

**Assalaamu Alaikum and Welcome to**

# **Learn Salah**

[www.destinationislam.com](http://www.destinationislam.com)

**Destination Islam offers :**

**Learn Salah Course – Learn Islam Course  
Islamic Therapy/Counselling**

**Support for Revert and Existing Muslims**

**Islamic Information & Quran Translations for Non Muslims**

**All services are funded by donations or subsidised**

**We also offer 1 to 1 tuition – Please ask for more information**

Information Sources

[www.islamqa.info](http://www.islamqa.info)

My Prayer - [www.myprayer.org.au](http://www.myprayer.org.au)

The Prophet's Prayer Described – Sheikh Al Albaani

## Contents

**Overview - Importance of Salah**

**Wudu & Purification**

**Method of Performing Salah**

**Attaining Khushoo & Understanding**

**Dhikr after Salah**

**Mistakes - Combining - Shortening – Witr**

**Missed – Prohibited Times**

**Pillars, Obligatory & Sunnahs of Salah**

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

## **Overview & Importance of Salah**

### **Salah is a Pillar**

Shahaadah – **Salah** – Zakah – Fasting - Hajj

Fulfilling the Pillars of Islam is an essential requirement of being a Muslim.

### **The Importance of the second Pillar**

Observed on all occasions – No ‘get out clauses’

### **Salah is not just another Ritual**

It is a conversation with our Creator

## Overview & Importance of Salah Evidences

### **The first question when we meet Allaah.**

"The first matter that the slave will be brought to account for on the Day of Judgement is the prayer. If it is sound, then the rest of his deeds will be sound. And if it is bad, then the rest of his deeds will be bad."

*Prophet Muhammad (Peace and Blessing of Allaah be upon him) [Recorded by al-Tabarani. According to al-Albani, it is sahih. Al-Albani, Sahih al-Jami, vol.1, p. 503.]*

**This Hadith highlights the importance of Salah above other good acts.**

## Overview & Importance of Salah Evidences

The hadeeth of the Prophet (peace and blessings of Allaah be upon him):

**“Between a man and shirk and **kufr** there stands his neglect of the prayer.”**

*(Narrated by Muslim in Kitaab al-Eemaan from Jaabir ibn ‘Abd-Allaah from the Prophet (peace and blessings of Allaah be upon him)).*

It was narrated that Buraydah ibn al-Husayb (may Allaah be pleased with him) said:

**“I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say: ‘The covenant that distinguishes between us and them is the prayer, and whoever neglects it **has disbelieved.**’”**

*(Narrated by Ahmad, Abu Dawood, al-Tirmidhi, al-Nisaa’i and Ibn Maajah)*

## Overview & Importance of Salah

### The 5 Daily Obligatory Prayers



#### **Fajr** – The Dawn Prayer

Performed between dawn and sunrise.



#### **Dhuhr** – The Noon Prayer

Performed when the sun begins to decline from the zenith point.



#### **Asr** – The Afternoon Prayer

Performed midway between noon and sunset.



#### **Maghrib** – The Sunset Prayer

Performed immediately after sunset.



#### **Isha'** – The Early Night Prayer

Performed after twilight and before midnight.

#### **Pray On Time**

It is best to perform these obligatory prayers as soon as the time has commenced. It is not permitted to delay the prayer without a valid reason.

Delaying a prayer (intentionally) beyond its permitted time is a Major Sin, and the prayer cannot be made up.

## Overview & Importance of Salah

### The Units (Rak'aah) for each Prayer

Each prayer is broken down into different units as shown in the table below.

These units comprise of compulsory (Fardh) and voluntary (Sunnah) units.

Initially it is recommended to perfect the compulsory units of the prayer.

PRAYER	SUNNAH (Before)	COMPULSORY	SUNNAH (After)
Fajr	2	2*	
Dhuhr	2 + 2	4	2
Asr		4	
Maghrib		3*	2
Isha'		4*	2

**Compulsory (Red)** – These units must always be completed. It is a major sin to omit these.

**Sunnah (Blue)** – These are voluntary units which the Prophet (PBUH) always completed. If possible, you should also try and complete them, especially the 2 units before the Fajr compulsory units.

#### Important Note

There is a high reward for completing voluntary units of prayer – but no sin incurred for skipping them.

\* In the first 2 units of these compulsory prayers, you should recite Faatiha and any Surah aloud. But this is not compulsory.

### So Salah is:

A **Direct Line** to our Creator – Not just a ritual

An **Obligation** for all believing Muslims – No opt outs

A **Barrier** against mistakes – throughout the day

A chance to ask Allaah for **Forgiveness** throughout the day

A 5 times a day opportunity to re-focus our minds back to the  
**Reason for our Existence** on this earth

# Destination Islam

Information - Tuition - Support

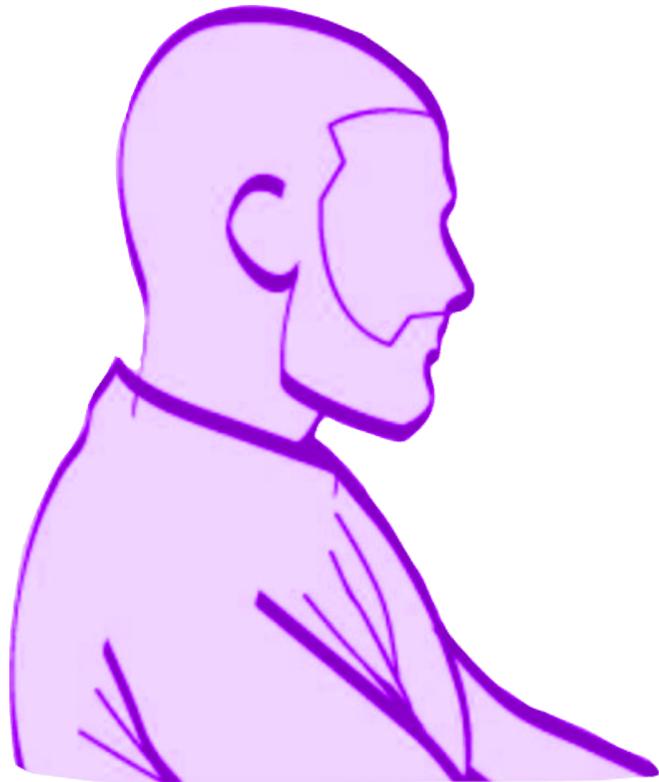
[www.destinationislam.com](http://www.destinationislam.com)

## How to make Wudu

According to the Sunnah

## Topics Covered

- 1. Full Sunnah wudu**
- 2. Supplication on completion of wudu**
- 3. Wiping over feet and any dressings**
- 4. The 6 Pillars of wudu**
- 5. Tayammum**
- 6. Actions that nullify wudu**

