

**Making Takbiir**

- Say: *Allahu Akbar*.

**Reciting Al-Fatihah**

- Recite *Al-Fatihah*
- Recite a verse/verses from the Qur'an

**Making Ruku\***

- Say: *Allahu Akbar*, before making *Ruku\**.
- Say: *Subhana rab-biya al-Aziim* (3 times)





STEPS 1 2 3

**Making Ruku\***

- Say: *Allahu Akbar*, before making *ruku\**.
- Say: *Subhana rab-biya al-Aziim* (3 times)

**Rising from Ruku\***

- Say: *Sami' Allahu li man hamidah*
- Rab-bana wa laka al hamd*.

**Making 1st Sujud\***

- Say: *Allahu Akbar*, before you prostrate.
- Say: *Subhana rab-biya al-'A'laa* (3 times)





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**Rising from Ruku\***

- Say: *Sami Allahu liman hamidah*
- Rab-bana wa laka al hamd*

**Making 1st Sujud\***

- Say: *Allahu Akbar*, before you prostrate
- Say: *Subhana rab-biya al-'A'laa* (3 times)

**Sitting after 1st Sujud\***

- Say: *Allahu Akbar*, when you sit.
- Say: *Rab-bi ighfir lee*. (2 times)





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**INSTRUCTIONS FOR 5 DAILY PRAYERS**

Morning : Steps 1-16  
 Early Afternoon: Steps 1-14 & continue with steps 2-16  
 Mid Afternoon: Steps 1-14 & continue with steps 2-16  
 Sunset: Steps 1-14 & continue steps 8-16  
 Night: Steps 1-14 & continue with steps 2-16

**Sitting after 1st Sujud\***

- Say: *Allahu Akbar*, when you sit.
- Say: *Rab-bi ighfir lee*. (2 times)

**Making 2nd Sujud\***

- Say: *Allahu Akbar*, before you prostrate.
- Say: *Subhana rab-biya al-'A'laa* (3 times)




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**Making 2nd Sujud\***

- Say: *Allahu Akbar*, before you prostrate again.
- Say: *Subhana rab-biya al-'A'laa* (3 times)

**Rising from 1st Rak'ah**

- Stand up, and Say: *Al-lahu Akbar*.

**Reciting Al-Fatihah**

- Recite *Al-Fatihah*.
- Recite a verse/verses from the Qur'an




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**Sitting for Reciting Tashahhud**

- Sit down, and Recite the *tashahhud*

**Making the 2 Taslimahs**

- Turn right and say: *Assalamu Aleikum wa rahmatu Allah*
- Turn left and say: *Assalamu Aleikum wa rahmatu Allah*





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## GLOSSARY

- Allahu akbar: God is the greatest
- Al-hamdu lillah: Thanks/praise be to Allah
- Assalaamu Aleikum: Peace be upon you, it is also the official greeting for Muslims.
- Al-Fatihah: The opening chapter of the Holy Qur'an
- BismillahirRahmanirRaheem: In the name of Allah, Most Gracious, Most Merciful.
- Bismillah: In the name of Allah.
- Kaaba: First house of worship, built by Prophet Abraham and his son Ismael. As a symbol of unity, Muslims face Kaaba when praying.
- Makka: Holy city located near the Red Sea, in Saudi Arabia.
- Kaaba is located in Makka, a reference point for Qibla.
- Pbuh: Peace be upon him, referring to Prophet Muhammad (pbuh)
- Qibla: Direction to face when praying.
- Rabbana wa la ka alhamd: Our God, to You is the praise.
- Rabbi aghfir lee: My God, forgive me.
- Rak'ah: Unit of a prayer. See steps 1-7 in our guide for a full rak'ah.
- Ruku: Bowing
- Salat: The Prayer
- Sami Allahu liman hamidah: Allah listens to the one who praise Him.
- Subhana Rabbi Al-Azeem: Glory to my God, The Greatest.
- Subhana Rabbi Al-Alaa: Glory to my God, The Highest.
- SubhanaAllah: Glory to Allah.
- Sujud: Prostrating.
- Tasleem/Salam: Greeting/saying Assalamu Aleikum
- Tashahhud: A prayer Prophet Muhammad (pbuh), Prophet Abraham, and the rest of prophets and all the believers.

