

Prophet Muhammad ﷺ Said

“You should prostrate to Allah a great deal, for you will not perform one prostration to Allah, but Allah will raise you one degree in status thereby, and erase one sin for you.”

(Sahih Muslim: 1093 (225) 488)




## HOW TO PERFORM SALAH

A step by step guide to perfect our obligatory prayer (Salah) according to the Quran and Sunnah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Five Times Salah at a glance (Fard & Sunnah) According to Sahih Hadith

	Table of Prayer Rakats						Muakkadah
							Waajib
	Sunnat	Farz	Sunnat	Nafl	Witr	Nafl	Total Rakats
Fajr	2	2	-	-	-	-	4
Zohr	4	4	2	2	-	-	12
Asr	4	4	-	-	-	-	8
Maghrib		3	2	2	-	-	7
Isha	4	4	2	2	3	2	17
Jumuah	4	2	2	2	-	-	10

*It is Allah, Who has blessed us with 1440 minutes per day. Strangely we find it difficult to dedicate 90 minutes for Him. Don't miss your Salah, no matter how busy you are!!*

Note: Raka't – Plural; Raka'h - Singular

# Importance of Salah (Prayer)

1. The Prophet (Blessings and peace be upon him) said: “Ask your children to pray at the age of seven and chastise them to do so at the age of ten, and separate them (boys and girls) in their beds.”

*(Abu Daud and At-Tirmithi)*

2. The Prophet (Blessings and peace be upon him) said: “The line of demarcation between a Muslim and a Kafir is the giving up of Salah [Tarkus Salah].” *(Sahih Muslim)*

**NOTE:** Imam Nawawi said while explaining this Hadith:

The Prayer is like a barrier between *Kufr* (disbelief) and Islam, so whoever does not pray, he will enter in *Kufr* (he will be a disbeliever).

# Virtue of Prayer (Salah)

1. In ayat 45 of Surah Ankabut (29) Allah assures the Muslims that *Innas Salata tanha 'anil fahsha-i wal munkar* (Surely, Salah keeps one away from shameful and evil deeds.)
2. The Prophet (Blessings and peace be upon him) once said to his Companions: “If there was a river at the door of anyone of you and he took a bath in it five times a day, would you notice any dirt on him?” They said, “Not a trace of dirt would be left.” The Prophet (Blessings and peace be upon him) said: “That is the example of the five obligatory prayers with which Allah blots out evil deeds.” (*Sahih Bukhari and Sahih Muslim*)

# Steps for Performing Wudu (Ablution)

1. **Make the *Niyyah*** (intention) in your heart that this act of *Wudu* is for the purpose of preparing for *Salah*, no need to utter *Niyah* by mouth.

2. **Say the following (silently, in your head, not out loud):** *Bismillah* "In the name of Allah,"



3. **Wash your hands.** Use your left hand to wash your right hand (3 times). After that, using your right hand, wash your left hand. (3 times).

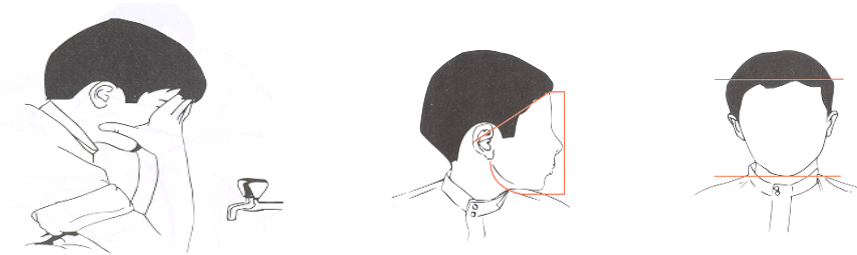


4. **Wash your whole mouth & upper part of throat** do this thoroughly to get all the remaining food in your mouth out. (3 times).

5. **Inhale (or "throw") water into your nose.** After which you will blow the water out. (3 times).