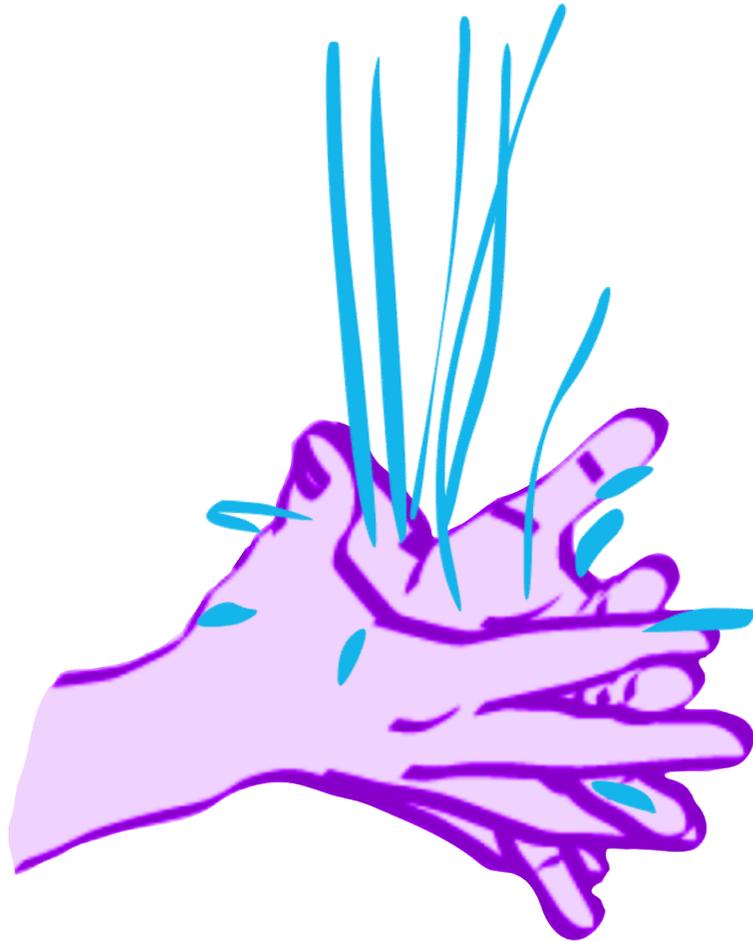


**Step 1**

**Make intention (Niyyah)**

**Step 2**

**Say:** بِسْمِ اللّٰهِ  
**Bismillaah**  
*In the name of Allaah*



### Step 3

#### **Wash both hands**

Ensure the whole area from the fingertips, between the fingers, and the wrists are completely wet.

Do this three times.



#### Step 4

### Rinse out your mouth

Use your right hand put a small amount of water into your mouth, swirl around and expel.

Do this three times.

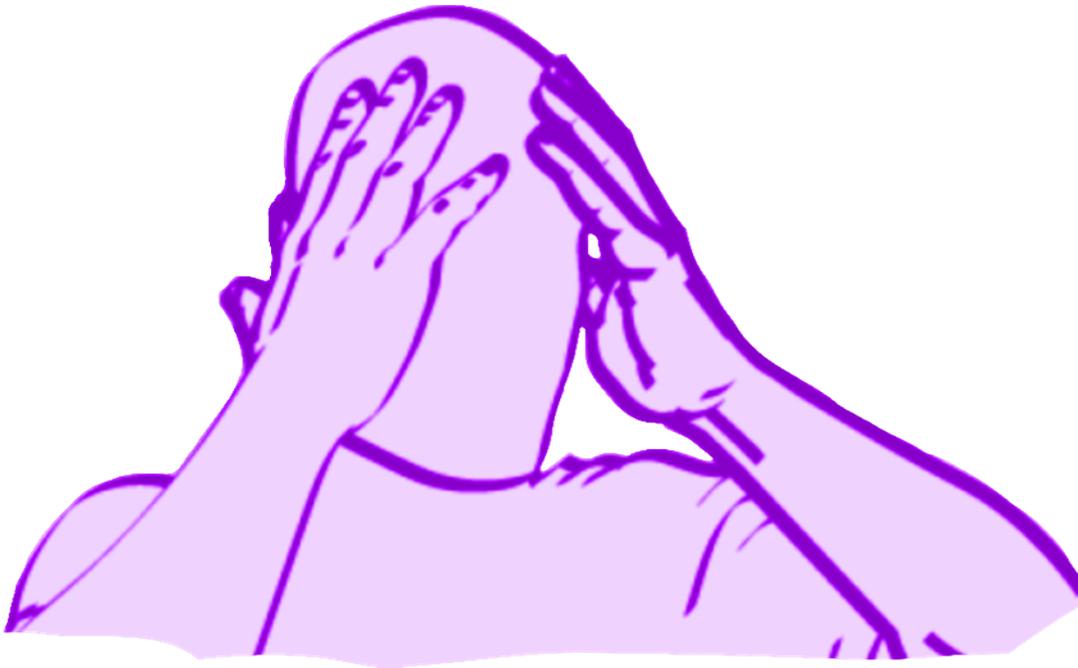


### Step 5

#### **Clean out your nose**

Use your right hand to sniff water into your nostrils as far up as possible, and then sniff out with your left hand.

Do this three times.



### Step 6

## Wash your face

Make sure the whole area from forehead to chin, and left ear to the right ear is wet.

Do this three times.



### Step 7

#### **Wash both arms**

Start with the right arm first, and make sure the whole area from fingertips, between the fingers, and up to and including the elbows is wet.

Wash each arms three times.

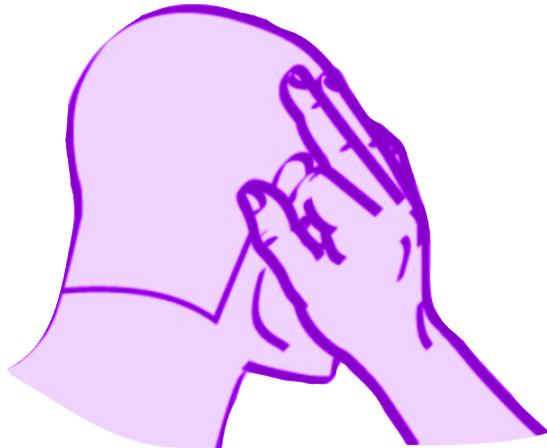
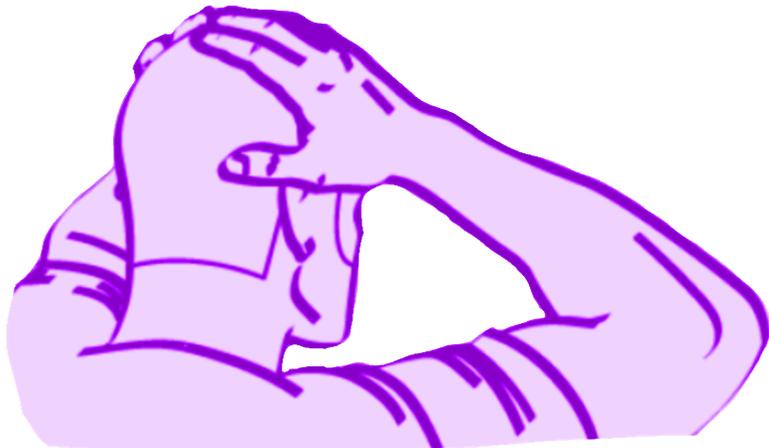
### Step 8

## Wipe over your head and clean your ears

Wet hands and start at the front hairline. Wipe wet fingers over your head backwards to the back hairline and back over to the front in one movement.

