

Salah (Prayer); the second pillar of Islam

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



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
1. Bismillaahir-rahmaanir-raheem

In the Name of Allah, the Most Beneficent, the Most Merciful

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
2. Al-hamdu lillaahi rabbil 'aalameen

Praise be to Allah, the Lord of the worlds

الرَّحْمَنِ الرَّحِيمِ
3. Ar-rahmaanir-raheem

The Most Beneficent, the Most Merciful

مَالِكِ يَوْمِ الدِّينِ
4. Maaliki yawmiddeen

Master of the Day of Judgment

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ
5. Iyyaka na'budu wa iyyaaka nasta'een

You alone we worship, and in You alone we seek help

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ
6. Ihdinas-siraatal mustaqeem
Guide us to the straight path

STEP 3 CONTINUED



صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

7. 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!



Fajr

The Dawn Prayer



Dhuhr

The Noon Prayer



Asr

The Afternoon Prayer



Maghrib

The Sunset Prayer



Isha'

The Night 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 not the English. In the 3rd and 4th Rakah, only 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 lakal 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

JALSAH

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):

رَبِّ اغْفِرْ لِي

x3 Rabbighfirlee
Oh Allah, forgive me

JALSAH
Q'ADAH



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

Attahiyyat

1. Attahiyyatu lillaahi was-salawaatu wattayyibaatu

All compliments, prayers and pure words are due to Allah

2. assalaamu 'alayka ay-yuhan-nabiyyu

Peace be upon you O Prophet

3. wa rahmatullaahi wabarakaatuh

And the mercy of Allah and His blessings

4. assalaamu 'alaynaa wa 'alaa 'ibadillahissaliheen

Peace be on us and on all righteous slaves of Allah

5. As-hadu anllaa ilaaha illallaah

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

6. wa ash-hadu anna Muhammadan 'abduhu wa rasooluh

I bear witness that Muhammad is his slave and Messenger



Fajr

The Dawn Prayer



Dhuhr

The Noon Prayer



Asr

The Afternoon Prayer



Maghrib

The Sunset Prayer



Isha'

The Night Prayer

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

STEP 1

Attahiyat



1. Allahumma Salli 'ala Muhammad
Oh Allah, send prayers upon Muhammad
2. wa 'ala aali Muhammad
and upon the family of Muhammad
3. kamaa salyta 'ala ibraheem
as You sent prayers upon Ibrahim
4. wa 'ala aali ibraheem
and upon the family of Ibrahim
5. innaka hameedun Majeed
indeed You are praiseworthy, Most glorious
6. wa baarik 'alaa Muhammad
and send Your blessings upon Muhammad
7. wa 'alaa aali Muhammad
and upon the family of Muhammad
8. kamaa baarakta 'alaa ibraheem
as You sent prayers upon Ibrahim
9. wa 'alaa aali ibraheem
and upon the family of Ibrahim
10. 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 side 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 side 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
Subhaan Allah
Glory be to Allah

x33
الْحَمْدُ لِلَّهِ
Al-hamdu lillah
Praise be to Allah

x34
اللَّهُ أَكْبَرُ
Allahu Akbar
Allah is the greatest

Any of the following chapters may be recited in Arabic after Suratul Fatiha



Fajr
The Dawn Prayer



Dhuhr
The Noon Prayer



Asr
The Afternoon Prayer



Maghrib
The Sunset Prayer



Isha'
The Night Prayer

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

Bismi Allahi arrahmani arraheem

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

1 Inna aAAtaynakaalkawthar

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

2 Fasalli lirabbika wanhar

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

3 Inna shani-aka huwa al-abtar

Indeed, your enemy is the one cut off.

Say this 3

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

Bismi Allahi arrahmani arraheem

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

1 Qul huwa Allahu ahad

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

2 Allahu assamad

Allah, the Eternal Refuge.

3 Lam yalid walam yoolad

He neither begets nor is born,

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

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

1 Qul aAAoothu birabbi alfalaq

Say, "I seek refuge in the Lord of daybreak

2 Min sharri ma khalaq

From the evil of that which He created

3 Wamin sharri ghasiqin ithawaqab

And from the evil of darkness when it settles

4 Wamin sharri annaffathatifee alAAuqad

And from the evil of the blowers in knots

5 Wamin sharri hasidin itha hasad

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

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

Bismi Allahi arrahmani arraheem

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

1 Qul aAAoothu birabbi annas

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

2 Maliki annas

The Sovereign of mankind.

3 ilahi annas

The God of mankind,

4 Min sharri alwaswasi alkhanas

From the evil of the retreating whisperer -

5 Allathee yuwaswisu fee sudoori annas

Who whispers [evil] into the breasts of mankind -

6 Mina aljinnati wannas

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:

Bismillallah

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).



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)



STEP 8

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



STEP 9

Wash the feet including the ankles and between the toes.



Begin with the right foot (3 times for each foot)

STEP 10

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ
As-hadu anllaa 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-mutatahrireen

Oh Allah, make me among those who turn in repentance to you and make me among those who purify themselves.