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## **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 sujood 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:**

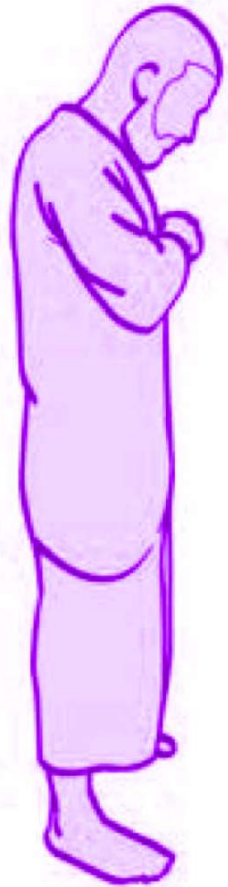
الله أكبر

**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:**

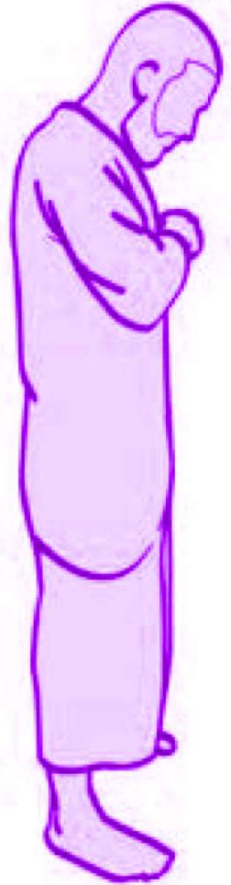
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**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*

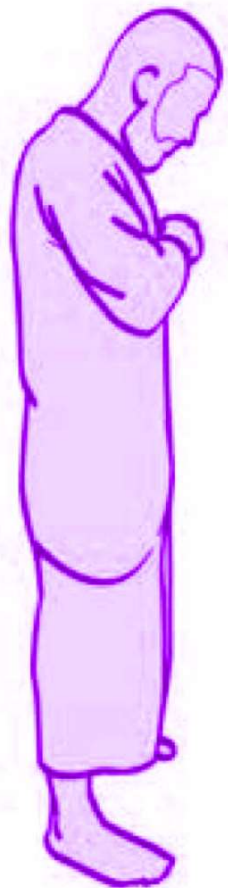
الرَّحْمَنِ الرَّحِيمِ

**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*

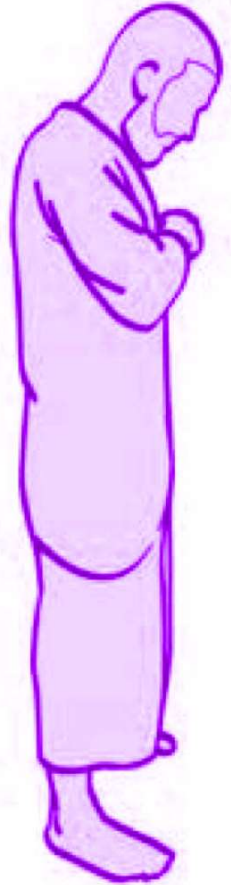
إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

