

Salah (Prayer); *Please perform Wudu (ablution before prayers) before you start, see page 4
The Prophet Muhammad (SAW) said: "Pray as you have seen me praying." (Sahih Al-Bukari)

A Step-by-Step Guide On How to Perform Salah
PERFORMING THE FIRST RAK'AH (UNIT) OF PRAYER

Intention: Stand straight facing the Qiblah (direction of the Kabah in Mecca), and make your Niyyah (intention in your heart) for the intended prayer.

STEP 1

TAKBEER



In standing position, with your head and eyes directed to the place of prostration, raise both hands above your shoulders and say,

Allaahu Akbar
 Allah is Greatest

اللَّهُ أَكْبَرُ

as you move your hands to place on your chest.

STEP 2

QIYAM



أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oothu billaahi minash-shaytanir-rajeem
 I seek refuge with Allah from Satan the accursed

Place right hand over the left hand and keep the gaze of eyes and face directed to place of prostration and recite Surah Al Fatiha (The Opening):

STEP 3 RECITE SURAT AL-FATIHA



- ① بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Bismillaahir-rahmaanir-raheem
 In the name of Allah, the Most Beneficent, the Most Merciful
- ② الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
Al-hamdu lillaahi rabbil 'aalameen
 Praise be to Allah the Lord of the Worlds
- ③ الرَّحْمَنِ الرَّحِيمِ
Ar-rahmaanir-raheem
 The Most Beneficent, the Most Merciful
- ④ مَالِكِ يَوْمِ الدِّينِ
Maaliki yawmiddeen
 Master of the Day of Judgement
- ⑤ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ
Iyyaaka na'budu wa iyyaaka nasta'een
 You alone we worship and in You alone we seek help
- ⑥ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ
Ihdinas-siraatal mustaqeem
 Guide us to the straight path

STEP 3 CONTINUED



⑦ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
Siratallatheena an'amta 'alayhim
 The way of those whom You have favoured

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ
Ghayril maghdoobi 'alayhim
 Not the way of those who have earned Your anger

وَلَا الضَّالِّينَ
Waladdaalleen
 Nor of those who have gone astray

آمِينَ
Aameen
 Oh Allah answer our prayer!

STEP 4

Recite another *surah* (chapter) from the Holy Quran if this is the 1st or 2nd Rakat (unit). See pages 3 and 4 for some short *suras*. Recite only the Arabic . In the 3rd and 4th Rakah (Unit), only recitation of Surah Al Fatiha is required.

As you move from standing position (Qiyam) to bowing (Ruku') position say:

STEP 5

Allaahu Akbar

You should now be in the bowing (RUKU') position.

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana rabbiyal 'atheem
 Glory be to my Lord The Supreme

x3 Say this 3 times



STEP 6

As you move from Ruku (bowing) position to standing position, say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'-Allaahu liman hamidah
 Allah listens to the one who praises Him



In standing position, keep your body straight with your hands resting by your sides and say,

رَبَّنَا وَ لَكَ الْحَمْدُ

Rabbanaa wa lakaal hamd
 Our Lord, and to You belongs the praise



STEP 7

As you go down into prostration (Sujood) (Sajdah),

say: *Allaahu Akbar*
Allah is Greatest اللَّهُ أَكْبَرُ

In prostration position, ensure:

- The nose and forehead are touching the ground.
- The palms of the hands are placed on the ground (with fingers together) below your ears and your forearms should not rest on the ground.
- The two knees are on the floor.

While in prostration position, say three times:

SUJOOD
SAJDAH

x3 *Subhaana rabbiyal 'alaa*
Glory be to my Lord Most High

سُبْحَانَ رَبِّيَ الْأَعْلَى

STEP 8

As you come up to sitting position (Jalsah) (Q'adah), say:

Allaahu Akbar
Allah is Greatest اللَّهُ أَكْبَرُ

In the sitting position say the following (3 times):

Sit relaxed with your back straight, and with your hands resting comfortably on your thighs and knees and say:

JALSAH
Q'ADAH

رَبِّ اغْفِرْ لِي

x3 *Rabbighfirlee*
Oh Allah, forgive me

STEP 9

Next you go into the prostration (sujood) position for a second time as described in step 7. As you go into this position say:

Allaahu Akbar
Allah is Greatest اللَّهُ أَكْبَرُ

In the sujood position say the following 3 times:

x3 *Subhaana rabbiyal 'alaa*
Glory be to my Lord Most High

سُبْحَانَ رَبِّيَ الْأَعْلَى

The first unit is now complete.