# Steps for Performing Wudu (Ablution)

6. Wash your face completely by spreading your hands from your right ear to the left, and from the edge of the hair to the chin. (3 times).



7. Wash your lower arms from wrists to elbows, leave no part dry Wash your right arm with your left hand (3 times) and then wash your left arm with your right hand (3 times)



# Steps for Performing Wudu (Ablution)

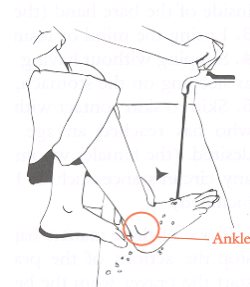


**8. Wipe your head.** Using your wet hands, just gently wipe your head from front to back and back to front (Once).



**9. Wipe your ears inside and out** by putting finger in all crevices of ear and thumb behind it, wiping down. (Once).

*Note: Do not wipe your neck after rinsing your ears. According to the Sunnah, it is a Bid'ah (innovation)*



**10. Wash each of your feet.** Do so up to the ankles (3 times) and be sure water goes between the toes. Or instead you can perform mas-h, if you have the needed requirements for doing it.



# Steps for Performing Wudu (Ablution)

## 11. Recite the following:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ  
وَرَسُولُهُ

*Ash-hadu allaa ilaaha illallaahu wahdahuu laa shariikalah,  
wa ash-hadu anna Muhammadan 'abduhuu wa rasuuluh*  
(Sahih Muslim)

"I bear witness that there is no deity worthy of worship except Allah alone, and I bear witness that Muhammad is His servant and is messenger."

## The Things that Break Wudu

- Any discharge from the front or back passage (urine, stools, wind, etc.), except for wind emitted from a woman's front passage - that does not break wudu'.
- Emission of urine or stools from anywhere other than the urethra or anus.
- Losing one's mind, deep sleep, unconsciousness, intoxication, etc.
- Touching one's penis (Abu Daud)
- Eating camel meat (Sahih Muslim)

# Men & Women's Salah

Qiyam (Standing),  
Ruku, Sajdah, Jalsah  
all are same for both  
man and woman.



Women should  
cover their feet  
during Salah

**NOTE:** The description of the Prophet's (pbuh) prayer applies equally to men and women, for there is nothing in the Sunnah to necessitate the exception of women from any of these descriptions; in fact, the generality of the Prophet's (pbuh) instruction: "Pray as you have seen me praying", includes women.

# Start

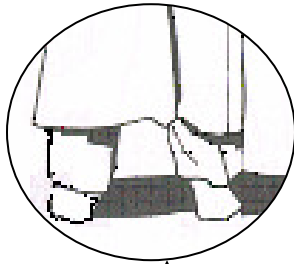
## Takbeer

(Takbeer means Allahu Akbar)

NOTE: No need to utter Niyah by mouth, keep intention (Niyah) in your mind.

## Standing (Qiyam)

Stand upright (erect) facing the Qiblah, make Niyah (intention in your heart) for the intended prayer (salah).



Stand for prayer (salah) with your feet towards the Qiblah.

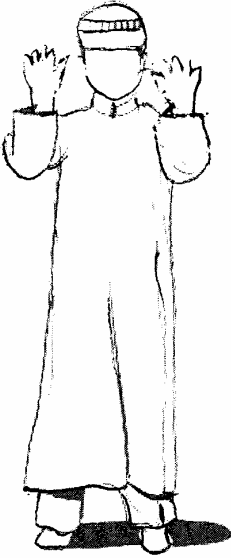


Say Takbeer Tahrimah

الله أكبر

**Allahu Akbar**

"Allah is the Greatest"

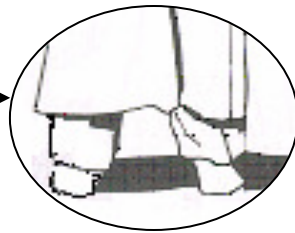


Raise both hands (palms facing the Qiblah) up to your ear lobes or shoulders and place your both hands over your chest.



