

my PRAYER

the second pillar of Islam

*Successful indeed are the believers
who are humble in their prayers*

nziic

NEW ZEALAND ISLAMIC
INFORMATION CENTRE



BOOKLET ONE

Setting the Foundation

A step-by-step instructional
guide to learn how to pray

SALAH IS ONE OF THE FUNDAMENTAL PILLARS OF ISLAM.

It was the first act of worship that was made obligatory by Allah and it is the last thing to be taken away from the religion. When it perishes, Islam will perish. Its obligation was revealed directly to the Prophet ﷺ, during his ascension to the heaven and it was made obligatory upon every sane, adult Muslim.

Salah is the first action that a believer will be questioned about, for the Messenger of Allah ﷺ said,

“The first act that the slave will be accountable for on the Day of Judgement will be prayer. If it is good, then the rest of his acts will be good. And if it is deficient, then the rest of his acts will be deficient”.

The importance of Salah is so great that one is ordered to observe it in all occasions, whether one is healthy or sick, whether one prays standing, sitting or lying down,

whether one is travelling or residing and whether one is safe or in fear.

Salah is our key to success in this world and in the hereafter. Allah ﷻ says in His Glorious Book, *“Successful indeed are the believers who are humble in their prayers”* and in another verse *“And who pay heed to their prayers. These are the heirs who will inherit Paradise. There will they abide ” (al-Mu’minun: 1-2, 9-11)*

The main purpose of this booklet is to help you learn how to pray correctly as taught to us by the Prophet Muhammad ﷺ. It provides a simplified, illustrated step-by-step guide to Salah and Wudu’ which we hope will get you up and running quickly.

For a more detailed and comprehensive explanation, please refer to your local masjid or islamic bookstore for an advanced book on Salah.

We ask Allah to accept from us our actions and forgive us for our shortcomings, and inshaAllah you will find the contents of this booklet beneficial.

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)

THE NAMES AND TIMES OF THE 5 DAILY SALAH



2 UNITS

Fajr

The Dawn Prayer

is performed after dawn and before sunrise. It consists of 2 units (raka'ah).



4 UNITS

Dhuhr

The Noon Prayer

is performed when the sun begins to decline from the zenith point. It consists of 4 units (raka'ah).



4 UNITS

Asr

The Afternoon Prayer

is performed midway between noon and sunset. It consists of 4 units (raka'ah).



3 UNITS

Maghrib

The Sunset Prayer

is performed immediately after sunset. It consists of 3 units (raka'ah).



4 UNITS

Isha'

The Night Prayer

is performed after twilight up until fajr although it is preferred to be prayed before the middle of the night. It consists of 4 units (raka'ah).

PRAY ON TIME

Remember, it is best to perform each of the five obligatory prayers as soon as the time has commenced, as it is not permitted to delay them without a valid reason, and it must not be delayed beyond its permitted time.

MISSED PRAYERS

It is a major sin to miss a prayer deliberately; the missed prayer must be made up as soon as it is remembered. Any made-up prayer is performed in the exact manner it is prayed during its specified time.

PRAYER CALENDARS

It is advised that you refer to an Islamic prayer timetable published by one of the local Islamic centres in your city for exact prayer times throughout the year.

Allah says:

“Verily, the prayer is enjoined on the believers at fixed times”

(Al-Nisaa 4:103)

THE COMPULSORY AND SUNNAH PRAYERS

The following are the number of compulsory and sunnah units associated with each prayer. The highlighted boxes are obligatory.

The sunnah prayers are highly recommended, and the person will receive great reward for performing them - but no sin is incurred for skipping them.

Prayer	Before (Sunnah)	Compulsory	After (Sunnah)
Fajr	2	2*	—————
Dhuhr	2 + 2	4	2 or (2 + 2)
Asr	2 + 2	4	—————
Maghrib	2	3*	2
Isha'	2	4*	2

* The Qur'anic recitation of the first two units of each of the prayers which have the asterisk besides them should be read aloud. All other units of these prayers and other prayers without an asterisk should be recited silently.

PURIFICATION AND CLEANLINESS - TAHAARAH

Purification is a very important matter in Islam. One must purify their intention for Allah alone and purify their bodies and clothes before beginning the Prayer.

Hygiene and cleanliness are very important aspects of a Muslim's life. One must ensure that their bodies, clothing and place of prayer is free from impurities such as urine, faeces and any other impure substances. After going to the toilet, it is recommended to wash the private parts with water if it is available and does not cause harm (due to injury for example).

It is obligatory to have a full shower known as Ghusl after intimate relations between the husband and wife, after ejaculation (due to a wet dream, for example), and upon completion of a woman's menses or post-natal bleeding.

INTENTION – NIYYAH

All actions in Islam require a clear intention before performing the act, with the action to be performed purely for the sake of Allah.

The place of the intention is the heart.

In the Glorious
Quran, Allah ﷻ
states

“Truly, Allah
loves those who
turn unto Him in
repentance and He
loves those who
purify themselves”
(Al-Baqarah: 222)

The Prophet ﷺ
said:

“Actions are only
by intentions and
every man has
only that which he
intended ...”

THE IMPORTANCE OF WUDU'

The Prophet Muhammad ﷺ said: "The Salah (prayer) of anyone of you who has invalidated his purification, is not accepted unless he makes wudu." (Bukhari)

THE VIRTUES OF WUDU'

The Prophet Muhammad ﷺ said: "When the Muslim or believing servant performs ablution and washes his face, each sin he has committed by his eyes washes away with the water. When he washes his hands, each sin his hands have committed washes away with the water – or with the last drop of water until he becomes free of sin." (Malik and others).

