

MAIN PARTS OF SALAH (PRAYER)

Each of the five daily prayers is divided into units called "rak'a". Each rak'a consists of a sequence of movements along with specific words to be recited. This brochure covers the basic movements of salah, with the transliteration and translation of the words to be recited. For information on how to combine these basic movements into rak'as in the 5 daily prayers, please see our other prayer brochures.

1. OPENING TAKBEER

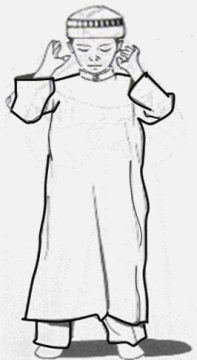


Fig 1 - Takbeer

Start by making your intention, i.e., a mental note on which of the 5 prayers you are about to begin and the number of rak'as. Raise your hands, palms facing forward; up to around your ear lobes, head and eyes directed to the place of prostration (on the ground) and say:

Allahu Akbar [God is Greater]

2. FATIHA & A SURAH



Fig 2 - Fatiha and a surah

Next, place your right hand over the left, just below, above or on the navel, and recite the *Fatiha* (opening chapter of the Quran):

A 'oo-thu-bil-laahi minash-shaitonir-rajeem
[I seek refuge in Allah from the rejected Satan]
Bismil-lahir-rahmaanir-raheem
[In the Name of Allah, the Beneficent, the Merciful]
Alhamdu lil-laahi rab-bil 'aalameen
[Praise be to Allah, Lord of the worlds]
Ar-rahmaanir-raheem
[the Beneficent, the Merciful]
Maliki yaumid-deen
[Master of the Day of Judgement]
Iy-yaaka n'abudu wa iy-yaaka nasta'een
[You alone we worship and to You alone we turn for help]
Ihdinas-sirotol mustaqeem
[Keep us guided in the straight path]
Sirotol-latheena an 'amta 'alayhim
[the path of those whom You favored]
Ghoyril maghdoobi 'alayhim
[and who did not deserve Your anger]
Walad-dolleen (AMEEN)
[or went astray] (1:1-1:7)

Now, follow with any other *surah* (chapter) from the Quran. Below is an example (*Surah Al-Ikblas*)

Bismil-lahir-rahmaanir-raheem
[In the Name of Allah, the Beneficent, the Merciful]
Qul huwAllahu Ahad
[Say: Allah is one and the only God]
Allahus-somad
[Allah, upon whom all depend]
Lam yalid walam yoolad
[He begets not, nor is He begotten]
Walam Yakul-lahu kufuwan ahad
[and there is nothing which can be compared to Him] (112:1-112:4)

3. BOWING (Ruk'u)

Say Allahu Akbar [God is greater]



Fig 3 - Ruku

while going down to a bowing position. With hands on your knees, repeat the following 3 times:

Subhaana
Rabbiyal 'Atheem
[Glory to my Lord the Almighty, the Great]

4. STANDING

Rise again while saying:



Fig 4 Standing

Sami'Allahu liman hamida
[Allah hears those who praise Him]

And come back to a standing position and say:

"Rab-banaa walakal hamd"
[Our Lord, we have praised You]

5. PROSTRATING (Sujood)

Say Allahu Akbar [God is greater] and



Fig 5 - Sujood

prostrate, placing your forehead on the ground, and repeat 3 times:

Subhaana Rabbiyal 'Alaa
[Glory to my Lord the Most High].

Make sure that your forehead, tip of your nose, palm of your hands, both knees and tip of your toes are touching the ground, and your toes are facing the qibla as shown in Fig 5.

6. SITTING BETWEEN PROSTRATIONS (Jalsa)

Say Allahu Akbar [God is greater] and

sit for few seconds with your knees folded, back straight, hands resting on your thighs and knees; and right foot vertical to the ground with toes in the direction of the Qibla. Fig 6 and 6a illustrate this position. Fig 6b illustrates an alternative



Fig 6 - Jalsa

way of placing the feet.

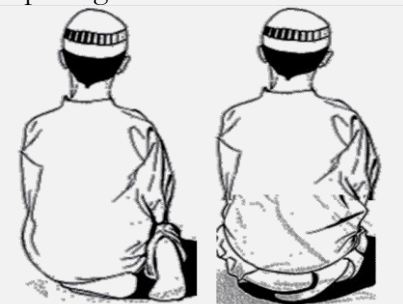
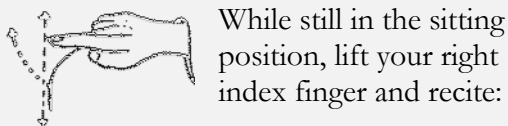


Fig 6a - Jalsa (backview) Fig 6b - Jalsa (alternative back view)

7. TASHAHHUD

Say Allahu Akbar [God is greater], while rising from prostration and sit as described in item 6 and say:

At-tahiyaatu lil-laahi was-solawaatu
 wat-toy-yibaatu
*[All prayers and worship through words,
 action and sanctity are for Allah only]*
 As-Salaamu ‘Alayka Ay’yuhan-nabiy-y
[Peace be on you, O Prophet]
 Wa Rahmatul-lohi Wa Barakaatuhu
[and Mercy of Allah and His blessings]
 As-Salamu ‘Alayna Wa ‘Alaa ‘Tbaadil-
 laahis-soliheen
*[Peace be on us and on those who are
 righteous servants of Allah.]*



While still in the sitting
 position, lift your right
 index finger and recite:

Ash-hadu Al-laa Ilaaha IllAllah
*[I bear witness to the fact that there is no
 deity worthy of worship but Allah].*
 Ash-hadu An-na Muham-madan
 ‘Abduhu Wa Rasooluhu
*[I bear witness that Muhammad is His slave
 and messenger]*

8. DUROOD

Continue sitting and recite:

Allaahum-ma Sol-li ‘Alaa Muhammad
 Wa ‘Alaa Aali Muhammad
*[O Allah, bestow your favor on Muhammad and
 on the family of Muhammad]*
 Kamaa Sol-layta ‘Alaa Ibraaheema Wa
 ‘Alaa Aali Ibraheem
*[As You have bestowed Your favor on Ibrahim
 and on the family of Ibrahim]*
 In-naka Hameedum-majeed
[You are Praiseworthy, Most Glorious.]

Allahumma Baarik ‘Alaa Muhammad Wa
 ‘Alaa Aali Muhammad
*[O Allah, bless Muhammad and the family of
 Muhammad]*
 Kamaa Baarakta ‘Alaa Ibraheema Wa
 ‘Alaa Aali Ibraheema
*[as You have blessed Ibrahim and the family of
 Ibrahim]*
 In-naka Hameedum-majeed
[Your are Praiseworthy, Most Glorious]

9. CLOSING WITH SALAAMS

(Tasleem)

Turn your head to the **right** and say
 (aloud):

As-salaamu ‘Alaykum Wa Rahmatullah
[Peace and the mercy of Allah be upon you]

Now turn your head to the left and
 say (aloud):

As-salaamu ‘Alaykum Wa Rahmatullah
[Peace and the mercy of Allah be upon you]



Fig 7a - Tasleem -
 Right side first



Fig 7b - Followed
 by the left side



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Basics of Prayer



*"The first of his actions for
 which a servant of Allah will be
 held accountable on the Day of
 Resurrection will be his
 prayers...." (Hadith Qudsi)*