Salah (Prayer): *Please perform Wudu (ablution before prayers) before you start, see page 4
The Prophet Muhammad (SAW) said: “Pray as you have seen me praying.” (Sahih Al-Bukari)

A Step-by-Step Guide On How to Perform Salah

**PERFORMING THE FIRST RAK’AH (UNIT) OF PRAYER**

**Intention:** Stand straight facing the Qiblah (direction of the Kabah in Mecca), and make your Niyyah (intention in your heart) for the intended prayer.

**TAKBEER**

In standing position, with your head and eyes directed to the place of prostration, raise both hands above your shoulders and say,

**Allahu Akbar**

Allah is Greatest

as you move your hands to place on your chest.

**QIYAM**

Place right hand over the left hand and keep the gaze of eyes and face directed to place of prostration and recite Surah Al Fatiha (The Opening):

**Allahu akbar**

Glory be to my Lord The Supreme

Allah listens to the one who praises Him

As you move from standing position (Qiyam) to bowing (Ruku’) position say:

**Alahhu akbar**

You should now be in the bowing (RUKU’) position.

**Subhaana rabbiyal athmeen**

Glory be to my Lord The Supreme

Say this 3 times

As you move from Ruku (bowing) position to standing position, say:

**Sami’-Allahu liman hamidah**

Allah listens to the one who praises Him

In standing position, keep your body straight with your hands resting by your sides and say,

**Rabbanaa wa lakal hamd**

Our Lord, and to You belongs the praise

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As you go down into prostration (Sujood) (Sajdah), say:

\[
\text{Subhaana rabbiyal alaa}
\]
Glory be to my Lord Most High

In prostration position, ensure:
- The nose and forehead are touching the ground.
- The palms of the hands are placed on the ground (with fingers together) below your ears and your forearms should not rest on the ground.
- The two knees are on the floor.

While in prostration position, say three times:

SUJOOD
SAJDAH

As you come up to sitting position (Jalsah) (Q’adah), say:

\[
\text{Rabbi} \quad \text{Rabbighfirlee}
\]
Oh Allah, forgive me

In the sitting position say the following 3 times:

JALSAH
Q’ADAH

Next you go into the prostration (sujood) position for a second time as described in step 7. As you go into this position say:

\[
\text{Subhaana rabbiyal alaa}
\]
Glory be to my Lord Most High

In the suposed position say the following 3 times:

The first unit is now complete.
Now you should complete the second/final rak’ah (unit).

You have now completed the 1st and 2nd rak’ah. What you do next will depend on which prayer you are performing i.e. how many rak’ah you are performing. Use this chart to know what your next step is.
COMPLETING THE PRAYER

**Attahiyat**

1. **Allahumma sali 'ala Muhammad**
   - Oh Allah, send prayers upon Muhammad
   
2. **wa 'ala aal Muhammad**
   - and upon the family of Muhammad
   
3. **kamaa sāfyā 'ala Ibrahim**
   - as You sent prayers upon Ibrahim
   
4. **wa 'ala aal Ibrahim**
   - and upon the family of Ibrahim
   
5. **Innaka haneedun Majeed**
   - Indeed You are praiseworthy, Most glorious
   
6. **wa bariik 'ala Muhammad**
   - and send Your blessings upon Muhammad
   
7. **wa 'ala aal Muhammad**
   - and upon the family of Muhammad
   
8. **kamaa baaraakta 'ala Ibrahim**
   - as You sent prayers upon Ibrahim
   
9. **wa 'ala aal Ibrahim**
   - and upon the family of Ibrahim
   
10. **Innaka haneedun 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:

**SUPPLICATION AFTER PRAYER**

- **Subhaan Allah**
  - Glorify to Allah

- **Al-hamdu lilah**
  - Praise be to Allah

- **Allahu Akbar**
  - Allah is the Greatest

Any of the following chapters may be recited in Arabic after Suratul Fatiha:

Surat Al-Kawthar (The Abundance) - Surah 108

**Bismi Allah arrahmani arraheem**

In the name of Allah, Most Gracious, Most Merciful.

1. **Inna aA'mAtaynakaal-kawthar**
   - Indeed, We have granted you, [O Muhammad], al-Kawthar.

2. **Fasalli lirabbika wanhar**
   - So pray to your Lord and sacrifice [to Him alone].

3. **Inn shani-aka huwa al-abtar**
   - Indeed, your enemy is the one cut off.

Surat Al-Ikhlas (The Sincerity) - Surah 112

**Bismi Allah arrahmani arraheem**

In the name of Allah, Most Gracious, Most Merciful.

1. **Qul huwa Allahu ahd**
   - Say, 'He is Allah, - who is (is) One,

2. **Allahu assamad**
   - Allah, the Eternal Refuge.

3. **Lam yalid walam yoolad**
   - He neither begots nor is born.

4. **Walam yakun lahu kufuwan ahd**
   - Nor is there to Him any equivalent.
Surat Al-Falaq (The Daybreak)

Bismi Allah arrahmani arraheem

Say, 'I seek refuge in the Lord of Daybreak
From the evil of that which He created
And from the evil of darkness when itsettles
Wamin sharri ghaysiq ithawaqab
Wamin sharri annaffathatife alAAuqad
Wamin sharri hasidin itha hasad
And from the evil of an arrow when he elevens.