

# Instructions for Performing Prayers

All the prayers have been translated from Arabic to understand the meaning. Learners must memorize the Arabic version.

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## How to Pray **Two** rakats (Fajr)

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### Step 1

Make a sincere intention to perform the prayers purely for the sake of Allah. Say to yourself (in any language) that you intend to offer this Salat (Fajr, Zuhr, Asr, Maghrib or Isha), Fard, Sunnat or Witr, and the number of rakats (example- "I intend to offer two Rakat of Fard, Fajr prayer for Allah").

This posture is called *qiyam* and it is assumed after having made the intention to pray. Raising both hands up to the ears (palms facing the *Qiblah*) "**Allah u Akbar**" ("*Allah is the greatest*") is said.



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### Step 2

Next this position is assumed by holding the left hand with the right hand on top and following prayers are recited:

#### 1. *Thana (or Sana)*

**"Subhanaka Allah humma wa bihamdika, wa tabaraka ismuka, wa ta'ala jadduka, wa la ilaha ghairuk"**

*"Praise and glory be to you O Allah. Blessed be Your Name, exalted be Your Majesty and Glory. There is no God but You"*

#### 2. *Ta'awadh*

**"Audu bi Allah i mina ashaitan i errajeem"**

*"I seek Allah's shelter from Satan, the condemned"*

#### 3. *Tasmiah*

**"Bismillah i rrahman i erraheem"**

*"In the Name of Allah, the Beneficent, the Merciful."*



4. *Al-Fatihah*, and any short surah or a few verses from the Holy Quran.

*"Al humdo lil-lahi rab-bil al ala-meen. Arrahman i rraheem. Maliki yaum i eddeen. Iyyaka nabudu wa iyyaka nasta een. Ihdinas sirata almustaqeem. Siratal lazhiba anamta alaihim, ghairil maghdubi alaihim, wa la adhdhaal leen. (Aameen)"*

*"Praise be to Allah, The Cherisher and Sustainer of the Worlds; Most Gracious, Most Merciful; Master of the Day of Judgment. Thee do we worship, and Thine aid we seek. Show us the straight way, the way of those on whom Thou hast bestowed Thy Grace, Those whose (portion) is not wrath, And who go not astray."*

5. A short Sura or a few verses from the Holy Quran - examples are given in the last chapter of this guide.

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### Step 3

Saying "*Allah u Akbar*" (the back & leg should be perpendicular to each other) this position is assumed as shown in the figure. This position is called *ruku* and the prayers as given are recited (three times).



*"Subhana rabbiya al azeem"*

*"Glorified is my Lord, the Great"*

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### Step 4

While going back to *qiyam* position the first prayer, as given below, is said. Then having taken this position the second prayer is said:



*"Samia Allah u liman hamidah"*

*"Allah listens to him who praises Him"*

*"Rab'bana lakal hamd"*

*"Our Lord, praise be for you only"*

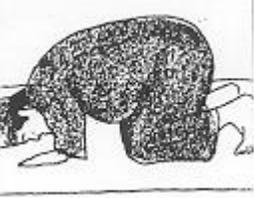
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**Step 5**

This position is called *sujood*. Saying "*Allah u Akbar*" ("*Allah is the greatest*") one prostrates as shown and then the prayer below is said (three times).

*"Subhana rubbiyal a'ala"*

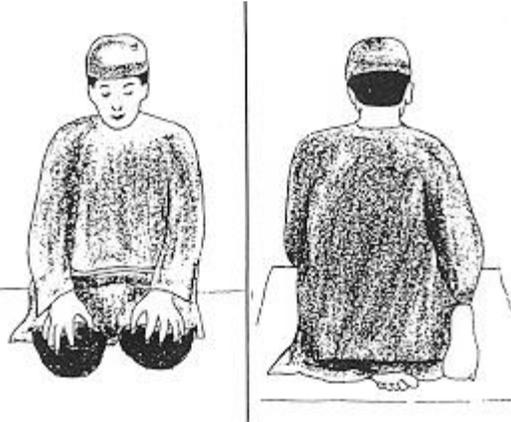
*"Glory to Allah, the Exalted".*



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**Step 6**

Saying "*Allah u Akbar*" ("*Allah is the greatest*") and rising from the *Sujood* position, this posture called *Juloos*.