Now you should complete the second/final rak'ah (unit).

PERFORMING THE SECOND OR FINAL RAK'AH (UNIT) OF PRAYER

STEP 1

Repeat steps 3 to 9

from the first Rak'ah (unit) of prayer

STEP 2

Attahiyat

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

① *Attahiyyaatu lilaahi wassalawaatu wattayyibaatu*

All compliments, prayers and pure words are due to Allah

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

② *assalaamu 'alayka ay-yuhan-nabiyyu*

Peace be upon you Oh Prophet

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

③ *wa rahmatullaahi wabarakaatuh*

And the mercy of Allah and His blessings

السَّلَامُ عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

④ *assalaamu 'alaynaa wa 'alaa 'ibaadil-laahissaliheen*

Peace be upon us and on the righteous slaves of Allah

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

⑤ *Ash-hadu allaa ilaaha illallaah*

I bear witness that there is no God or deity worthy of worship except Allah

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

⑥ *Wa ash-hadu anna Muhammadan 'abduhu wa rasooluh*

And I bear witness that Muhammad is His slave and Messenger

2 Rakats/Units

FAJR

WHAT TO DO NEXT ?

You have now completed the 1st and 2nd rak'ah . What you do next will depend on which prayer you are performing i.e. how many raka'ah you are performing. Use this chart to know what you next step is.

1st Unit

2nd Unit

Complete the prayer

4 Rakats/Units

DHUHR, ASR & ISHA'

1st Unit

2nd Unit

3rd Unit

4th Unit

Complete the prayer

3 Rakats/Units

MAGHRIB

1st Unit

2nd Unit

3rd Unit

Complete the prayer

COMPLETING THE PRAYER

Attahiyat

STEP 1



- ① اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
Allahumma salli 'ala Muhammad
Oh Allah, send prayers upon Muhammad
- ② وَ عَلَى آلِ مُحَمَّدٍ
wa 'ala aali Muhammad
and upon the family of Muhammad
- ③ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
kamaa saliyya 'ala Ibraheem
as You sent prayers upon Ibrahim
- ④ وَ عَلَى آلِ إِبْرَاهِيمَ
wa 'ala aali Ibraheem
and upon the family of Ibrahim
- ⑤ إِنَّكَ حَمِيدٌ مَجِيدٌ
innaka hameedun Majeed
indeed You are praiseworthy, Most glorious
- ⑥ وَبَارِكْ عَلَى مُحَمَّدٍ
wa baarik 'alaa Muhammad
and send Your blessings upon Muhammad
- ⑦ وَ عَلَى آلِ مُحَمَّدٍ
wa 'alaa aali Muhammad
and upon the family of Muhammad
- ⑧ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ
kamaa baarakta 'alaa Ibraheem
as You sent prayers upon Ibrahim
- ⑨ وَ عَلَى آلِ إِبْرَاهِيمَ
wa 'alaa aali Ibraheem
and upon the family of Ibrahim
- ⑩ إِنَّكَ حَمِيدٌ مَجِيدٌ
innaka hameedun Majeed
indeed You are praiseworthy, Most glorious

Upon completion of the Tashahhud and the words that follow, the prayer is finished with the Tasleem by doing the following:

STEP 2 RIGHT SIDE



Turn your head to the right and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamu 'alaykum wa rahmatullah
May Allah's peace and mercy be upon you

STEP 3 LEFT SIDE

Turn your head to the left and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamu 'alaykum wa rahmatullah
May Allah's peace and mercy be upon you



The Salah (Prayer) is now complete.
It is recommended to make supplications after the completion of the prayer, and pray any *sunnah* (voluntary) prayers (where applicable).

SUPPLICATION AFTER PRAYER

x33 سُبْحَانَ اللَّهِ <i>Subhaan Allah</i> Glory be to Allah	x33 الْحَمْدُ لِلَّهِ <i>Al-hamdu lillah</i> Praise be to Allah	x34 اللَّهُ أَكْبَرُ <i>Allahu Akbar</i> Allah is the greatest
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Any of the following chapters may be recited in Arabic after Suratul Fatiha

سورة الكوثر 108 - Surat Al-Kawthar (The Abundance)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismi Allahi arrahmani arraheem

In the name of Allah, Most Gracious, Most Merciful.