Head and eyes directed to the place of prostration (sajdah).

Keep the distance between your two feet according to your need.





## AL-QAYYAM

Posture 2

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ  
وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ  
وَلَا إِلَهَ غَيْرُكَ

SUBHÁNA-KALLÁH-HUM-MA WA BI-HAMDIKA,  
WATABÁRAKAS-MUKA WATA'ÁLÁ JADDUKA,  
WA-LÁ ILÁHA GHAÍRUK

**O Allah, Glorified, praise-worthy.  
and blessed is Thy Name and exalted Thy Majesty.  
and there is no deity worthy of worship except thee.**



# With this (Dua')

"سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ،  
وَلَا إِلَهَ غَيْرُكَ."

Subhaanaka Allaahumma wa bihamdika, wa  
tabaarakasmuka, wa ta'aalaa jadduka, wa laa 'ilaaha  
ghayruka.

*Glory is to You, O Allah, and praise. Blessed is Your Name  
and Exalted is Your Majesty. There is none worthy of  
worship but You. (Abu Dawud, Ibn Majah, An-Nasa'i, and  
At-Tirmithi)*

# Now recite Surah Fatiha

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ  
الرَّحْمَنِ الرَّحِيمِ  
مَالِكِ يَوْمِ الدِّينِ  
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ  
إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

“A ‘udhu billahi-minash-Shaytanir-rajeem.

Bismilla-hir-Rahmaanir-Raheem.

Alhamdu lillahi Rabbil-’alameen. Ar-Rahmanir-Raheem. Maliki yawmid-deen. Iyyaka na’budu wa iyyaka nasta’een. Ihdinas-siratal-mustaqeem. Siratal-ladheena an’amta ‘alayhim, ghayril-maghdoobi ‘alayhim walad-dalleen.” Ameen (Surah Fatiha 1:1-7)

## Translation:

*I seek refuge with Allah from the accursed devil (Shaitan)."*

*In the Name of Allah, the Most Gracious, the Most Merciful.*

*All praise and thanks are Allah's, the Lord of the 'Alamin. The Most Gracious, the Most Merciful. The Only Owner of the Day of Recompense. You (Alone) we worship, and You (Alone) we ask for help. Guide us to the Straight Way. The way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger, nor of those who went astray. (Surah Fatiha 1:1-7)*

Note: Recite Surah Fatiha in every rakah. If not recited, your Salah will be invalid.

# Recite Surah Ikhlas

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ  
اللَّهُ الصَّمَدُ  
لَمْ يَلِدْ وَلَمْ يُولَدْ  
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

“Bismilla-hir-Rahmaanir Raheem.”

“Qul huwal-lahu ahad. Allahus-Samad. Lam yalid  
wa lam yuulad. Wa lam yakul-lahu kufuwan ahad.

## Translation:

*In the Name of Allah, the Most Gracious, the Most  
Merciful.*

*Say: Allah is Unique! Allah is the source [for everything];  
He has not fathered anyone nor was He fathered, and  
there is nothing comparable to Him!”  
(Surah Ikhlas 112:1-4)*

NOTE: You can also recite any other Surah or any part of the Qur’an other than this.

# Ruku

(Bowling/Bending forward)

**Say**

الله أكبر

**Allahu Akbar**

"Allah is the Greatest"

Then go into bowing (Ruku)

**Say in the Ruku:**

سُبْحَانَ رَبِّيَ الْعَظِيمِ

**Subhaana Rabbiyal Azeem**

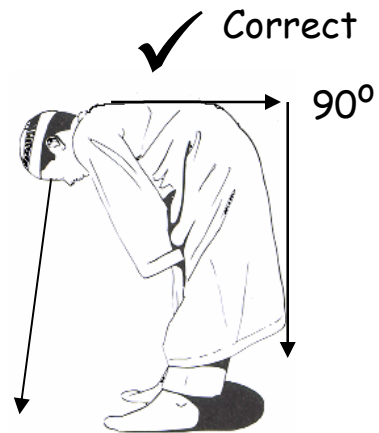
**“Glorified is my Lord, the Most Great”**

