



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 Niyah (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 اللهُ أَكْبَرُ
 Allah is the greatest

as you move your hands to place on your chest.

STEP 2

QIYAM



أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
 A'oothu billahi 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. Bismillaahir-Rahmaanir-Raheem
 In the name of God, the infinitely Compassionate and Merciful
2. Al hamdu lillaahi rabbil 'aalameen
 Praise be to God, Lord of all the Worlds
3. Ar-Rahmaanir-Raheem
 The Compassionate, the Merciful
4. Maaliki yawmid-Deen
 Ruler on the Day of Reckoning
5. Iyyaaka na'abudu wa iyyaaka nasta'een
 You alone do we worship, and You alone do we ask for help.
6. Ihdinas siraatal mustaqeem
 Guide us on the straight path,

STEP 3 CONTINUED



7. Siraatal latheena an 'amta' alaihim
 The path of those who have received your grace
- Ghairil maghduubi' alaihim
 not the path of those who have brought down wrath
- وَلَا الضَّالِّينَ
 Waladdaalleen
 nor of those who wander 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

STEP 5

say: **Allaahu Akbar**

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



سُبْحَانَ رَبِّيَ الْعَظِيمِ
 Subhaana rabbiyal 'atheem x3
 Glory be to my Lord The Supreme

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 the most high
سُبْحَانَ رَبِّيَ الْأَعْلَى

STEP 8

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



JALSAH
Q'ADAH

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

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

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 the 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 وَالصَّلَاةُ وَالطَّيِّبَاتُ
Attahiyyaatu Lillaahi was-salawaatu wat-tayyibaatu

All compliments, prayers and pure words are due to Allaah.

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

Al-salaamu 'alayka ayyuhan-Nabiyyu

Peace be upon you, O Prophet,

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

wa rahmatullaahi wa barakaatuh.

And the mercy of Allaah and His blessings.

السَّلَامُ عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

Assalaamu 'alaynaa wa 'alaa 'ibaad-illaahi assaaliheen.

Peace be upon us and upon the righteous slaves of Allaah.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Ash-hadu allaa ilaaha illa-Allaah

I bear witness that there is no god except Allaah

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

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 rak'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

COMPLETE THE PRAYER

STEP 1

Attahiyat



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
Allaahumma salli 'ala Muhammad
O Allaah, send prayers upon Muhammad
وَعَلَى آلِ مُحَمَّدٍ
wa 'ala aali Muhammad
and upon the family of Muhammad,
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
kama salayta 'ala Ibraaheem
as You sent prayers upon Ibraaheem
وَعَلَى آلِ إِبْرَاهِيمَ
wa 'ala aali Ibraaheem,
and the family of Ibraaheem,
إِنَّكَ حَمِيدٌ بَحِيدٌ
innaka hameedun majeed
You are indeed Worthy of Praise, Full of Glory.
وَبَارِكْ عَلَى مُحَمَّدٍ
Allaahumma baarika 'ala Muhammad
O Allaah, bless Muhamma
وَعَلَى آلِ مُحَمَّدٍ
wa 'ala aali Muhammad
and the family of Muhammad
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ
kama baarakta 'ala Ibraaheem
as You blessed Ibraaheem
وَعَلَى آلِ إِبْرَاهِيمَ
wa 'ala aali Ibraaheem,
and the family of Ibraaheem,
إِنَّكَ حَمِيدٌ بَحِيدٌ
innaka hameedun majeed
You are indeed Worthy of Praise, Full of Glory.

Upon completion of the Tashahhud and the words that follow, the player 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).

SUPLICATION AFTER PRAYER



x33
سُبْحَانَ اللَّهِ
Subhan Allah
Glory be to Allah

x33
الْحَمْدُ لِلَّهِ
Al-hamdu lillah
Praise be to Allah

x34
اللَّهُ أَكْبَرُ
Allaahu Akbar
Allah is the greatest

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

Surat Al-Kawthar (The Abundance) :108

Bismi Allahi arrahmani arraheem
In the name of Allah, Most Gracious, Most Merciful.

1. Inna ataynakaalkawthar
To thee have We granted the Fount (of Abundance).
2. Fasalli lirabbika wanhar
Therefore to thy Lord turn in Prayer and Sacrifice.
3. Inna shani-aka huwa al-abtar
For he who hateth thee, he will be cut off (from Future Hope).

Surat Al-Ikhlās (The Sincerity) : 112

Bismi Allahi arrahmani arraheem
In the name of Allah, Most Gracious, Most Merciful.

1. Qul huwa Allahu ahad
Say: He is Allah, the One and Only;
2. Allahu assamad
Allah, the Eternal, Absolute;
3. Lam yalid walam yoolad
He begetteth not, nor is He begotten;
4. Walam yakun lahu kufuwan ahad
And there is none like unto Him.

Surat Al-Falaq (The Daybreak) : 113

Bismi Allahi arrahmani arraheem

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

1. Qul aAAoothu birabbi alfalaq

Say: I seek refuge with the Lord of the Dawn

2. Min sharri ma khalaq

From the mischief of created things;

3. Wamin sharri ghasiqin ithawaqab

From the mischief of Darkness as it overspreads;

4. Wamin sharri annaffathatifee alAAuqad
From the mischief of those who practise secret arts;

5. Wamin sharri hasidin itha hasad

And from the mischief of the envious one as he practises envy.

Surat An-Nas (The Mankind) : 114

Bismi Allahi arrahmani arraheem

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

1. Qul aAAoothu birabbi annas

Say: I seek refuge with the Lord and Cherisher of Mankind,

2. Maliki annas

The King (or Ruler) of Mankind,

3. Ilahi annas

The God (or judge) of Mankind,

4. Min sharri alwaswasi alkhannas

From the mischief of the Whisperer (of Evil), who withdraws (after his whisper),

5. Allathee yuwaswisu fee sudoori annas

(The same) who whispers into the hearts of Mankind,

6. Mina aljinnati wannas

Among Jinns and among men.

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 the 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, hang, 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 inside 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

Du'a after Wudu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ
Ash-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
Allaahuma ij'alnee minat-tawabeena waj'alnee minal-
mutatahireen.

O Allah, make me among those who turn to You in repentance, and make me among those who purify themselves.