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ 1

Inna aAAtaynakaalkawthar

Indeed, We have granted you, [O Muhammad], al-Kawthar.

فَصَلِّ لِرَبِّكَ وَانْحَرْ 2

Fasalli lirabbika wanhar

So pray to your Lord and sacrifice [to Him alone].

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ 3

Inna shani-aka huwa al-abtar

Indeed, your enemy is the one cut off.

سورة الإخلاص 102 - Surat Al-Ikhlās (The Sincerity)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismi Allahi arrahmani arraheem

In the name of Allah, Most Gracious, Most Merciful.

قُلْ هُوَ اللَّهُ أَحَدٌ 1

Qul huwa Allahu ahad

Say, "He is Allah, [who is] One,

اللَّهُ الصَّمَدُ 2

Allahu assamad

Allah, the Eternal Refuge.

لَمْ يَلِدْ وَلَمْ يُولَدْ 3

Lam yalid walam yoolad

He neither begets nor is born,

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ 4

Walam yakun lahu kufuwan ahad

Nor is there to Him any equivalent."

Surat Al-Falaq (The Daybreak) - سورة الفلق 113

Bismi Allahi arrahmani arraheem بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, Most Gracious, Most Merciful.

Qul aAAoothu birabbi alfalaq قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ 1

Say, "I seek refuge in the Lord of daybreak

Min sharri ma khalaq مِنْ شَرِّ مَا خَلَقَ 2

From the evil of that which He created

Wamin sharri ghasiqin ithawaqab وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ 3

And from the evil of darkness when it settles

Wamin sharri annaffathatifee alAAuqad وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ 4

And from the evil of the blowers in knots

Wamin sharri hasidin itha hasad وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ 5

And from the evil of an envier when he envies."

Surat An-Nas (The Mankind) - سورة الناس 114

Bismi Allahi arrahmani arraheem بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, Most Gracious, Most Merciful.

Qul aAAoothu birabbi annas قُلْ أَعُوذُ بِرَبِّ النَّاسِ 1

Say, "I seek refuge in the Lord of mankind,

Maliki annas مَلِكِ النَّاسِ 2

The Sovereign of mankind.

Ilahi annas إِلَهِ النَّاسِ 3

The God of mankind,

Min sharri alwaswasi alkhannas مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ 4

From the evil of the retreating whisperer -

Allathee yuwaswisu fee sudoori annas الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ 5

Who whispers [evil] into the breasts of mankind -

Mina aljinnati wannas مِنَ الْجِنَّةِ وَالنَّاسِ 6

From among the jinn and mankind."

STEP 1 HOW TO PERFORM WUDU' (STEP-BY-STEP)

THE FOLLOWING STEPS MUST BE OBSERVED IN ORDER

BEFORE WUDU' Intention of making wudu' should be done in the heart, then say:

Bismillah

In the name of Allah

بِسْمِ اللَّهِ

STEP 2

x3 Completely washing the hands including the wrists and between the fingers (3 times).



STEP 3



x3

Rinse the mouth (3 times). Using the right hand, put a small amount of water into the mouth, swirl around, then expel.

STEP 4



x3

Sniff water into the nostrils as far as possible with the right hand, and then sniff it out with left hand (3 times).

STEP 5



x3

Wash the face from forehead to chin, left earlobe to the right earlobe making sure the whole face is washed (3 times).

STEP 6

Wash the two arms up to and including the elbows, hand and between the fingers. Begin with the right arm (3 times for each arm).

x3



STEP 7

Wipe the head with wet fingers starting at the fringe to the back hairline and back the same way all in one movement. (once only)

x1



STEP 8

Simultaneously wipe the insides of both ears with the index fingers, and the back of the ears with the thumbs (once only).

x1



STEP 9

Wash the feet including the ankles and between the toes. Begin with the right foot. (3 times for each foot).

x3



STEP 10

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ
Ash-hadu anilaa ilaaha illallaah wa ash-hadu anna Muhammadan 'abduhu wa rasooluh
I bear witness that there is no God worthy of worship except Allah. And I bear witness that Muhammad is His slave and Messenger.



اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ
Allahuma ij-'alnee minat-tawabeen waj-'alnee minal-mutatahireen
Oh Allah, make me among those who turn in repentance to you and make me among those who purify themselves.