

How to Pray in Islam



Table of Content

01

Pillars of Islam

02

What is Salah

03

Why do Muslim Pray

04

Benefits of Praying

05

How to Wudu

06

How to Salah

Pillars of Islam

“I witness that there is no god but Allah and I witness that Muhammad is His messenger.” Since the profession of faith is an integral part of daily prayer, the practicing Muslim recites it repeatedly.



IMAN



NAMAZ



ROZA



ZAKAAT



HAJJ

What is Salah?

Salah is the second most important pillar of Islam after the shahada. Salah is an obligation for every Muslim that was revealed in the Holy Qur'an and taught to us by Prophet Muhammad (peace be upon him).



“Recite, [O Muhammad], what has been revealed to you of the Book and establish prayer. Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater. And Allah knows that which you do.”

SURAH AL-ANKABUT 29:45

Why do Muslims pray?

The reason why Muslims pray at all relates to what Islam considers to be the purpose of life – to worship Allah alone. Shortly after Muhammad became a Prophet, the performance of salah (worship) was one of the first commandments given to him by Allah

“And I (Allah) created not the jinns and humans except they should worship Me (Alone).”

SURAH ADH-DHARIYAT 51:56



Prayer Time

FAJR



4:56 am

DHUHR



12:03 pm

ASR



3:25 pm

MAGHRIB



3:25 pm

ISHA



7:10 pm

“Look closely at the five prayers, especially the middle prayer (eg Asr). And stand before God obediently.”

SURAH AL-BAQARAH 2:238

Benefits

CONNECTION

Maintain connection with Allah
throughout the day

01

FORGIVENESS

Sins are washed away
and forgiven

03

REMEMBRANCE

Helps you grow and maintain
remembrance of Allah

05

REWARDS

The reward for prayers are
countless

02

GOOD BEHAVIOUR

Keeps you away from immorality
and evil deeds

04



Wudu

Before we perform **Salah** we must first prepare ourselves. This preparation includes making sure that we are clean from any physical impurities and performing **Wudu**.

Step Wudu

The first step is to understand that you are about to begin the process of wudu so that you can perform salah. Creating the intention is a matter of the heart and mind. This is a critical part of making wudu. Before we begin to our wash ourselves we need to say Bismillah (In the Name of Allah). You can say it silently to yourself.



Wash Your Hands 3x

Start with our right side first. That means you need to wash your right hand from your fingertips to your wrist three times.

Make sure water touches every part of the hand. Afterwards perform the same actions with your left hand three times.



Rinse Your Mouth 3x

Take some water into your right hand and rinse your mouth three times. Do this thoroughly to clean your mouth properly.



Sniff Water Into Your Nostrils 3x

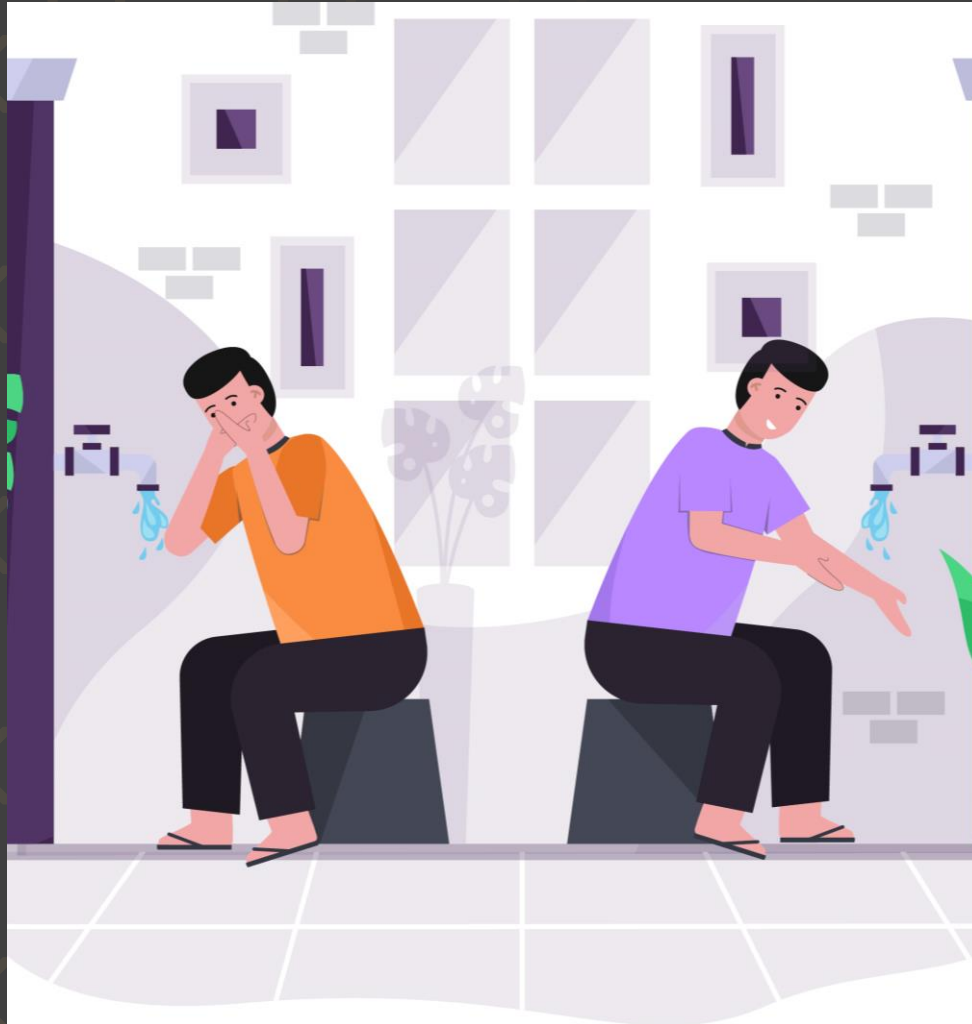
Take some water in your right hand and sniff it into your nose.