Then using the same wet hands wipe the inside of both ears with your index finger and the back of the ears with your thumb.

This is only done ONCE.





### Step 9

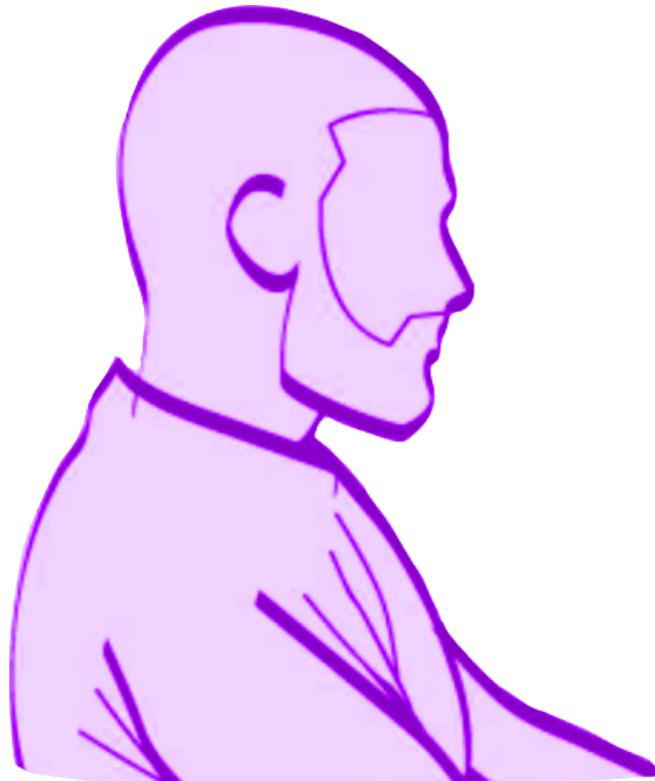
#### **Wash both feet**

Start with the right foot first, and make sure the whole area from the toes, between the toes, and up to and including the ankles is wet.

Wash each foot three times.

Step 10

Recite the following dua



أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

(Ash-hadu an la ilaha illallahu wahdahu la sharika lahu wa  
ash'hadu anna muhammadan abduhu wa rasuluhu)

"I bear witness that none has the right to be worshipped but Allah alone, with no partner or associate, and I bear witness that Muhammad is His slave and His Messenger."

## Wiping over socks (Al-Masah)

It is permissible to wipe over leather or thick socks (which cover the ankles).

This can only be done if the socks were put on after performing the ablution, including full washing of the feet.

This is permissible for a period of 24 hours from the time of ablution, and for 3 days when travelling. After this wudu must be performed with full washing of the feet, and the period can be restarted if socks are worn again.

The method of wiping is simply to pass wet hands over the top of the foot from the toes to the ankles.

## If you are wearing a bandage

If you have a wound on any part of your body which needs to be washed during wudu, and if it would be harmful to wash it or difficult to remove any dressing or bandage. Then it is permissible to wipe over the whole dressing with a wet hand.

## The 6 Essential Pillars of Wudu

1. Washing the face (including mouth and nose). x1
2. Washing the hands and arms up to & including elbows. x1
3. Wiping the head and ears. x1
4. Washing the feet up to and including the ankles. x1
5. Washing in this order (as above).
6. Doing the actions consecutively one after the other.

These are Pillars (Fardh) minimum requirements of Wudu, and can be done as and when one wishes.

## Wudu if no water is available - Tayammum

1. Say Bismillaah (In the name of Allaah).
2. Strike the ground, clean earth, or a rock with the palms of the hands. Shake off any loose soil.
3. Wipe the back of the right hand with the palm of the left, and the back of the left hand with the palm of the right.
4. Wipe the face with both hands.
5. Recite dua for completing wudu.

## Actions that nullify wudu

1. Passing wind.
2. Passing urine or faeces.
3. Deep sleep.
4. Unconsciousness or intoxication.
5. Intimate relations between husband and wife.
6. Eating camel meat.

Note: If a person forgets whether they have nullified their wudu then it is NOT nullified. Only if they are certain that it has been nullified through one of the acts listed.

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

## **Salah**

Actions & Recitation

## Preparation

Men – A man must cover the front and back of his body between his navel and knees, as well as both his shoulders.

Women – A woman must cover her entire body, except for her hands and face.

Clothes must be loose and non-transparent.

Ensure body, clothing, and place of prayer is free from impurities. Using a prayer mat is a personal choice, not a requirement.

Ensure the time for prayer has started, and you are facing the Qiblah direction.

Pray in front of a barrier (Sutrah), such as a wall, chair, bag etc.

## Important points

### **There is no difference between the male and female prayer.**

The Prophet (peace and blessings of Allaah be upon him) said: “Pray as you have seen me praying.” Narrated by al-Bukhaari. This was addressed to both men and woman.

### **The Intention (niyyah) for prayer is made in the heart, not verbally.**

Intention is connected to knowledge. If a person knows what he/she is doing then the intention has obviously been made. Verbally making intention is an innovation.

### **Follow the Sunnah.**

Before doing anything, ask yourself, “ Did the Prophet (PBUH) or the Sahaabah do this?”.  
Listen to verified hadith, not the views of people.

# Salah

## The first unit (Rak'ah)



\*Eyes must be looking down at the sujud position.

\*Recite with lips moving.

In the standing position, raise both hands so that finger tips are in line with shoulders or ears. Palms should be facing forward.

**Recite:**

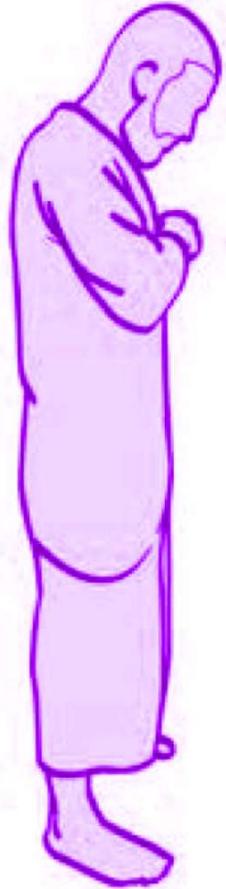
الله أكبر

**Allaahu Akbar**

*Allaah is the Greatest*

## Salah

### The first unit (Rak'ah)



Place hands on your chest, with the right hand over the left.

