Sujood "prostration" 2<sup>st</sup> Sajdah

## The 2nd Sajdah Go down.

While Going down, say

"Allah -Akbar."



#### ☐ The 2<sup>nd</sup> Sajdah: Go down and place your forehead, nose, palms, knees and toes on the ground.

Putting the hands down before the knees, keep the fingers together towards the Qibla & your toes.

" When you are positioned







Arise from the 2<sup>nd</sup> Sajdah

&Raising for the 2<sup>nd</sup> Rak'ah

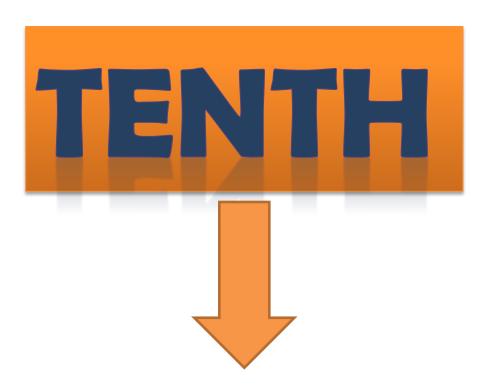
#### □Arise from sajda.

Stand up and say, ""Allah - Akbar."

You have completed 1 Rakat.

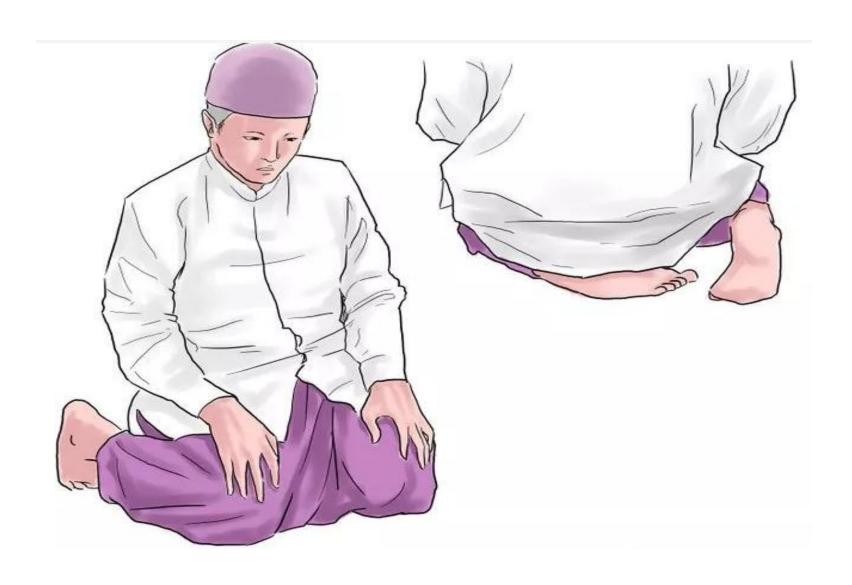


# Do the same as the First Rakaa



Al-Tashahood

❖ In every second rakaat, after second sajda, sit on your knee again as between Sajdaa and recite :



#### Invocation for Tashahhud (sitting in prayer):

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِبَاتُ،

All the compliments are for Allah, and all prayers and goodness

السَّلامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ،

Peace be upon you, O Prophet, and the mercy of Allah and His blessings

السَّلاَمُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ،

Peace be upon us and upon the righteous slaves of Allah

أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I bear witness that there is none worthy of worship but Allah,



## \* Raise your forefinger when making duaa'.



# ELEVENTH

## Raising for the third & fourth Rakaa

# Do the same as the 1st& the 2nd Rakaa





### The Second Tashahood

the last rakaat, after second sajda, sit again and recite Al Tashahood



#### Invocation for Tashahhud (sitting in prayer):

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِبَاتُ،

All the compliments are for Allah, and all prayers and goodness

السَّلامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ،

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I bear witness that there is none worthy of worship but Allah,



## \* Raise your forefinger when making duaa'.



#### Blessings on the Prophet after the Tashahhud:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ،

O Allah, bestow Your favor on Muhammad and on the family of Muhammad

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ تَجِيدُ،

as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy,

Most Glorious.

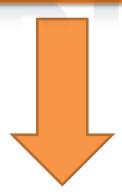
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ،

O Allah, bless Muhammad and the family of Muhammad

كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ، وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.