You will need to snort or inhale the water into your nose and then blow it out, three times. Try not to take in too much water or you may hurt yourself.



Wash Your Face 3x

Every part of the face needs to be washed. That means from ear to ear and from the top of your forehead to the bottom of your chin.



Wash Your Arms 3x

Start from the fingertips and wash your right arm up to the elbow three times. Make sure that no part is left dry. Afterwards, follow the same process for your left arm and do it three times.



Wipe Your Head Once

Move your wet hands from the top of the forehead to the back of the head, and then from the back of the head to the forehead. This is done only once.

Recite The Shahada & Dua

When the Prophet (peace be upon him) would complete his wudu he would say the shahada :

“Ash-hadu an la ilaha illal lahu wa ash-hadu anna Muhammadan ‘abduhu wa rasuluh.”



Clean Your Ears Once

Use your wet hands, you will use your index finger to clean the inside of your ear and your thumb to clean the area behind your ears. This was done only once.



Clean Your Feet 3x

Begin from your toes on your right foot and wash up to and including your ankle. Make sure water touches every area of the right foot, especially between the toes and the back of the ankle. Do this three times with the right foot followed by three times with the left foot.



Prepares

Having cleansed yourself by Wudu, you may proceed to perform Salah. Before you begin your Salah, however, you must make sure that you have a clean body, a clean place to pray, and that you are wearing clothing free of impurities.



Niyyah



Before you **salah**, you must have **niyyah** in your heart



Recite Takbir-e-ula

Raise your hands to your ears and
say : "***Allahu Akbar.***"



Start Praying

Now place your right hand on top of your left hand and look downward to the place where your forehead will touch the ground in the *Sujood* (prostration) and recite silently :

★ **"Subhanaka allahumma wa bi hamdika
wa tabara kasmuka wa ta'ala jadduka
wa la ilaha ghairuka."**



Recite surah Al-Fatihah

After you recite sana ,read surah Al-Fatihah and
one surah from Qur'an :



*"Al hamdu lil lahi rabbil 'alamin. Arrahmanir
rahim. Maliki yawmiddin. Iyyaka na'budu wa
iyyaka nasta'in. Ihdinas siratal mustaqeem.
Siratal ladhina an'amta'alaihim, ghairil
maghdubi'alaihim wa lad dhallin. (Amin)"*



Ruku

After you recite surah Al-Fatihah and one surah from Qur'an, then do **ruku**.

- Now bow down saying: "**Allahu Akbar**" and place your hands on your knees and say silently : "**Subhana Rabbiyal Adhim.**" 3x



Stand after ruku

After **ruku**, next step is **i'tidal**

- Stand up from the bowing position saying : ***"Sami'Allahu liman hamidah"***



Sujud

The next step is **sujud**

- ✦ Prostrate on the floor saying: ***"Allahu Akbar"*** with your forehead, nose, palms of both hands, your knees, and toes all touching the floor. Then recite silently : ***"Subhana Rabbiyal A'la."*** 3x



Sit in between two sujud

After **sujud**, next step is **sitting**

- ✦ Sit up from the floor saying **Allahu Akbar**. Sit upright with your knees bent and palms placed on them and say : "**Rabbighfir li.**"



Sujud

And then, do the second **sujud**

- ★ Say "**Allahu Akbar**" and again prostrate in the Sujud position. Recite "**Subhana Rabbiyal A'la**" 3x.



Second Rak'ah

This completes the first Rak'ah or unit of Salah. Now stand up for the second Rak'ah and perform it in the same way from recite surah Al-Fatihah until the second sujud.



Tashahud

And after the second sujud, sit on the left leg while keeping the right foot upright and put your right hand on the right thigh, with all fingers together in a fist except the index finger. Stick the index finger straight out. Put your left hand on the left thigh.

Recite Tasyahud

Now recite **tasyahud** silently :



"At-Tahiyyatu lillahi was-Salawatu wat-Tayyibatu. As-Salamu 'alaika ayyuhannabiyyu wa rahmatullahi wa barakatuhu. Assalamu 'alaina wa'ala ibadil-Lahis -Salihin ash hadu al-La ilahail-Lal lahu wa ash hadu anna Muhammadan abduhu wa rasuluhu."



Recite Durood-e-Ibrahim

★ *"Allahumma salli 'ala Muhammadin Wa 'ala ali Muhammadin Kama sallaita 'ala Ibrahima wa 'ala ali Ibrahima wa barik 'ala Muhammadin wa 'ala ali Muhammadin Kama barakta 'ala Ibrahima Wa 'ala ali Ibrahima Fil a'lamina Innaka hamidun Majid."*





Tasleem

The last step is **tasleem**

- Now turn your face to the right saying :
"Assalamu alaikum wa rahmatullah" (peace and the mercy of Allah be on you) and then to the left repeating the same words.



**Don't Forget to
Du'a After You
Salah**