(Abu Dawud, Ibn Majah, An-Nasa'i, At-Tirmithi, and Ahmad)

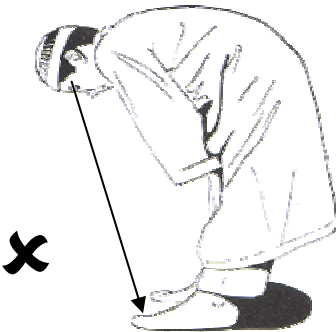
**(Recite it three or more  
odd times)**

Your back and head should bend at 90° (ninety degrees) to the rest of your body.

Bend your body so that your back and head are straight and in level with the ground, keep your eyes on the ground.

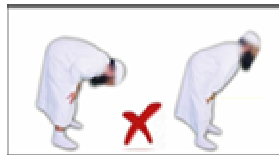


Place palms firmly on your knees and keep both hands and knees straight.



Eyes should not be directed to the toes.

Wrong



X



Do not bend your body like a curve. It should be L shape, as in the top diagram.

# Qauma

After raising the head from Ruku,  
(i.e., in the Qauma position), say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

**Sami-Allahu liman hamidah**

“Allah hears those who praise Him” (Sahih Bukhari)

رَبَّنَا وَلَكَ الْحَمْدُ،

**Rabbanaa wa lakal-hamd,**

Our Lord, praise is Yours,





## QAYYAM

### Posture 4

#### Instructions:

While rising from the bending position of Ruku', recite

**SAMI 'ALLÁHU LIMAN HAMIDAH** **تَسْمِعَ اللَّهُ لِمَنْ حَمِدَهُ**  
**Allah has heard all who praise Him**

**RAB-BANÁ LAKAL HAMD**  
**Our Lord: Praise be to Thee**

*Then return to standing position, arms at side*

**رَبَّنَا لَكَ الْحَمْدُ**

#### Recitation

**ALLÁH AKBAR**  
**Allah is the greatest**

**اللَّهُ أَكْبَرُ**

*and move to next position*

# Sajdah

(Prostration)

While going down to *Sajdah*, say...

اللَّهُ أَكْبَرُ

**Allahu Akbar**

Allah is the Greatest.

Then while in prostration (*sajdah*), say...

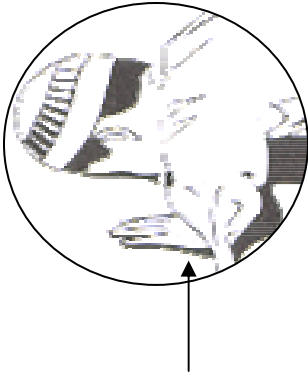
سُبْحَانَ رَبِّيَ الْأَعْلَى

**“Subhaana Rabbiyal-a’la”**

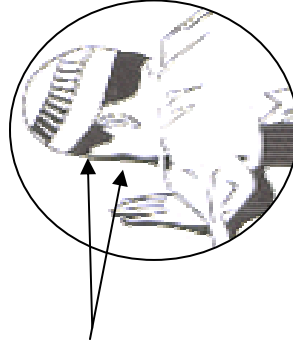
Glorified is my Lord, the Most High.

(Abu Dawud, Ibn Majah)

(Recite it three or more odd times)



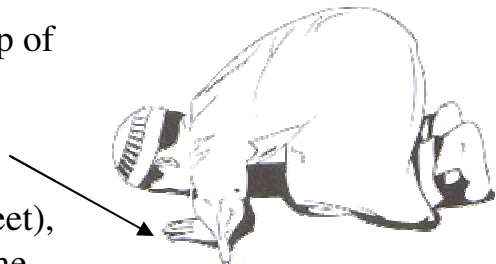
Place your hands down on the ground below your ears, your forearms must not rest on the ground.