**Recite:**

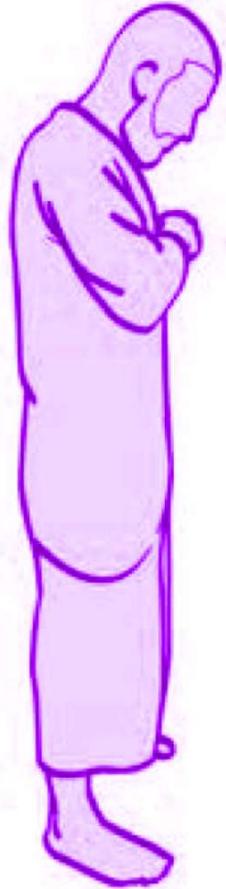
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**A'oothu billaahi minash-shataanir-rajeem**

*I seek refuge with Allaah from Satan the accursed*

## Salah

The first unit (Rak'ah)



**Recite: Surah Al Faatiha (1 of 3)**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Bismil-laa hir-rahmaa nir-raheem**

*In the name of Allaah, the Entirely Merciful, the Especially Merciful*

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

**Alhumdul lil-laahi rab-bil-'aalameen**

*All praise and thanks is due to Allaah, Lord of the worlds*

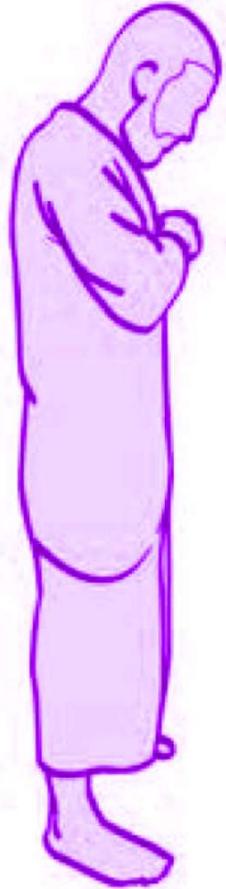
الرَّحْمَنِ الرَّحِيمِ

**Ar-rahmaa nir-raheem**

*The Entirely Merciful, the Especially Merciful*

## Salah

The first unit (Rak'ah)



**Recite: Surah Al Faatiha (2 of 3)**

مَلِكِ يَوْمِ الدِّينِ

**Maaliki yow-mid-deen**

*Master of the Day of Judgement*

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

**Iy-yaaka na'budu wa iy-yaaka nas-ta'een**

*You alone we worship and You alone we ask for help*

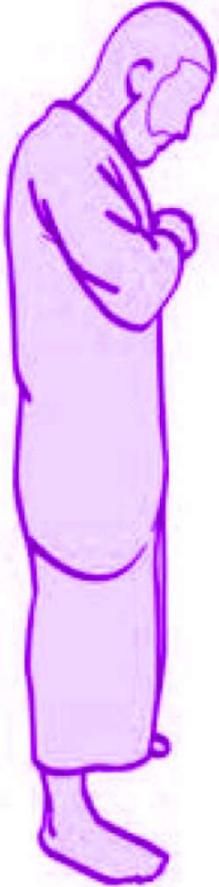
إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

**Ihdi-nas-siraatal moosta-qeem**

*Guide us to the straight path*

# Salah

The first unit (Rak'ah)



Salah – Page 8 of 24

**Recite: Surah Al Faatiha (3 of 3)**

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

**Siraatal-latheena an'amta 'alay-him**

*The path of those You have bestowed favour*

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

**Ghayril magh-doobi 'alay-him**

*Not of those who have evoked Your anger*

وَالضَّالِّينَ

**Walad-daal-leen**

*Or those who are astray*

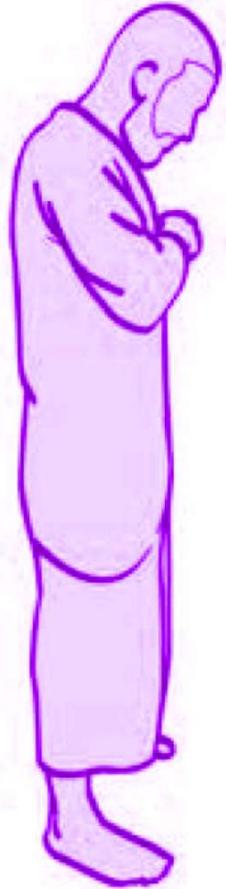
آمِينَ

**Aameen**

*Oh Allaah, answer our supplications (accept)*

## Salah

The first unit (Rak'ah)



**Recite:**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Bismil-laa hir-rahmaa nir-raheem**

*In the name of Allaah, the Entirely Merciful, the Especially Merciful*

**Recite:**

Here it is Sunnah to recite a Surah or a few Ayahs from the Qur'an.

# Salah

## The first unit (Rak'ah) – Rukoo'



In the standing position raise both hands

**Recite:**

الله أكبر

**Allaahu Akbar**

*Allaah is the Greatest*



Move to the bowing (rukoo') position, keep your back straight and put your hands on your knees

**Recite:**

سُبْحَانَ رَبِّيَ الْعَظِيمِ

**Subhaana rabbiyal 'atheem x 3**

*Glory be to my Lord the Supreme*

## Salah

### The first unit (Rak'ah)

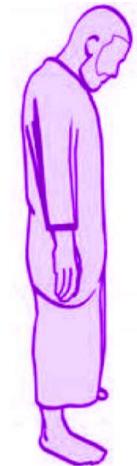


Next, come back to the standing position and raise both hands. As you are coming up say:

**Recite:** سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

**Sami 'Allaah-huliman hamidah**

*Allaah answers those who praise him*



In the standing position with hands by your side (or on your chest)

**Recite:** رَبَّنَا وَلَكَ الْحَمْدُ

**Rabbanaa wa lakal hamd**

*Our Lord, to You belongs the praise*

## Salah

### The first unit (Rak'ah) - Sujood

Now go into the prostration (sujood) position as described below. As you go down say:

**Recite:**

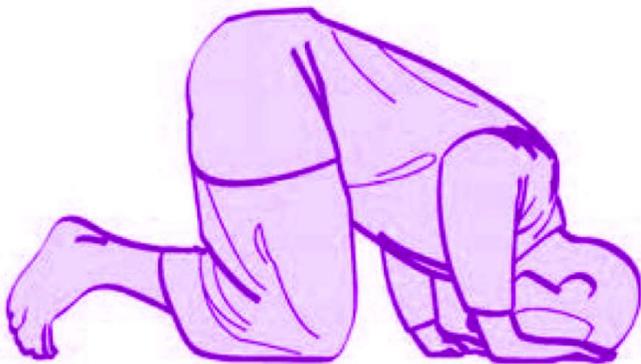
الله أكبر

**Allaahu Akbar**

*Allaah is the Greatest*

***In the sujood position ensure:***

1. The nose and forehead are touching the ground
2. The palms are on the floor with the fingers together
3. The two knees are on the floor
4. The toes of both feet are upright touching the floor (not laying flat)
5. Elbows should be off the ground



In the sujood position recite the following three times:

**Recite:**

سُبْحَانَ رَبِّيَ الْأَعْلَى

**Subhaana rabbiyal 'alaa x 3**

*Glory be to my Lord the Most High*

# Salah

The first unit (Rak'ah) -  
Sujood

## Very Important

*Abu Huraira reported: The Messenger of Allaah, peace and blessings be upon him, said,  
"The servant is closest to his Lord during prostration, so increase your supplications therein."*

*Source: Sahih Muslim 482*

### The sujood position is the best time in Salah to make personal dua

Dua can be made in Arabic as long as you understand what you are saying.

