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

STEP 1
TAKBEER
In standing position, with your head and eyes directed to the place of prostration, raise both hands above your shoulders and say,

Allaahu Akbar
Allah is Greatest

as you move your hands to place on your chest.

STEP 2
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):

Recite another surah (chapter) from the Holy Quran if this is the 1st or 2nd rakat (unit). See pages 3 and 4 for some short suras. Recite only the Arabic not the English. In the 3rd and 4th Rakah, only surah Al Fatiha is required.

STEP 3
RECITE SURAT AL-FATIHA

1. Bismillaahir-rahmaanir-rahimeen
In the Name of Allah, the Most Beneficent, the Most Merciful

2. Al-hamdu lillaahi rabbil ‘aalameen
Praise be to Allah, the Lord of the worlds

3. Ar-rahmaanir-rahimeen
The Most Beneficent, the Most Merciful

4. Maaliki yawmidddeen
Master of the Day of Judgment

5. Iyyaka na’budu wa iyyaaka nasta’een
You alone we worship, and in You alone we seek help

6. Ihdinasa siraatal mustaqeem
Guide us to the straight path

STEP 4
Recite another surah (chapter) from the Holy Quran if this is the 1st or 2nd rakat (unit). See pages 3 and 4 for some short suras. Recite only the Arabic not the English. In the 3rd and 4th Rakah, only surah Al Fatiha is required.

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

Allaahu Akbar
Glory be to my Lord The Supreme

STEP 5
You should now be in the bowing (RUKU’) position.

Say this 3 times

STEP 6
As you move from Ruku (bowing) position to standing position, say:

Sami‘ Allaahu 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,

Rabbi wa Lakal hamd
Our Lord, and to You belongs the praise
**Performing the First Rak'ah (Unit) of Prayer**

1. **Ruku'**
   - As you move from the Ruku (bowing) position to standing position, say:
   - **Subhaana rabbiyal 'alaa**
   - Glory be to my Lord Most High

2. **Sa'ada**
   - While in the Sa'ada (prostration) position, say three times:
     - **Subhaana rabbiyal 'alaa**
     - Glory be to my Lord Most High
     - **Subhaana rabbiyal 'alaa**
     - Glory be to my Lord Most High
     - **Subhaana rabbiyal 'alaa**
     - Glory be to my Lord Most High

3. **Jalsah**
   - As you come up to the sitting position (Jalsah) (Q'adah), say:
   - **Alaahu Akbar**
   - Allah is Greatest
   - In the sitting position, say the following (3 times):
     - **Rabbighfirlee**
     - Oh Allah, forgive me

4. **Qadah**
   - Next you go into the prostration (Sujood) position for a second time as described in step 7. As you go into this position, say:
   - **Alaahu Akbar**
   - Allah is Greatest
   - In the Sujood position say the following 3 times:
     - **Subhaana rabbiyal 'alaa**
     - Glory be to my Lord Most High
     - **Subhaana rabbiyal 'alaa**
     - Glory be to my Lord Most High
     - **Subhaana rabbiyal 'alaa**
     - Glory be to my Lord Most High

5. **Sujood**
   - In Sujood 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.

6. **Sajdah**
   - While in the Sajda 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.

7. **Attahiyyat**
   - Repeat steps 3 to 9 from the first Rak'ah (unit) of prayer

8. **What to do next?**
   - 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.

   **2 Rakats/Units**
   - FaJR
     - 1st Unit
     - Complete the prayer
     - 2nd Unit
     - Complete the prayer

   **4 Rakats/Units**
   - Dhuhr, Asr, & Isha
     - 1st Unit
     - Complete the prayer
     - 2nd Unit
     - Complete the prayer
     - 3rd Unit
     - 4th Unit

   **3 Rakats/Units**
   - Maghrib
     - 1st Unit
     - Complete the prayer
     - 2nd Unit
     - Complete the prayer
     - 3rd Unit
     - Complete the prayer
COMPLETING THE PRAYER

**Attahiyat**

1. Allahumma Sallı ‘ala Muhammad
   - Oh Allah, send prayers upon Muhammad

2. wa ‘ala aali Muhammad
   - and upon the family of Muhammad

3. kamaa saalyta ‘ala ibraheem
   - as you sent prayers upon Ibrahim

4. wa ‘ala aali ibraheem
   - and upon the family of Ibrahim

5. innaka hameedun Majeed
   - Indeed You are praiseworthy, Most glorious

6. wa baarik ‘alaa Muhammad
   - and send Your blessings upon Muhammad

7. wa ‘alaa aali Muhammad
   - and upon the family of Muhammad

8. kamaa baarakta ‘alaa ibraheem
   - as You sent prayers upon Ibrahim

9. wa ‘alaa aali ibraheem
   - and upon the family of Ibrahim

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:

**SUPPLICATION AFTER PRAYER**

- سِبْعَةُ الله
  - Subhaan Allah (Glory be to Allah)
- الحمد لله
  - Al-hamdu lillah (Praise be to Allah)
- الله أكبر
  - Allahu Akbar (Allah is the greatest)

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

**Surat Al-Kawthar (The Abundance) - سورة الكوثر 108**

Bismi Allahi arrahmani arraheem

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

1 Inna aAtaynakaalkawthar
   - Indeed, We have granted you, [O Muhammad], al-Kawthar.

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

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

**Surat Al-Ikhlaas (The Sincerity) - سورة الإخلاص 102**

Bismi Allahi arrahmani arraheem

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

1 Qul huwa Allahu ahad
   - Say, "He is Allah, [who is] One,

2 Allahu assamad
   - Allah, the Eternal Refuge.

3 Lam yalid walam yoolad
   - He neither begets nor is born,

4 Walam yakun lahu kufuwan ahad
   - Nor is there to Him any equivalent."
**Bismi Allahi arrahmani arraheem**

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

1 Qul aAAoothu birabbi alfalaq  
Say, 'I seek refuge in the Lord of daybreak

2 Min sharri ma khalaq  
From the evil of that which He created

3 Wamin sharri ghasiqin ithawaqab  
And from the evil of darkness when it settles

4 Wamin sharri annaffathatiffee alAaqad  
And from the evil of the blowers in knots

5 Wamin sharri hasidin ihaa hasad  
And from the evil of an envier when he envies."

**Surat An-Nas (The Mankind)**

Bismi Allahi arrahmani arraheem  
In the name of Allah, Most Gracious, Most Merciful.

1 Qul aAAoothu birabbi annas  
Say, 'I seek refuge in the Lord of mankind,

2 Maliki annas  
The Sovereign of mankind,

3 ilahi annas  
The God of mankind,

4 Min sharri alwaswasi alkhannas  
From the evil of the retreating whisperer -

5 Allathee yuwaswasu fee suoodri annas  
Who whispers evil into the breasts of mankind -

6 Mina aljinnati wannas  
From among the jinn and mankind."

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

The following steps must be observed in order

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

*Bismillah*  
In the name of Allah

**STEP 2**
Completely washing the hands including the wrists and between the fingers (3 times)

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

**STEP 4**
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**
Wash the face from forehead to chin, left earlobe to the right earlobe making sure the whole face is washed (3 times).

**STEP 6**
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**
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**
Simultaneously wipe the insides of both ears with the index fingers, and the back of the ears with the thumbs (once only).

**STEP 9**
Wash the feet including the ankles and between the toes. Begin with the right foot (3 times for each foot).

**STEP 10**

As-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.

Allahuma ij-`alnee minat-tawabeen wa ij-`alnee minat-mutatahheen
Oh Allah, make me among those who turn in repentance to you and make me among those who purify themselves.