**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-daaal-leen**

*Or those who are astray*

آمِينَ

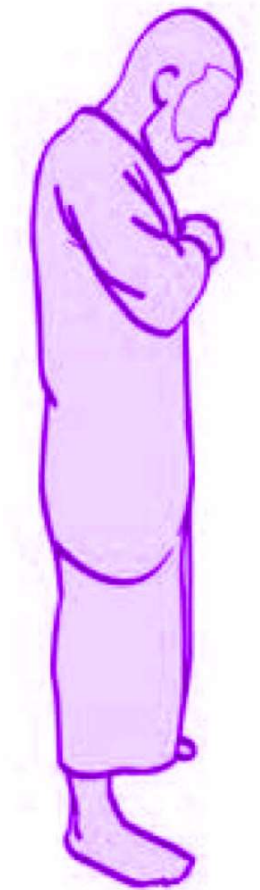
**Aameen**

*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:**

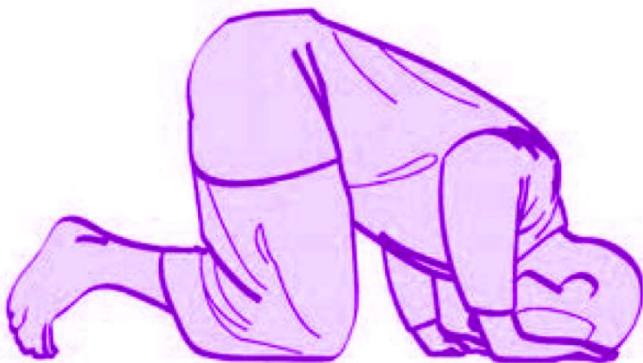
الله أكبر

**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:**

اللهُ 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

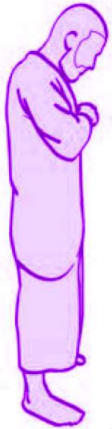
**Subhaana rabbiyal 'alaa x 3**

*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:

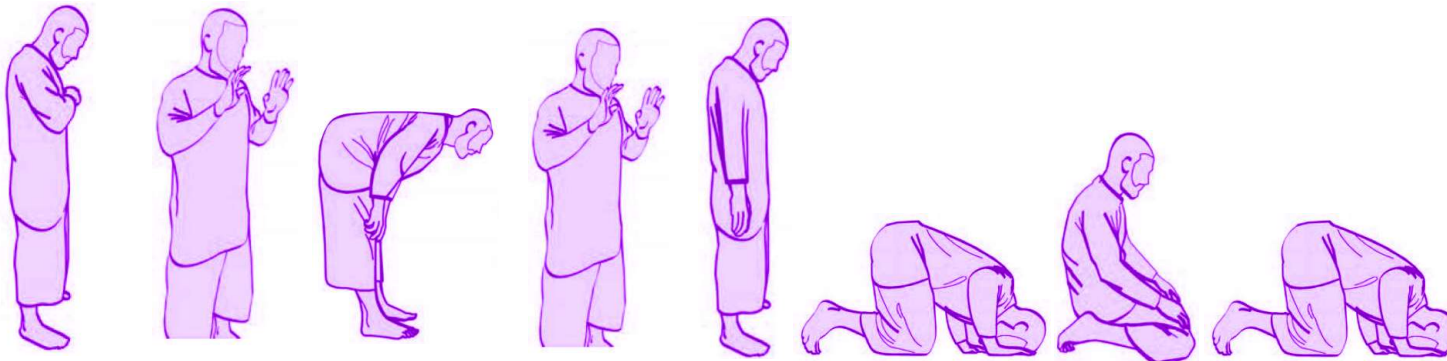
**Recite:**

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:**

اللَّهُ 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:**

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

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

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

السَّلَامُ عَلَيْكَ أَيُّهَا 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*

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)

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Recite: **اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ**

**Allaahumma salli' alaa Muhammad**

*O Allaah, send prayers upon Muhammad*

**وَعَلٰى اٰلِ مُحَمَّدٍ**

**Wa 'alaa aali Muhammad**

*And upon the family of Muhammad*

**كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ**

**Kamaa sal-layta 'alaa Ibraheem**

*As You sent prayers upon Ibraheem*

**وَعَلٰى اٰلِ اِبْرٰهِيْمَ**

**Wa 'alaa aali Ibraheem**

*And upon the family of Ibraheem*

**اِنَّكَ حَمِيْدٌ مَّجِيْدٌ**

**In-naka hameedum Majeed**

*Indeed You are praiseworthy, Most glorious*

# Salah

Completing the prayer



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

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Recite: **اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ**

**Allaahumma baarik 'alaa Muhammad**

*O Allaah, send your blessings upon Muhammad*

**وَعَلٰى اٰلِ مُحَمَّدٍ**

**Wa 'alaa aali Muhammad**

*And upon the family of Muhammad*

**كَمَا بَارَكْتَ عَلٰى اِبْرٰهِيْمَ**

**Kamaa baarakta 'alaa Ibraheem**

*As You sent blessings upon Ibraheem*

**وَعَلٰى اٰلِ اِبْرٰهِيْمَ**

**Wa 'alaa aali Ibraheem**

*And upon the family of Ibraheem*

**اِنَّكَ حَمِيْدٌ مَّجِيْدٌ**

**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-dajjal**

*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**

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