Also make dua in your own language if you are not an Arabic speaker. This is permissible according to the majority of scholars.

Personal dua should be made from the heart, and sujood can be extended for as long as you wish.

## Salah

The first unit (Rak'ah) –  
Sujood



Next come up into the sitting position, saying:

**Recite:**

اللَّهُ أَكْبَرُ

**Allaahu Akbar**

*Allaah is the Greatest*

*In this position, sit on the left thigh, with the left foot along the ground and the right foot upright. The toes of the right foot should be facing the Qiblah. The hands should be placed flat on the knees.*

In the sitting position recite the following two times:

**Recite:**

رَبِّ اغْفِرْ لِي

**Rabbighfirlee x 2**

*Oh Allaah, forgive me*

## Salah

The first unit (Rak'ah) -  
Sujood

Now go into the prostration (sujood) position again for the second sujood. As you go down say:

Recite:

اللَّهُ أَكْبَرُ

**Allaahu Akbar**

*Allaah is the Greatest*

In the sujood position recite the following three times:

Recite:

سُبْحَانَ رَبِّيَ الْأَعْلَى

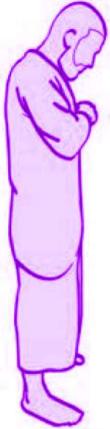
**Subhaana rabbiyal 'alaa x 3**

*Glory be to my Lord the Most High*

**The first unit (Rak'ah) is now complete**

## Salah

### The second unit (Rak'ah)



Now stand up from the sujood position for the second unit. As you rise say:

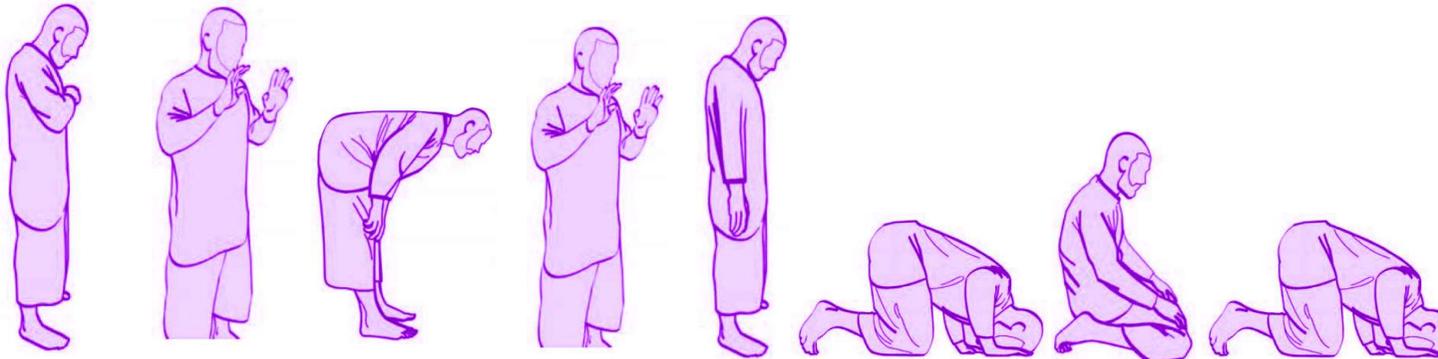
Recite:

الله أكبر

**Allaahu Akbar**

*Allaah is the Greatest*

**The recitation for the second unit starts at Al Faatiha (Salah – Page 6 of 24 ), and is then repeated just as the first unit all the way to the two sujoods**



## Salah

### Tashahhud (1 of 2)



After completing the second sujood (of the second unit) rise to the sitting position . As you rise say:

**Recite:** اللهُ أَكْبَرُ

**Allaahu Akbar**

*Allaah is the Greatest*

*This position is the same as between the two sujoods, but at this point raise your index finger on your right hand and keep it pointing forward.*

**Recite:** اَلْحَمْدُ لِلّٰهِ وَالصَّلٰوةُ وَالطَّيِّبٰتُ

**Attahiyyaatu lillaahi was-salawaatu wat-tayyibaatu**

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

اَلسَّلَامُ عَلَيْكَ اَيُّهَا النَّبِيُّ

**Assalaamu 'alayka ay-yuhan-nabiyyu**

*Peace be upon you O Prophet*

## Salah

Tashahhud (2 of 2)



وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

**Wa rahmatullaahi wa barakaatuh**

*And the Mercy of Allaah and His Blessings*

السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ

**Assalaamu 'alaynaa wa 'alaa 'ibaadil-laa his-saaliheen**

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

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

**Ash-hadu allaa ilaaha illallaahu**

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

# Salah

## Decision

You have now completed the first 2 units (rak'ah).  
What you do now will depend on which prayer you are performing.

### **Maghrib** – Total 3 Units

**Method (3<sup>rd</sup> rak'ah)** : Stand up while saying 'Allaahu Akbar'  
Recite Al Faatiha – Bowing (Rukoo') – 2 Prostrations (Sujood)  
Then sit and recite Tashahhud again

### **Dhuhr, Asr or Isha'** – Total 4 Units

**Method (3<sup>rd</sup> rak'ah)** : Stand up while saying 'Allaahu Akbar'  
Recite Al Faatiha – Bowing (Rukoo') – 2 Prostrations (Sujood)  
**Method (4<sup>th</sup> rak'ah)** : Stand up while saying 'Allaahu Akbar'  
Recite Al Faatiha – Bowing (Rukoo') – 2 Prostrations (Sujood)  
Then sit and recite Tashahhud again

**In the 3<sup>rd</sup> and 4<sup>th</sup> rak'ahs a surah does not need to be recited while standing. Only Al Faatiha needs to be recited**

