

Prayer in Islam



1. Perform *wu'du* (ablution) or *ghusl* (full body washing/shower) if you are need of doing so.
2. While intending to perform *salah* (prayer), stand to face the direction of the *Ka'bah* in Makkah. This is called the *qiblah*.
3. Say **Allahu Akbar** (Allah is the Greatest) as you raise your hands to your shoulders or to your ears.
4. As you bring your hands down, cross them over each other and rest them on your chest. Put the right hand over the left.
5. Say the following du'a (supplication) to yourself:

Subhaanaka Allahumma Wa bi Hamdika
O Allah, Glorified, praise worthy.
Watabaaraka asmuka Wata'ala jadduka
And blessed is Your name and exalted is Your Majesty
Wa laa ilaha ghayruka
And there is no deity worthy of worship except You.

6. Then say to yourself: **A'uzhu billahi minash-shaytaan ir-rajeem** (I seek refuge in Allah from the accursed Satan)
7. Then say to yourself: **Bismillah ir-Rahmaan ir-Raheem** (In the name of Allah, the Most Gracious, Most Merciful)
8. Then recite (aloud or softly, depending on which prayer you are performing) the first *surah* (chapter) of the Qur'an (Surat al-Fatiha):

Alhamdulillah Rabbi Aa'lameen
Praise be for Allah, Lord of the Worlds
Ar-Rahmaan ir-Raheem
The Beneficent, the Merciful
Maaliki yawmiddeen
Master of the Day of Judgment.
Iyyaaka na'budu wa iyyaaka nasta'een
You alone we worship and to You alone we turn for help.
Ihdinas siraatal mustaqeem
Guide us to the straight path.
Siraatal-ladheena an 'amta 'alayhim
The path of those whom you favoured
Ghayril maghdhuubi 'alayhim
And who did not deserve Thy anger
Walad-dhaal-leen (Ameen)
Or went astray.

Qiyaam

9. Then recite a short surah or a few verses from another part of the Qur'an.
10. Then say: **Allahu Akbar** as you raise your hands and move toward the bowing position. As you bow, put your hands on your knees and try to straighten your back, so that it is flat.
11. While in this position, recite the following softly to yourself, three times:

Subhaana Rabbi al-Azheem
Glory to my Lord the Great

Ruku

12. Then rise back to a standing position, raising your arms again, with your hands to your ears or shoulders. Then rest your arms to your side. As you do this, say:

Sami Allahu liman hamida
Allah has heard all who praise Him.
Rabbanaa lakal hamd
Our Lord: Praise be to You.

13. Then move to the position of prostration, or *sujood*, as you say **Allahu Akbar**. Your hands, knees, feet, nose, and forehead should touch the ground. Your elbows should not touch the ground. Your hands should be at the level of your shoulders.

14. While in this position say the following three times, softly:

Subhaana Rabbee al Aa'la
Glory to my Lord, the Most High.

Sujood

15. Move to a seated position as you say **Allahu Akbar**. Rest there a moment and say: **Rabbighfirlee** (My Lord forgive me). Say this two times.

16. Then say **Allahu Akbar** and move back into prostration (*sujood*) again.

17. Again, say the following three times, softly:

Subhaana Rabbee al Aa'la
Glory to my Lord, the Most High.

18. Then go back to the seated position and rest there for a moment. Then rise to standing again to repeat the process over again (or start another *rakah*) while saying **Allahu Akbar**.

19. Once you are standing again, you start over with the *Bismillah* noted in #7.

20. Once you have completed the second *rakah*, rather than standing again after the second *sujood*, instead remain seated. You should be sitting on your left foot, with your right foot should be upright with your toes pointed toward the *qiblah*. Your palms should be rested on your thighs up toward your knees, palms down.

21. While in this position you say the *tashahud* softly to yourself. While you are saying it you should have your index finger on your right hand extended, moving it slowly:

At-tahi yatu lillahi was-salawaatu wa tay-yi batu
All prayers & worship through words, action & sanctity are for Allah only.
As-salaamu 'alayka ayyu han-nabee
Peace be on you, O Prophet.
Wa rahmatullahi wa barakaatuhu
And mercy of Allah and His blessings.
As-salaamu 'alayna wa 'ala 'eabaadillahis-saliheen
Peace be on us & on those who are righteous servants of Allah.
Ash-hadu al-laa illaaha il-Allahu
I bear witness to the fact that there is no deity but Allah.
Wa Ash-hadu An-na Muhammadan 'abduhu wa rasooluhu
And I bear witness that Muhammad is his slave & messenger.

Jalsah

21. While still seated, say to yourself:

Allahumma salli 'ala Muhammad. Wa 'ala 'aali Muhammad.
O Allah, exalt Muhammad & the family of Muhammad.
Kamaa salayta 'ala Ibraheem. Wa 'ala 'aali Ibraheem.
As You did exalt Ibraheem & his family
Innaka Hameedum-majeed.
You are the Praised, The Glorious.
Allahumma baarik 'ala Muhammad.
O Allah, Bless Muhammad
Wa 'ala 'aali Muhammad.
And his family
Kamaa barakta 'ala Ibraheem. Wa 'ala 'aali Ibraheem.
As You have Blessed Ibraheem & his family
Innaka Hameedum-majeed.
You are the Praised, the Glorious

22. Then there are a few other *du'aat* (supplications) you can make. If there are more *rakaat* to perform, then rise to standing as you say **Allahu Akbar**. If you are only performing two *rakaat*, then to complete the prayer, you turn your head to the right and say aloud:

As-salaamu 'alaykum wa rahmatullah
Peace be on you & Allah's Blessing

23. Then turn your head to left and say aloud:

As-salaamu 'alaykum wa rahmatullah
Peace be on you & Allah's Blessing