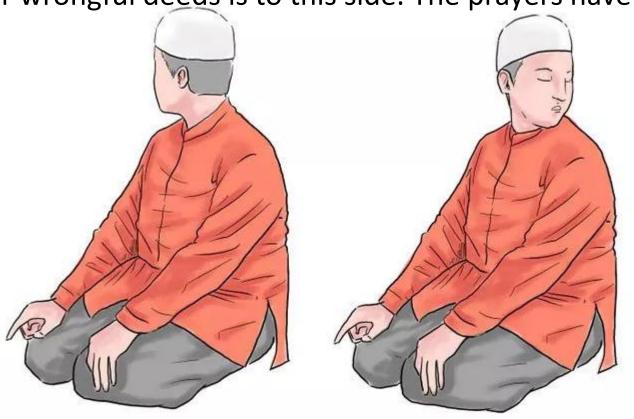
## THIRTEN



As-Salam

#### **Terminate the prayers with as-salaam.**

After the tashahhud, pray to Allah before signing off with these movements and words: Turn your head to the right and say, "As Salam Alaykum wa Rahmatullahi wa Barakatuhu'." The angel who records your good deeds is to this side. Turn your head to the left and say, "As Salam Alaykum wa Rahmatullahi wa Barakatuhu'." The angel who records your wrongful deeds is to this side. The prayers have ended!





# Let's revise



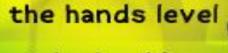
Facing the direction of the Kab'ah.

the intention in his heart of

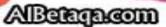
performing a specific prayer the prayer

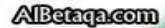
should be started by saying Allaahu akbar

(Allaah is Most Great). Raising



with shoulders





#### Reciting al-Faatihah

The right hand should be placed on the back of the left hand, wrist and forearm. The hands should be placed on the chest. He should look towards the place where he will prostrate. He should recite

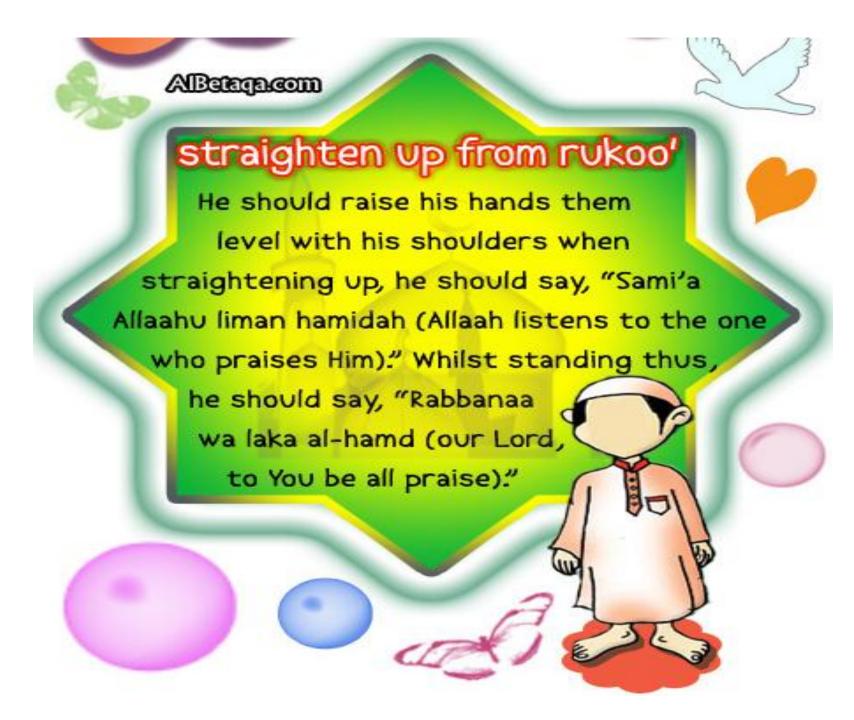
> Soorat al-Faatihah in full, including the Basmalah then recite some aayahs



#### Rukoo' (bowing)

takbeer ("Allahu akbar"). He should put his hands on his knees, spacing the fingers out, as if he is grasping his knees. He should not lower or raise his head, but make it level with his back. he should say "Subhaana Rabbiy al-Azeem (Glory be to my Lord, the Almighty) three times or more.





