

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Basic Teachings of Islam

Salah – Prayer

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How to Perform Salah

- In the following slides, following colours have been used:
- **RED – Obligatory Actions (Faraid)**
 - if you miss them, you have to perform prayer again.
- **Amber – Essential Actions (Wajibaat)**
 - If you miss them, you have to perform Sajdah Sahv.
- **Green – Sunnah Actions**
 - Important & Desirable actions which must NOT be missed without a valid reason.
 - Performing Sunnah and Desirable actions make our prayer perfect.

How to Perform Salah

Takbeer-e-Tahreema

Raise your both hands to the ears.

Touch the ear lobes with your thumbs.

You only raise your hands to the ears at the beginning of first Rakat

Say Allahu Akbar

Fasten your hands by placing your right hand on the left hand, just below the navel.

How to Perform Salah

Qiyaam (Standing up)

Read Thana silently:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

(O Allah! Glory and praise are for You. Your name is blessed. Your majesty is exalted, and there is no-one else worthy of worship except You.)

Thana is
only read in
first Rakat

How to Perform Salah

Qiyaam (Standing up)

Read Ta'awwuz silently:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

(I seek shelter in Allah (swt) from the rejected Satan.)

Ta'awwuz is only read in first Rakat

Read Tasmia silently:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(Allah's name I begin with, the most Kind, the ever Merciful.)

Tasmia is read at the start of every Rakat

How to Perform Salah

Qiraah (Recitation of the Quran)

Read Surah Fatiha

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ * الرَّحْمَنِ الرَّحِيمِ * مَلِكِ يَوْمِ الدِّينِ *
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ * اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ *
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ
وَلَا الضَّالِّينَ * آمِينَ *

(All praise is for Allah (swt), the Lord of the worlds, the most Kind, the ever Merciful. Master of the day of judgement. You alone we worship, from You alone we seek help. Guide us along the straight path - the path of those whom You favoured, not of those who earned Your anger or went astray.)

After reading Surah Fatiha, say very quietly 'Aameen'.

Surah Fatiha is read in every Rakat

How to Perform Salah

Qiraah (Recitation of the Quran)

After Surah Fatiha, read some other part of the Holy Quran (min. 3 small verses):

قُلْ هُوَ اللَّهُ أَحَدٌ * اللَّهُ الصَّمَدُ * لَمْ يَلِدْ وَلَمْ يُولَدْ *
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ *

(Say, Allah is one, Allah is Eternal and Absolute. None is born of Him nor is He born and there is none like Him.)

+ The length of the recitation should descend (or equal) between Rakats.

- Don't recite the Quran backwards (e.g. don't recite S.114 in first Rakat and S.113 in second Rakat).

After Surah Fatiha, other parts of Quran is **NOT** read in 3rd & 4th Rakats of Fard prayer

How to Perform Salah

1 Ruku (Bowling down)

Saying *Allahu Akbar*, bow down in Ruku.

+ In Ruku, read the following Tasbeeh at least three times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

(Glory to my Lord, the Great.)

You can read the Tasbeeh more than three times in odd numbers, e.g. 5, 7, 9.

How to Perform Salah

After Ruku, stand up straight while saying:

سَمِعَ اللهُ لِمَنْ حَمِدَهُ

(Allah hears those who praise Him.)

When standing up straight after Ruku, read.

رَبَّنَا لَكَ الْحَمْدُ

(Our Lord, praise be to You.)

How to Perform Salah

2 Sujud (Prostration)

Saying *Allahu Akbar*, kneel down for the prostration (Sajdah).

In Sajdah, read the following, thrice at minimum.

سُبْحَانَ رَبِّيَ الْأَعْلَى

(Glory to my Lord, the Highest.)

+ First, knees should touch the ground, then hands, then nose and then forehead.

+ The abdomen should not touch the thighs and the arms not touch the armpits. The fingers of the hand and toes should be pointing to the Qibla.

You can read the Tasbeeh more than three times in odd numbers, e.g. 5, 7, 9.

How to Perform Salah

2 Sujood (Prostration)

Then saying *Allahu Akbar* raise the head and sit up.

Then, saying the Takbeer, prostrate again as before.

Then rise to stand up for the second unit, saying the Takbeer.

The second unit is also like the first except that neither Thana nor Ta'awwuz are read nor are hands raised for Takbeer.

How to Perform Salah

Qa'adah (Sitting)

After the second prostration of the second Rakat, sit down and read the Tashah-hud:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَاةُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ * أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ *

(All oral, physical and monetary worship is for Allah. Peace be on you, O Prophet and the mercy of Allah and His blessings. Peace be on us and on the righteous servants of Allah. I bear witness that no-one else is worthy of worship except Allah and I bear witness that Muhammad is His servant and messenger.)

How to Perform Salah

Qa'adah (Sitting)

At the end of the Tashah-hud you should stand up for the third unit.

Nothing should be read after the Tashah-hud.

However if you have only two Rakat to complete then you should continue with the reading Darood sahref and a Dua from the Quran or Sunnah

How to Perform Salah

Qa'adah Akhira (Last sitting)

After the second prostration of the LAST Rakat, sit down and read the Tashah-hud as described previously.

How to Perform Salah

Qa'adah Akhira (Last sitting)

Then carrying on reading Darood shareef:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ
حَمِيدٌ مُجِيدٌ *

(O Allah ! send mercy on Muhammad and his family as You sent mercy on Ibraheem and his family. Truly You are the Praise worthy and Glorious.)

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ
حَمِيدٌ مُجِيدٌ *

(O Allah, bless Muhammad and his family as You blessed Ibraheem and his family. Truly You are the Praise-worthy and Glorious.)

How to Perform Salah

Qa'adah Akhira (Last sitting)

After Darood shareef, read a Dua:

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءَ * رَبَّنَا اغْفِرْ لِي
وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ *

(O my Lord, make me and my children steadfast in the prayer. Our Lord, accept the prayer. Our Lord, forgive me and my parents and the believers on the day of Judgement.)

How to Perform Salah

Qa'adah Akhira (Last sitting)

Then turning the head to the right say the Salaam and then repeat the Salaam turning the head to the left:



اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

(Peace and the mercy of Allah be on you.)

Difference in reading

Read Quran aloud in first two Rakat of Fajr, Maghrib & Isha prayers

Do **NOT** read any part of the Quran (inc. Ta'awwuz & Tasmia)

Perform the prayer as described above

Imam

Muqtadee

Individual

DO **NOT** read 'Rabana Lakal Hamd'

DO **NOT** read 'Sami-Allah...'

Slight differences in performing prayer

Women

Perform the prayer as described in the next slide

Difference in physical movements

How to Perform Salah

For Women:

- There are slight differences between how men and women perform their Salah:
- In Takbeer Tahreema, raise your hands only up to your shoulders.
- In Qiyaam, place your hands on your chest (rather than below the navel).
- While in Qiyaam, place right hand on the top of left with fingers intact together. Do not hold your wrist.
- For Ruku, bend your back only far enough to touch your knees with your hands.
- In Sajdah, all the body parts needs to be close together and abdomen placed over the thigh. Both feet and ankles sticking out to the right. Lower portion of back touching the ground.
- During Jalsa and Qa'ada, sit on floor (not on your left foot) and both ankles and feet sticking out towards right hand side.