Your forehead along with the tip of your nose must touch the ground

During prostration (sajdah), seven parts of your body must touch the ground:

- 1) Your forehead along with the tip of the nose
- 2, 3) Both hands
- 4, 5) Both knees
- 6, 7) the bottom of your toes (both feet), all pointing in the direction of the Qiblah.



**While rising to the sitting position, say...**

اللَّهُ أَكْبَرُ

**Allahu Akbar**

“Allah is the Greatest”

**Then sit up and say:**

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَاجْبُرْنِي، وَعَافِنِي، وَارْزُقْنِي،  
وَارْفَعْنِي

Allaahum-maghfir lee, warhamnee, wahdinee, wajburnee, wa  
'aafinee, warzuqnee, warfa'nee.

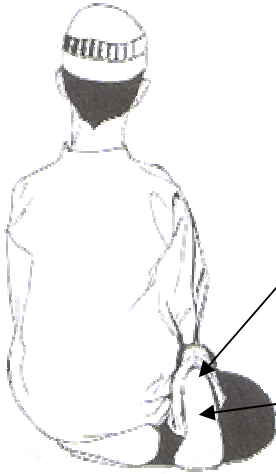
O Allah! Forgive me, have mercy on me, guide me, support me,  
protect me, provide for me and elevate me. (Abu Dawud, Ibn Majah)

**OR**

رَبِّ اغْفِرْ لِي، رَبِّ اغْفِرْ لِي

Rabbighfir lee, Rabbighfir lee!

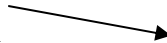
My Lord, forgive me. My Lord, forgive me." (Abu Dawud)



In between two prostrations (sajdah), sit on your left foot with your right foot vertical to the ground and your toes pointing in the direction of the Qiblah.

Right foot vertical to the ground with toes in the direction of the Qiblah.

Sit relaxed with your back straight to the ground, your hands resting comfortably on your thighs and knees.



**While going down to Sajdah (second), say:**

اللَّهُ أَكْبَرُ

**Allahu Akbar**

“Allah is the Greatest.”

**Then while prostrating (in sajdah), say:**

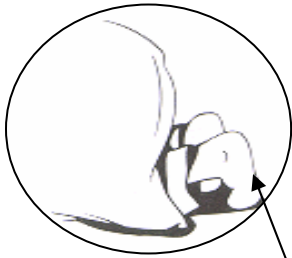
سُبْحَانَ رَبِّيَ الْأَعْلَى

**Subhaana Rabbiyal-a'la**

“Glorified is my Lord, the Most High.”

NOTE: Recite it three or more odd times



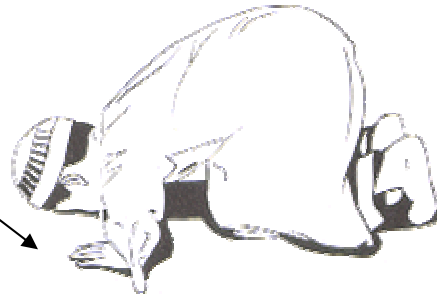


Your feet should be vertical to the ground with your heels together and the toes pointing in the direction of the Qiblah.



Your forearms must not touch the ground, there must remain space between those and the ground.

During prostration (sajdah), seven parts of your body must touch the ground as mentioned earlier.



**With the help of both hands, stand up  
for offering second *Rak'ah*, saying  
*Takbeer*:**

الله أكبر

**Allahu Akbar**

“Allah is the Greatest.”

**Begin the *Rak'ah* with *Surah Al-Fatiha*.**

NOTE: It is obligatory to recite *Surah Al-Fatiha* in every *Rak'ah*. The Imam and his followers both have to recite it.

# Recite Surah Al-Fatiha

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ  
الرَّحْمَنِ الرَّحِيمِ  
مَالِكِ يَوْمِ الدِّينِ  
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ  
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

“Bismilla-hir-Rahmaanir-Raheem.

Alhamdu lillahi Rabbil-'alameen. Ar-Rahmanir-Raheem.