**Fajr** – Total 2 Units – Complete the prayer – Next page

# Salah

Completing the prayer



## Sending Blessings upon the Prophet (Pbuh) – (1 of 2)

Destination  
Islam.com

Recite: **اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ**

**Allaahumma salli' alaa Muhammad**

*O Allaah, send prayers upon Muhammad*

**وَعَلَى آلِ مُحَمَّدٍ**

**Wa 'alaa aali Muhammad**

*And upon the family of Muhammad*

**كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ**

**Kamaa sal-layta 'alaa Ibraheem**

*As You sent prayers upon Ibraheem*

**وَعَلَى آلِ إِبْرَاهِيمَ**

**Wa 'alaa aali Ibraheem**

*And upon the family of Ibraheem*

**إِنَّكَ حَمِيدٌ مَّجِيدٌ**

**In-naka hameedum Majeed**

*Indeed You are praiseworthy, Most glorious*

# Salah

Completing the prayer



## Sending Blessings upon the Prophet (Pbuh) – (2 of 2)

Destination  
Islam.com

Recite: **اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ**

**Allaahumma baarik 'alaa Muhammad**

*O Allaah, send your blessings upon Muhammad*

**وَعَلَى آلِ مُحَمَّدٍ**

**Wa 'alaa aali Muhammad**

*And upon the family of Muhammad*

**كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ**

**Kamaa baarakta 'alaa Ibraheem**

*As You sent blessings upon Ibraheem*

**وَعَلَى آلِ إِبْرَاهِيمَ**

**Wa 'alaa aali Ibraheem**

*And upon the family of Ibraheem*

**إِنَّكَ حَمِيدٌ مَّجِيدٌ**

**In-naka hameedum Majeed**

*Indeed You are praiseworthy, Most glorious*

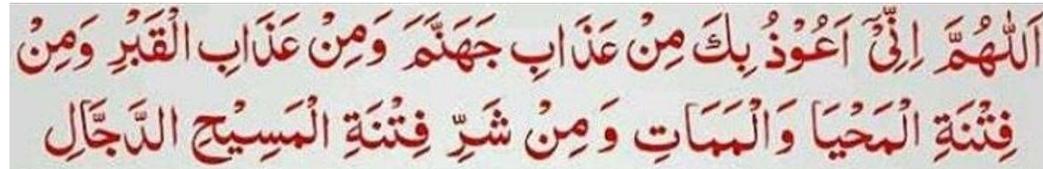
# Salah

## Personal Supplication

Now just before we finish this is a another point for dua.  
Recite in Arabic only if you know the meaning, and also you can recite it  
your own language.

An example of a dua taught to us by the Prophet (Pbuh)

Sahih Muslim, 588 - Abu Hurayrah said: the Messenger of Allah (peace and blessings of Allah be upon him) said: "When any one of you recites the Tashahhud [according to one report: when any one of you finishes the final Tashahhud], let him seek refuge with Allah from four things, let him say:



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَمِنْ عَذَابِ الْقَبْرِ وَمِنْ  
فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

**Allaahumma inni aoothu bika, min athaabi jahannum, wa min athaabil kabar, wa  
min fitnatil mahyaa wal mamaat, wa min shar-ri fitnatil maseehid-dajaal**

*O Allah, I seek refuge with You from the punishment of Hell, and the punishment of the grave,  
and from the trials of life and death, and from the worst of the turmoil of the Dajjal (antichrist)*

# Salah

## Finishing the prayer - Tasleem



**Recite:**

The prayer is finished with the Tasleem:

Turn your head to the right

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

**Assalaamu 'alaykum wa rahmatullaah**

*May Allaah's Peace and Mercy be upon you*



**Recite:**

Turn your head to the left

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

**Assalaamu 'alaykum wa rahmatullaah**

*May Allaah's Peace and Mercy be upon you*

**The Salah (Prayer) is now complete**

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

## **Attaining Khushoo**

Focus, calmness, serenity,  
tranquillity & humility.

## Attaining Khushoo

**Allaah says in the Qur'an:**

*Surah 2 Ayah 45*

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۗ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٥﴾ (2:45)

*And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allaah]*

As acknowledged here, many find prayer burdensome and a chore, something just to be 'ticked off' a list. Why?

**So how do we attain that connection with Allaah in our Salah?**

There are two areas of our faith we need to look at:

1. Our overall **approach** to our faith,
2. Our **understanding** of what Salah is.

Let's deal with number 1 first. **Approach to Faith** in our lives.

Remember our primary purpose here is to please Allaah, that is why Allaah created us. Everything else (although important) is secondary.

### Do we fit our faith around our life, or our life around our faith?

Salah can have a dramatic effect on our lives, but only if we are allowing our faith into every aspect of our life. Otherwise it is a bit like going to the gym every morning to lose weight, but eating chips every night for dinner. The gym workouts will have no effect.

The same way that exercise can only work as part of a calorie controlled diet, salah will only have an effect if the rest of our life pleases Allaah.

### Are we remembering Allaah outside Salah?

Are we making Dhikr throughout the day?

Are we reciting morning, afternoon, & evening Adhkar?

Are we doing other voluntary acts of worship?

Are we turning to Allaah only in hard times?

Are we applying Islam to every decision we make from the moment we wake up to the moment we fall asleep?

### Are our acts of worship correct?

Have we checked that what we do is according to the Qur'an and Sunnah or do we:

Do something because we have always done it

Do things in faith because the people around us do them

Just do things because someone told us it was good

Are we following tradition and culture

### **Are we making an effort to stop the sins we are committing?**

We all sin. But if we want a connection with Allaah we have to make genuine efforts to stop. Are we doing this?

Do we feel genuine regret?

Do we make genuine Tawbah and genuine intention not to repeat?

Do we excuse things by saying 'its only Makruh' (Disliked)?

Do we do things displeasing to Allaah to keep people happy?

### **Finally, we have to get rid of the negativity in our lives**

To be able to focus on our faith we need to take control of our lives.

Shaitan's role is simply to distract us from worshipping Allaah. So we need to exclude (or at least control) the negative influences.

Dua is important but you also need to take practical steps to change your life. Allaah helps those who help themselves.

## Attaining Khushoo

### Understanding Salah

Now let's move on to point 2. **Understanding** what Salah is.

The most important thing to remember is that  
**SALAH IS A CONVERSATION WITH ALLAAH**

So we need to take some time to prepare before every Salah

Let's look a how we can do this.

## Attaining Khushoo

### Understanding Salah

### No Distractions

Use a plain prayer mat (if you are using one)

Try to pray in a quiet place

Put your phone on silent – Or airplane mode if using it in Salah

Let the kids cry – They will get used to no attention when you pray

Make Dhikr while standing to slow down your mind

Imagine that this is your last prayer, the Angel of death is standing behind you, and the prayer mat is your open grave

Take your time – Cannot get Khushoo in a fast prayer

Prepare to close off the world, surrender your body, and most importantly your THOUGHTS

### What happens when we start the prayer

Remember

**SALAH IS A CONVERSATION WITH ALLAAH**

When we stand up, face the Qiblah, focus,  
and say Allaahu Akbar

Allaah Azza wa Jal turns towards us

## The importance of Al Faatiha

Al Faatiha is the Key

Al Faatiha is a Pillar of Salah

Al Faatiha must be recited in every unit

When we recite Al Faatiha, Allaah responds to us with each Ayah in the following way:

## Attaining Khushoo

### Understanding Salah

When we recite:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

All praise and thanks is due to Allaah, Lord of the worlds

Allaah responds:

