


PRAYER – SALAAT



BEFORE YOU BEGIN THE PRAYER:

Before you begin the prayer, you must ensure you fulfill the following requirements (where possible):

- 1 Wearing the correct clothing.
 -  A man must cover the front and back of his body between his navel and knees, as well as both his shoulders when praying. The garments must be loose and non-transparent.
 -  A woman must cover her entire body, except for her hands and face. The garments must be loose and non-transparent.
- 2 Ensuring body, clothing, and place of prayer is free from impurities.
- 3 Being in a state of purity. i.e. to have Wudu' (Ablution)
The Prophet ﷺ said: "Allah does not accept prayer with out purity." (Muslim)
- 4 The time for the prayer has started. Allah ﷻ says: "Verily, the prayer is enjoined on the believers at fixed times."
- 5 Facing the Qiblah - Direction of the Ka'bah.
Where ever a Muslim is in the world, they must face towards Makkah for prayer. There are special compasses designed to help you find the Qiblah direction.
- 6 Praying towards some sort of partition (Sutrah) when alone and in an open area.

HOW TO PERFORM SALAH (STEP-BY-STEP)

PERFORMING THE FIRST RAK'AH (UNIT) OF PRAYER.

After facing the Qiblah, the person should make their intention about the particular obligatory or optional prayer they intend to perform.

STEP 1



In the standing position, raise both hands so that your finger tips are in line with the shoulders or ears. Your palms should be facing outward. Then say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

STEP 2

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

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oothu billaahi minash-shaytanir-rajeem

I seek refuge with Allah from Satan the accursed



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 Judgement

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

⑤ *Iyyaaka 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



7

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

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!

STEP

4

Recite another chapter from the Qur'an if this is the 1st or 2nd Rak'ah (Unit). Refer to the end of this booklet for some short chapters from the Qur'an.

In the 3rd and 4th Rak'ah (Unit), only recitation of the Fatiha is required.

STEP 5



In the standing position, raise both hands as in Step 1. Then say:

Allaahu Akbar

Allah is Greatest

اللَّهُ أَكْبَرُ

STEP 6

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

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana rabbiyal 'atheem

Glory be to my Lord the Supreme

x3

Say this 3 times



STEP 7

Next, come up from the bowing position into the standing position.



As you are coming up say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'-Allaahu liman hamidah

Allah listens to the one who praises him

STEP 8

Now you should be in the standing position with your hands by your sides.



In this position say:

رَبَّنَا وَ لَكَ الْحَمْدُ

Rabbanaa wa lakal hamd

Our Lord, and to You belongs the praise

STEP 9

Next you go into the prostration (sujood) position as described below.

Allaahu Akbar

Allah is Greatest

الله أَكْبَرُ

As you go into this position say:

Important: In the prostration position (sujood), ensure:

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

In the sujood position say the following 3 times:

x3

Subhaana rabbiyal 'alaa

Glory be to my Lord Most High

سُبْحَانَ رَبِّيَ الْأَعْلَى



STEP 10

Next you come up into the sitting position, saying:

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 and the hands should be placed of the knees.



Allaahu Akbar

Allah is Greatest

الله أَكْبَرُ

In the sitting position say the following (3 times):

رَبِّ اغْفِرْ لِي

x3

Rabbighfirlee

Oh Allah, forgive me

STEP 11

Next you go into the prostration (sujood) position for a second time as described in step 9. As you go into this position say:

Allaahu Akbar

Allah is Greatest

الله 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

Stand up from the prostrating or sitting position

As you are coming up say:

Allaahu Akbar
Allah is Greatest

الله أَكْبَرُ



STEP 2



Repeat steps 3 to step 11 from the first Rak'ah (unit) of prayer.



STEP 3



After step 11 say:

Allaahu Akbar

Allah is Greatest

الله أَكْبَرُ

Then go into the sitting position. At this point raise your index finger on your right hand.

STEP 3 CONTINUED

Now recite the following:



التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

① *Attahiyyaatu lilaahi wassalawaatu wattayyibaatu*

All compliments, prayers and pure words are due to Allah

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

② *assalaamu 'alayka ay-yuhan-nabiyyu*

Peace be upon you Oh Prophet

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

③ *wa rahmatullaahi wabarakaatuh*

And the mercy of Allah and His blessings



السَّلَامُ عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

4

assalaamu 'alaynaa wa 'alaa 'ibaadil-laahissaliheen

Peace be upon us and on the righteous slaves of Allah

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

6

Ash-hadu allaa ilaaha illallaah

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

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

7

Wa ash-hadu anna Muhammadan 'abduhu wa rasooluh

And I bear witness that Muhammad is His slave and Messenger

WHAT TO DO NEXT?

You have now completed the first and second rak'ah (units). What you do next will depend on which prayer you are performing. i.e. how many rak'ah (units) you are performing.

Use the chart below to know what your next step is.

FAJR

1st Unit

2nd Unit

Complete the prayer

Follow steps on page 28

DHUHR, ASR & ISHA'

1st Unit

2nd Unit

3rd Unit

4th Unit

Complete the prayer

Follow steps 3 to 11 on page 18

Follow steps on page 24

Follow steps on page 28

MAGHRIB

1st Unit

2nd Unit

3rd Unit

Complete the prayer

Follow steps on page 24

Follow steps on page 28

COMPLETING THE PRAYER.

STEP

1



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ

①

Allahumma salli 'ala Muhammad

Oh Allah, send prayers upon Muhammad

وَعَلَى آلِ مُحَمَّدٍ

②

wa 'ala aali Muhammad

and upon the family of Muhammad

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ

③

kamaa salyta 'ala Ibraheem

as You sent prayers upon Ibrahim

وَعَلَى آلِ إِبْرَاهِيمَ

④

wa 'ala aali Ibraheem

and upon the family of Ibrahim

إِنَّكَ حَمِيدٌ مُبْجِدٌ

⑤

innaka hameedun Majeed

indeed You are praiseworthy, Most glorious

STEP

1

CONTINUED



وَبَارِكْ عَلَى مُحَمَّدٍ

⑥

wa baarik 'alaa Muhammad

and send Your blessings upon Muhammad

⑦

وَعَلَى آلِ مُحَمَّدٍ

wa 'alaa aali Muhammad

and upon the family of Muhammad

كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ

⑧

kamaa baarakta 'alaa Ibraheem

as You sent prayers upon Ibrahim

وَعَلَى آلِ إِبْرَاهِيمَ

⑨

wa 'alaa aali Ibraheem

and upon the family of Ibrahim

إِنَّكَ حَمِيدٌ مَجِيدٌ

⑩

innaka hameedun Majeed

indeed You are praiseworthy, Most glorious

DEFINITION OF SALAH

The Arabic word Salah originates from the word silah which means connection. The Islamic definition of Salah is the name given to the formal prayer of Islam. The prayer is one of the obligatory rites of the religion, to be performed five times a day by every obedient adult Muslim. It is a connection between the human and his Creator Allah ﷻ.

2ND PILLAR OF ISLAM

Salah is the second pillar of Islam. Performing Salah is the first priority after belief in the Oneness of Allah ﷻ and in the prophethood of Muhammad ﷺ.

It is such an important pillar, that Muslims are called upon to perform this act of worship in all circumstances without fail.

WHO MUST PRAY

Prayer is obligatory upon every sane adult Muslim. A person is considered an adult upon reaching puberty.

There are four signs of puberty (any one of these signs means the person has reached puberty):

1. Wet dreams
2. Pubic hair
3. Menstruation (for girls)
4. Reaching the age of 15 (lunar years)

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 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 supplication after the completion of the prayer, and pray any sunnah 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