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**Step 7**

Saying "*Allah u Akbar*" ("*Allah is the greatest*") the *sujood* position is re-assumed and the prayer below is recited (three times).



*"Subhana rubbiyal a'ala"*

*"Glory to Allah, the Exalted"*

**This completes one rakat.**

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### Step 8

Saying "*Allah u Akbar*" ("*Allah is the greatest*") this position of *qiyam* is assumed once again to begin the second rakah, and the following prayers are recited:

1. *Al-Fatihah*, and
2. Any short surah or some verses of the Holy Quran.



### Step 9

Saying "*Allah u Akbar*", this position is assumed as shown in the figure. This position is called *ruku* and the prayers as given are recited (three times).

*"Subhana rabbiya al azeem"*

*"Glorified is my Lord, the Great"*



### Step 10

While going back to *qiyam* position the first prayer, as given below, is said. Then having taken this position prayer the second is said:

*"Samia Allah u liman hamidah"*

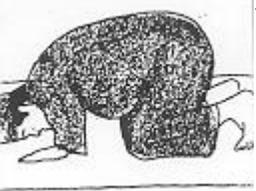
*"Allah listens to him who praises Him"*

*"Rab'bana lakal hamd"*

*"Our Lord, praise be for you only"*

**Step 11**

This position is called *sujood*. Saying "Allah u Akbar" ("Allah is the greatest") one prostrates as shown and then the prayer below is said (three times).



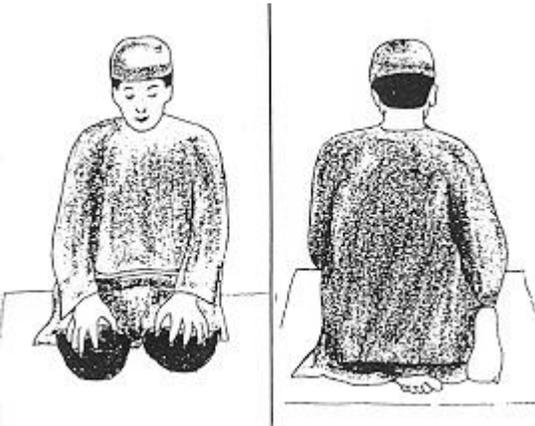
*"Subhana rubbiyal a'ala"*

*"Glorified is my Lord, the Exalted"*

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**Step 12**

Saying "Allah u Akbar" ("Allah is the greatest") and rising from the *sujood* position, this posture is assumed.



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**Step 13**

Saying "Allah u Akbar" ("Allah is the greatest") the *sujood* position is re-assumed and the prayer below is said (three

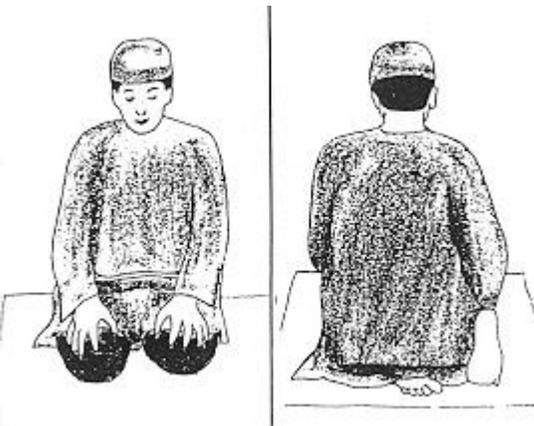
times).