**My slave has praised Me**

## Attaining Khushoo

### Understanding Salah

When we recite:

الرَّحْمَنِ الرَّحِيمِ

The Entirely Merciful, the Especially Merciful

Allaah responds:

**My slave has glorified Me**

## Attaining Khushoo

### Understanding Salah

When we recite:

مَلِكِ يَوْمِ الدِّينِ

Master of the Day of Judgement

Allaah responds:

**My slave has submitted to My power**

## Attaining Khushoo

Understanding Salah

Destination  
Islam.com 

When we recite:

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You alone we worship and You alone we ask for help

Allaah responds:

**This is between Me and My slave,  
and My slave shall have what he is asking for**

## Attaining Khushoo

Understanding Salah

Destination  
Islam.com 

When we recite:

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ      صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

The path of those You have  
bestowed favour

Guide us to the straight path

وَلَا الضَّالِّينَ

Or those who are astray

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

Not of those who have evoked Your anger

Allaah responds:

**This is for My slave,  
and My slave shall have what he is asking for**

**Insha'Allaah now you can see the importance of Al Faatiha**

So you must:

**Perfect your pronunciation of Al Faatiha in Arabic**

**Recite slowly and pause between each ayah**

**Beautify the recitation**

**Learn and understand the meaning of what you are saying**

## Attaining Khushoo

### Understanding Salah

### Then:

Learn the meaning of the rest of the words you recite in Salah

Learn the meaning of a few short Surahs which you regularly recite

While you are learning it is fine to recite from a book, phone, tablet etc

Keep reminding yourself of the purpose of Salah, remember that  
Allaah is turning towards you and responding

**QUALITY IS MORE IMPORTANT THAN QUANTITY**

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

## **Dhikr after Salah**

x 3

أَسْتَغْفِرُ اللَّهَ

**Astaghfirullaah**

*I seek forgiveness from Allaah*

x 1

اللَّهُمَّ أَنْتَ السَّلَامُ ، وَمِنْكَ السَّلَامُ ،  
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

**Allaahumma antas-Salaam, wa Minkas-salaam,  
Tabaarakta yaa Thal-Jalaali wal-Ikraam**

*O Allaah, You are the Perfect Peace, and peace comes from You,  
Blessed are You, O Owner of Majesty and Honour.*

## Dhikr after Salah

Ayatul Kursi – Qur'an 2 : 55

x 1

Destination  
Islam.com 

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي  
السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ  
مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ  
وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allaahu laa illaaha illaa Huwaal-Haiyul-Qaiyuum. Laa ta'khuthuhu sinatoow-wa laa nawm. Lahu maa fis-samaawaati wa maa fil-'ard. Man thal-lathee yashfa'u 'indahuu illaa bi-ithnih. Ya'lamu maa baina aideehim wa ma khalfahum, wa laa yuheetuna bi shai'im-min 'ilmihillaa bimaashaa'a. Wasi'a kursiyuhus-samaawaati wal ard, wa laa ya'uduhuu hifthuhumaa Wa Huwal 'Aliyul-Atheem.

*There is no god but Allah; he is the Living, the Sustainer of all things. He cannot be touched by drowsiness or sleep. To Him belongs all that is in the heavens and the earth. Who are you to recommend to him without his permission? He knows everything that is in front of or behind the eyes. They cannot encompass anything beyond His knowledge, but as much as He wills. His throne encompasses the heavens and the earth. And it is not difficult for him to contain them. He is the Highest, the Greatest.*

## Dhikr after Salah

- سُبْحَانَ اللَّهِ **x 33** Subhaan Allaah *Glory be to Allaah*
- الْحَمْدُ لِلَّهِ **x 33** Alhumdulillaah *Praise be to Allaah*
- اللَّهُ أَكْبَرُ **x 33** Allaahu Akbar *Allaah is the Greatest*

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ **x 1**

**Laa-ilaaha illallaahu, wahdahuu laa shareeka-lahuu, lahul-mulku wa lahul-hamdu, wa huwa alaa kulli shay-in qadeer**

*None has the right to be worshipped but Allaah, Alone Who has no partners, to Him belongs Dominion and to Him belong all the Praises, and He has power over all things (i.e. Omnipotent)*

## After Fajr and Maghrib

x 10

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ،  
يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ .

**Laa-ilaaha illallaahu, wahdahuu laa shareeka-lahuu, lahul-mulku wa lahul-hamdu, Yuhyee wa Yumeetu, wa huwa alaa kulli shay-in qadeer**

*None has the right to be worshipped but Allaah, Alone Who has no partners, to Him belongs Dominion and to Him belong all the Praises, He gives life and He gives death, and He has power over all things (i.e. Omnipotent)*

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

**Mistakes - Combining - Shortening – Witr  
Missed – Prohibited Times**

## Topics Covered

- 1. Prohibited times for Salah**
- 2. Mistakes in Salah**
- 3. Shortening Prayers**
- 4. Combining Prayers**
- 5. Missed or Delayed Prayers**
- 6. Witr**

## Times when prayer is prohibited.

### **From Dawn to Sunrise -**

No voluntary prayers except the 2 Sunnah of Fajr.

### **From Sunrise to Midday -**

No voluntary prayers except Salatul Ishraq (Approx. 15 mins after sunrise) or Duha (Up to approx. 15 mins before Dhuhr)

### **When the sun is directly overhead -**

From approx. 15 mins before Dhuhr start time.

### **Between Asr Salah & Maghrib Salah -**

From when the sun starts to set until it has fully set.

# What to do if you make a mistake in Salah.

## Prostrations of Forgetfulness. (Sujood as Sahu)



Prostrations of forgetfulness should be done if you omit something or do something extra while performing Salah. Eg: a unit (rak'ah) of Salah.

**METHOD – This is 2 prostrations done exactly as you would while performing normal Salah including the recitation.**

### When should these be done?

**BEFORE the Tasleem (Salaam) – If you omit an obligatory act in Salah.**

**AFTER the Tasleem (Salaam) – If you do something extra in Salah.**

### Important.

The prostrations of forgetfulness do not make up for missed pillars of Salah.  
Missed Pillars need to be made up.

## Shortening Prayers.

Shortening prayers while travelling is a confirmed Sunnah (Sunnah Muakkadah). The Prophet (PBUH) always shortened his prayers when travelling. Therefore, we should always shorten prayers while travelling.

Shortening of prayers can only be done for the 4 compulsory (fardh) units of Dhuhr, Asr & Isha. The 4 units are shortened to 2 units.

## Combining Prayers.

It is permissible to combine Dhuhr & Asr together, as well as Maghrib & Isha. This can **only be done** when there is an extreme pressing need which will mean that you will miss one of the salahs at the appointed time.

When combining 2 prayers they can be performed at any time within the permissible period for either prayer.

## Missed or Delayed Prayers (1 of 2)

Missed prayers fall into two categories:

### 1. Prayers missed or delayed accidentally

This is when you are prevented from praying on time because of being unconscious, forgetting, oversleeping (**occasionally**) etc. Something beyond your control.