#### Sujood (prostration)

He should say "Allaahu akbar", go
down into sujood on his hands,
putting them down before the
knees, keep the fingers together
towards the qiblah and his toes too. Place
his nose, forehead, palms, knees and toes on
theground. His feet upright with his toes
touching the ground. He should say,
"Subhaana Rabbiy al-A'laa (Glory be
to my Lord Most High)" three times
or more.





He should raise his head, saying takbeer, spread his left leg and sit on it, put his right foot upright and make its toes point towards the qiblah. He may say, "Rabbi ighfir li, Rabbi ighfir li (My Lord, forgive me, my Lord,









He should say takbeer and do in the second prostration (sajdah) what he did in the first.





#### Raising for the second rak'ah

When he raises his head from the second prostration and he wants to get up for the second rak'ah, he should say takbeer supporting himself on his

hands. He should do in the second rak'ah what he did in the first.





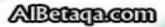
#### The third and fourth rak ahs

he says takbeer Then he should stand up for the third rak'ah, he should do likewise if he wants to

get up for the fourth rak'ah. Then he should get up, supporting himself on his hands, as he did when getting up for the second

fourth rak'ahs, he should recite al-Faatihah.





#### Tasleem to right and left

Then he should say salaams to his right, which is an essential part of the prayer, turning his face so that the whiteness of his right cheek may be seen and the same to his left. "Al-Salaamu 'alaykum wa rahmat-Allaahu wa barakaatuhu" to the right, and "Al-salaamu 'alaaykum

wa rahmat-Allaah" to the left.



# Duaa' after Salah

اللهُ. أَسْتَغْفِرُ اللهُ. أَسْتَغْفِرُ اللهُ

I seek the forgiveness of Allah. I seek the forgiveness of Allah.

I seek the forgiveness of Allah

اللَّهُمَّ أَنْتَ السَّلاَمُ وَمِنْكَ السَّلاَمُ O Allah, You are Peace and from You comes peace.

تَبَارَكْتَ ذَا الْجَلاَلِ وَالْإِكْرَامِ

Blessed are You, O Owner of majesty and honor.

Thauban reported: "When the Messenger of Allah (may peace be upon him) finished his prayer. he begged forgiveness three times and said: O Allah! Thou art Peace, and peace comes from Thee;

Blessed art Thou, O Possessor of Glory and Honour. ..."

[1362 | Saheh Muslim 12

Recite 33 times

Recite 33 times

Recite 33 times

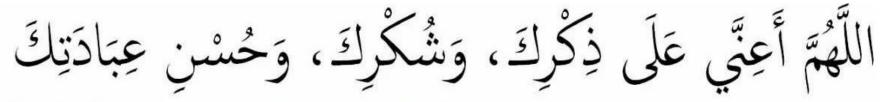
شُـــنِحَانَ الله

اً لُحَمُ لِللَّهُ

اَللَّهُ أَكْسِبَر

#### Followed by - Once

لَا إِلَهَ إِلاَّ اللَّهُ وَحَدَهُ لاَ شَرِيْكَ لَهُ، لَهُ الْمُلُكُ وَلَهُ الْحَمْدُ، وَهُو عَلَى كُلِّ اللَّمُ لَكُ وَلَهُ الْحَمْدُ، وَهُو عَلَى كُلِّ الْمُلُكُ وَلَهُ الْحَمْدُ، وَهُو عَلَى كُلِّ اللَّمْ لَكُ وَ اللَّهُ الْحَمْدُ، وَهُو عَلَى كُلِّ اللَّهُ الْحَمْدُ، وَهُو عَلَى كُلِّ اللَّهُ اللَّهُ عَلَى كُلِّ اللَّهُ اللَّهُ عَلَى اللَّهُ ا



O Allah, help me to remember You, to give You thanks, and to perform Your worship in the best manner.

The Apostle of Allah (pbuh) caught his hand and said: By Allah, I love you, Mu'adh. I give some instruction to you. Never leave to recite this supplication after every (prescribed) prayer:

"O Allah, help me to remember You, to give You thanks, and to perform Your worship in the best manner."

[1524 | Abu Dawud 1517- Kitab Al-Si