### AL-FATIHA (The Opener)

Translation: In the name of Allah, Most Gracious, Most Merciful; Praise be to Allah, the Cherisher and Sustainer of the worlds, Most Gracious, Most Merciful; Master of the Day of Judgment; You do we worship and Your aid we seek; Show us the straight way; The way of those on whom You have bestowed Your Grace, those whose portion is not wrath, and who go not astray.

### AL-IKHLAS (Sincerity)

Translation: In the name of Allah, Most Gracious, Most Merciful. Say, He is Allah, the One and only; Allah, the Eternal, Absolute; He begets not, neither is He begotten; And there is none like unto Him.

### 1st TASHAHHUD (A Prayer)

Translation: "All worships are for Allah. Allah's peace be upon you, O Prophet, and His mercy and blessings; Peace be on us and on all righteous servants of Allah; I bear witness that there is none worthy of worship except Allah, and I bear witness that Muhammad is His servant and messenger."

### 2nd TASHAHHUD (A Prayer)

Translation: O Allah, let Your blessings come on Muhammad and the family of Muhammad as You blessed Ibrahim; truly You are Praiseworthy and Glorious; O Allah, bless Muhammad and the family of Muhammad as You blessed Ibrahim and the family of Ibrahim; truly You are Praiseworthy and Glorious.

## How To Perform Ablution

Ablution: Required procedure before prayer.

When intending to perform ablution, silently say:  
In the name of Allah, Most Gracious,  
Most Merciful.

2 Then wash both hands up to the wrists three times making sure that water has reached between the fingers.



3 Put a handful of water into the mouth and rinse it thoroughly three times.



4 Sniff water into the nostrils three times to clean them and then wash the tip of the nose.



5 Wash the face three times from right ear to left ear and from forehead to throat.



6 Wash the right arm, and then left arm, thoroughly from hand to elbow three times.



7 Move the wet palms of both hands over the head, starting from the top of the forehead to the neck.



8 Rub the wet fingers into the grooves and holes of both ears and also pass the wet thumbs behind ears.



9 Pass the backs of the wet hands over the nape.



10 Wash both feet to the ankles starting from the right foot and making sure that water has reached between the toes and all other parts of the feet.



If we made a full ablution before putting on our socks, it is not necessary to take them off every time we repeat our ablution; it is enough to wipe the upper part of the socks with wet fingers. Leather socks are better for this, but any durable, uniform thick socks will also do. This type of wiping is valid for twenty-four hours only (three days in the case of a journey).

## PRAYER SIMPLIFIED

### A Guide To Muslim Prayer



Prayer is obligatory upon Muslims and is to be established on specific five times daily. By observing the daily prayers, the believer has several opportunities to stand before God in humility repenting his mistakes and seeking forgiveness of his sins. Prayer brings peace and comfort to the heart and mind. The Prophet Muhammad described the prayer as the pillar of Islam, the key to paradise, and most importantly, the separating line between belief and disbelief. It is also the first act that a Muslim will be asked about on the Day of Judgement. The prayer is the top good deed, and Allah will not reward a person for his good deeds if the person has been negligent of prayer.

For exact prayer times please visit: [www.islamicity.com/prayer-times/](http://www.islamicity.com/prayer-times/)

### How to pray:

A new Muslim may pray in his mother tongue while learning how to pray in Arabic. Praying in Arabic is also a symbol of unity among all Muslims who come from diverse cultures and speak different languages.

When intending to pray, a person will make sure that his body, clothes and the place of the prayer are clean. Ablution is required prior to the prayer. Refer to page 6 for instructions on how to perform ablution.

Salat (prayer) is performed in "units" called rak'ah\*. This term designates one complete cycle of standing, bowing, and prostrating during the Prayer. Specific supplications and verses from the Qur'an are read in each position. Each of the five formal worship times are as following:

### FIVE DAILY PRAYERS

- Morning Prayer (*Fajr*) consisting of two units (each unit of prayer is called a rak'ah)
- Early Afternoon Prayer (*Zuhr*) consisting of four units
- Mid Afternoon Prayer (*Asr*) consisting of four units
- Sunset Prayer (*Maghrib*) consisting of three units
- Night Prayer (*Isha*) consisting of four units

Refer to pages 2-4 for a step by step prayer illustrations.

For more information, please visit [www.IslamiCity.com/prayers](http://www.IslamiCity.com/prayers)  
Phone: (310) 642 - 0006 ext. 106