This prayer should be offered at the FIRST OPPORTUNITY and BEFORE the next prayer is offered. (Bukhari 597) This is not classed as a sin.

## Missed or Delayed Prayers (2 of 2)

### 2. Prayers missed or delayed deliberately

This is when you CHOOSE to either completely miss or delay the prayer. Such as not waking up for Fajr out of laziness or tiredness.

**THIS IS A MAJOR SIN** – The consensus from the majority of scholars is that prayers missed or delayed deliberately are lost, and cannot be made up. One should show repentance, ask Allaah for forgiveness, do extra voluntary charitable acts and pray extra voluntary prayers.

**There is nothing in the Sunnah about making up intentionally missed prayers later in the day or week, as is taught in some countries.**

## Witr Prayer

The Witr prayer is a confirmed Sunnah (Sunnah Muakkadah) .

The Witr prayer is the final prayer of the night.

The time for the Witr prayer starts when an individual has finished praying Isha and ends at dawn (Start of Fajr time). It is better to delay it until the last 3<sup>rd</sup> of the night unless you feel that you will not be able to get up, then you should pray it before you go to sleep.

If you are getting up to pray Tahajjud then Witr should be prayed after.

The minimum number of rak'ah for Witr prayer is 1, but can also prayed with 3,5,7,9 or 11 rak'ah. The method for praying the different numbers of rak'ah differs.

If praying with 3 rak'ah these should be completed **continuously without sitting for Tashahud** after the 2<sup>nd</sup> rak'ah. Or split up with 2 rak'ah with salaam and then 1 rakah.

In the final Rak'ah Qunoot dua should be recited after the Rukoo', with hands cupped at chest level. After this you go straight into Sujood.

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

**Pillars, Obligatory and Sunnah  
parts of the Salah**

**Salah consists of obligatory and non obligatory actions.  
It is important to know these, as some actions being omitted would  
render the salah not being accepted.**

### **Pillars**

A pillar cannot be waived, either deliberately or by mistake. The Salah is not complete if a Pillar is omitted.

### **Obligatory Actions**

An obligatory part is waived if one forgets, and it can be compensated for by doing the prostration of forgetfulness (sujood al-sahw).

### **Sunnah words of Salah**

The prayer is not invalidated if one omits one of these actions, even if that is done deliberately, unlike the pillars and obligatory parts.

### **Sunnah actions of Salah**

The prayer is not invalidated if one omits one of these actions, even if that is done deliberately, unlike the pillars and obligatory parts.

### Pillars (1 of 2)

1. Standing during obligatory prayers if one is able to do so.
2. The opening takbeer (saying “Allaahu akbar”).
3. Reciting al-Faatihah in every unit of prayer.
4. Rukoo’ (bowing), the least of which means bending so that the hands can touch the knees, but the most complete form means making the back level and the head parallel with it.
5. Rising from bowing.
6. Standing up straight.
7. Sujood (prostration), the most perfect form of which is placing the forehead, nose, palms, knees and toes firmly on the ground, and the least of which is placing a part of each of these on the ground.
8. Rising from prostration.
9. Sitting between the two prostrations. However one sits is good enough, but the Sunnah is to sit on the left foot and holding the right foot upright with the toes pointing towards the qiblah.
10. Being at ease in each of these physical pillars.
11. The final tashahhud.

### Pillars (2 of 2)

12. Sitting to recite the final tashahhud and the two salaams.
13. The two salaams. This means saying twice, “al-salaamu ‘alaykum wa rahmat-Allaah (Peace be upon you and the mercy of Allaah).”
14. Doing the pillars in the order mentioned here. If a person deliberately prostrates before bowing, for example, the prayer is invalidated; if he does that by mistake, he has to go back and bow, and then prostrate.

### Remember

A pillar cannot be waived, either deliberately or by mistake. The Salah is not complete if a Pillar is omitted.

## Obligatory Actions

1. Takbeers other than the opening takbeer. (Saying 'Allaahu Akbar)
2. Saying "Sami'a Allaahu liman hamidah (Allaah hears those who praise Him)".
3. Saying "Rabbana wa laka'l-hamd (Our Lord, to You be praise)".
4. Saying "Subhaana rabbiy al-'azeem (Glory be to my Lord Almighty)" once when bowing.
5. Saying "Subhaana rabbiy al-a'laa (Glory be to my Lord most High)" once when prostrating.
6. Saying "Rabb ighfir li (Lord forgive me)" between the two prostrations.
7. The first tashahhud.
8. Sitting for the first tashahhud.

## Sunnah words of Salah

1. Saying after the opening takbeer, “Subhaanaka Allaahumma wa bi hamdika, wa tabaaraka ismuka, wa ta’aala jadduka wa laa ilaaha ghayruka (Glory and praise be to You, O Allaah; blessed be Your name, exalted be Your Majesty, and there is no god but You).” This is called du’aa’ al-istiftaah (opening du’aa’).
2. Seeking refuge with Allaah.
3. Saying Bismillaah.
4. Saying Ameen.
5. Reciting a soorah after al-Faatihah.
6. Reciting out loud, in the case of the imam.
7. Saying the tasbeeh when bowing more than once, such as a second or third time or more.
8. Saying the tasbeeh in prostration more than once.
9. Saying “Rabb ighfir li (Lord forgive me)” more than once between the two prostrations.
10. Sending prayers upon the family of the Prophet (peace and blessings of Allaah be upon him) in the last tashahhud and sending blessings upon him and upon them, and saying du’aa’ after that.

### Sunnah actions of Salah (1 of 2)

1. Raising the hands when saying the opening takbeer.
2. Raising the hands when bowing.
3. Raising the hands when rising from bowing.
4. Dropping them after that.
5. Placing the right hand over the left.
6. Looking towards the place of prostration.
7. Standing with the feet apart.
8. Holding the knees with fingers spread apart when bowing, holding the back straight and making the head parallel with it.
9. Placing the parts of the body on which one prostrates firmly on the ground.
10. Keeping the elbows away from the sides, and the belly from the thighs, and the thighs from the calves; keeping the knees apart; holding the feet upright; holding the toes apart on the ground; placing the hands level with the shoulders with the fingers spread.

11. Sitting mutawarrikan in the second tashahhud.



12. Placing the hands on the thighs with the fingers together between the two prostrations, and in the tashahhud, except that in the latter the thumb and ring fingers should be held in, a circle made with the middle finger and thumb, and one should point with the forefinger when remembering Allaah.

13. Turning to the right and left when saying the salaam.

# Destination Islam

Information - Tuition - Support

[www.destinationislam.com](http://www.destinationislam.com)

Jazaakum Allaahu Khairan for viewing this presentation.

Follow us on Instagram and YouTube for more Islamic content.

If you have any questions, or require 1 to 1 tuition,  
please visit our website.

If you find an error in this work, or have any comments or suggestions, please contact us via the website.