BEFORE DOING WUDU'

- ① Go to the toilet first (if required). You should use the toilet and then wash the private parts before performing wudu'.
- ② It is good practice to clean the teeth with siwak (tooth-stick) or a toothbrush before performing wudu' as taught by the Prophet Muhammad ﷺ.
- ③ Before starting the actions of wudu' it is necessary to make your intention of washing is for the purpose of wudu' only.

HOW TO PERFORM WUDU' (STEP-BY-STEP)

THE FOLLOWING STEPS MUST BE OBSERVED IN ORDER (TARTEEB).

STEP 1



BEFORE WUDU' Intention of making wudu' should be done in the heart, then say:

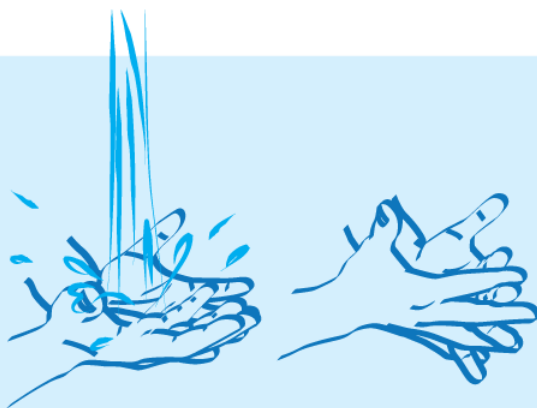
Bismillah
In the name of Allah

بِسْمِ اللَّهِ

STEP 2

x3

Completely washing the hands including the wrists and between the fingers (3 times).



STEP 3**x3**

Rinse the mouth (3 times). Using the right hand, put a small amount of water into the mouth, swirl around, then expel.

STEP 4**x3**

Sniff water into the nostrils as far as possible with the right hand, and then sniff it out with left hand (3 times).

STEP 5**x3**

Wash the face from forehead to chin, left earlobe to the right earlobe making sure the whole face is washed (3 times).

STEP 6

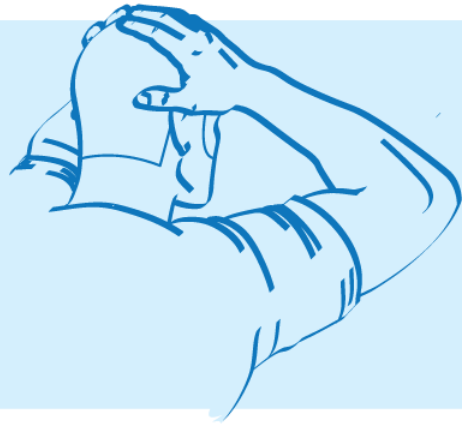
x3

Wash the two arms up to and including the elbows, hand and between the fingers. Begin with the right arm (3 times for each arm).

**STEP 7**

x1

Wipe the head with wet fingers starting at the fringe to the back hairline and back the same way all in one movement. (once only)

**STEP 8**

x1

Simultaneously wipe the insides of both ears with the index fingers, and the back of the ears with the thumbs (once only).



STEP 9

x3

Wash the feet including the ankles and between the toes.
Begin with the right foot.
(3 times for each foot).



STEP 10

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu anllaa ilaaha illallaah wa ash-hadu anna Muhammadan 'abduhu wa rasooluh

I bear witness that there is no God worthy of worship except Allah.
And I bear witness that Muhammad is His slave and Messenger.

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Allahuma ij-'alnee minat-tawabeen waj-'alnee minal-mutatahireen

Oh Allah, make me among those who turn in repentance to you and make me among those who purify themselves.

The Prophet Muhammad ﷺ said: "Whoever performs Wudu' well then says, (the mentioned supplication); the eight gates of Paradise will be opened for him to enter through any one he wills."
(Muslim)

AL-MASAH (WIPING)

Wiping over leather (thick) socks with wet hands instead of washing the feet is allowed, provided that the socks have been put on after performing ablution, including washing the feet.

This is allowed for 24 hours from the time of ablution, and for 3 days if the person is travelling on a journey. After this time, the feet must be washed when performing wudu' and the period of al-masah (wiping) is restarted.

Similarly if there is a wound in any parts of the body which has to be washed in ablution, and if washing that particular part is likely to cause harm, it is permissible to wipe the dressing of the wound with a wet hand.

ACTIONS THAT NULLIFY WUDU'

Wudu' is broken and must be redone before praying if any of the following acts occur:

1. Passing wind.
2. Passing urine or faeces.
3. Deep sleep, whereby one loses awareness.
4. Unconsciousness or intoxication.
5. Touching the private parts with the hand and fingers without a barrier.
6. Intimate relations between husband and wife or ejaculation (due to a wet dream, for example). A full shower known as Ghusl is required in this situation.

If a person forgets whether they have nullified their wudu' or not, then their wudu' is NOT nullified (regardless of whether the person is praying or not) until they are certain that they have nullified their ablution through one of the acts listed above.



Note:

A menstruating or post natal woman must not pray as long as blood is visible. Her missed prayers do not have to be made up.

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

وَالضَّالِّينَ

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

اللَّهُ 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

اللَّهُ 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

اللَّهُ 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 أكبر



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

اللَّهُ 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 مُجِيدٌ

⑤

innaka hameedun Majeed

indeed You are praiseworthy, Most glorious



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 مُجِيدٌ

- ⑩ *innaka hameedun Majeed*
indeed You are praiseworthy, Most glorious

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