*"Subhana rubbiyal a'ala"*

*"Glory to Allah, the Exalted"*

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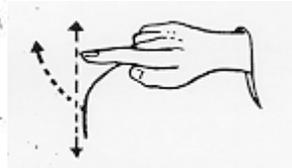


### Step 14

In this posture these prayers are to be recited:

#### 1. "Tashahud

*"Attahiyat u lil Allah i wa assalawat u wa attaiyibat. Assalam u a'laika aiyoha annabiyyu wa rahmat u Allah i wa barakatuh. Assalam u a'laina wa a'la ebadi e llahi essaliheen.*



*(move your first finger up and down as shown while reciting the last part of Tashahud)*

*Ashehadu alla ilaha illa Allah u wa ashhadu anna Muhammadan abduhu wa rasooluh.*

*"All our oral, physical and monetary ways of worship are only for Allah. Peace, mercy and blessing of Allah be on you, O Prophet. May peace be upon us and on the devout slaves of Allah. I testify that there is no God but Allah and I testify that Muhammad is His slave and messenger".*

#### 2. "Salat Ala An-nabi"

*"Allah umma salli a'la Muhammadin wa ala aali Muhummadin, kama sallaita ala Ibraheema, wa ala aali Ibraheem, innaka hameedun majeed. Allah u mma barik a'la Muhammadin wa ala aali Muhummadin, kama barakta ala Ibraheema, wa ala aali Ibraheem, innaka h ameedun majeed".*

*"O God send your Mercy on Muhammad and his posterity as you sent Your mercy on Abraham and his posterity. You are the Most Praised, The Most Glorious. O God, send your Blessings on Muhammad and his posterity as you have blessed Abraham and his posterity. You are the Most praised, The Most Glorious".*

#### 3. A short prayer

***RABBI-JALNI MUQIMAS-SALATI WAMIN DHURRIYYATI RABANA WATAQABBAL DUA' RABBANA-G-FIR LI WALIWALIDAYYA WALI-L MU'MININA YAWMA YAQUMU-L-HISAB***

*"( O my Lord: Make me one who establishes regular prayer, and also [raise such]*

among my offspring. O our Lord! And accept Thou my Prayer 'O our Lord ! Cover [us ] with Thy Forgiveness me my parents, and [all] Believers on the Day of Judgment.) Ameen."

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### Step 15

Having said the above mentioned prayers, turning the face to the right. This following prayer is read:

*"Assalam u a'laikum wa rahmatu Allah".*

*"Peace and mercy of Allah be on you".*

**Note: This Salam (Prayer for Peace) is directed to the angels and the muslims to our right and to the left**

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### Step 16

Then turning the face to the left, the prayer above is said again:

*"Assalam u a'laikum wa rahmatu Allah".*

*"Peace and mercy of Allah be on you".*

**This completes two rakat.**

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## How to Pray Three rakats (Maghrib)

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In order to perform a Three rakat Prayer, all the postures and the prayers are the same up to step 14.

But this time in this posture only the prayer of "*Tashahud* is recited from step 14, and then the *qiyam* position, step 8, will be assumed to begin the third rakat.

**This time only *Al-Fatihah*, (in step 8) alone will be recited without adding any surah of the Holy Quran.**

**Then all prayers and postures are the same as shown from step 9 - 16.**

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### **How to Pray Four rakats (Zuhr, Asr and Isha)**

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**In order to perform a Four rakat Prayer,**

**Step 1 - 7 complete the first rakat,**

**then Step 8 - 14 complete the second rakat.**

**In Step 14 only the prayer of "*Tashahud* will be recited,**

**and the *qiyam* position, figure 8, will be resumed.**

**In position 8 only *Al-Fatihah*, alone will be recited without adding any surah.**

**Step 8 - 13, completes the third rakat**

**the *qiyam* position, figure 8, will be re-assumed.**

**In position 8 only *Al-Fatihah*, will be recited without adding any surah.**

**Step 8 - 16, completes the fourth rakat**

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