Maliki yawmid-deen. Iyyaka na'budu wa iyyaka nasta'een.

Ihdinas-siratal-mustaqeem. Siratal-ladheena an'ama 'alayhim  
ghayril-maghdoobi 'alayhim walad-dalleen.” Ameen

*In the Name of Allah, the Most Gracious, the Most Merciful.  
All praise and thanks are Allah's, the Lord of the 'Alamin.  
The Most Gracious, the Most Merciful. The Only Owner of  
the Day of Recompense. You (Alone) we worship, and You  
(Alone) we ask for help. Guide us to the Straight Way. The  
way of those on whom You have bestowed Your Grace, not  
(the way) of those who earned Your Anger, nor of those  
who went astray. (Surah Fatiha 1: 1-7)*

# Recite Surah Al-Kauthar

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ  
صَلِّ لِرَبِّكَ وَانْحَرْ  
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

“Bismilla-hir-Rahmaanir-Raheem.

Inna a'tainakal-Kauthar. Fasalli lirabbika wanhar.  
Inna shaani'aka huwal- abtar.”

*In the Name of Allah, the Most Gracious, the Most Merciful.*

*Verily, We have granted you Al-Kauthar (a river in the Paradise). Therefore, turn in prayer to your Lord and sacrifice (to Him only). For the one who hates you (your enemy), he will be cut off (from prosperity in this world and in the Hereafter). (Surah Al Kauthar 108:1-3)*

**OR**

Recite any other Surah or any part of the Qur'an other than this Surah

After this, repeat the same actions in the second *Rak'ah* too which you have performed in the first *Rak'ah*:

Saying

**1. Takbeer** (Allahu Akbar)

Going into

**2. Ruku'** (Bowling)

Standing upright into

**3. Qaumah** (Raising both hands up to your ear lobes or shoulders)

Going into first

**4. Sajdah** (Prostration)

Rising for

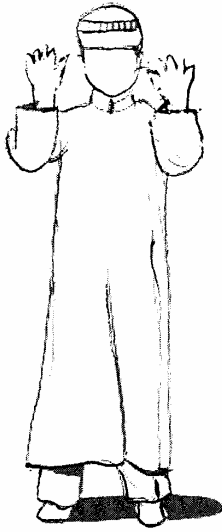
**5. Jalsah** (Sitting between two prostrations)

Going into second

**6. Sajdah** (Prostration)

Going into

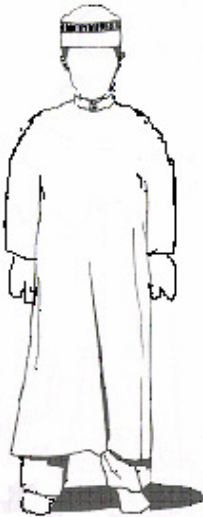
**7. Jalsah** (Sitting for Tashahhud)



**1. Qiyam**  
(Takbeer)



**2. Ruku'**

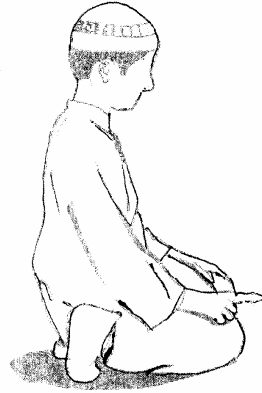


**3. Qaumah**  
(Qauma is the standing position after Ruku' before going into Sajdah)

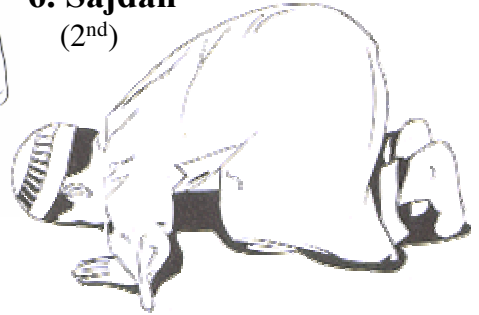
**4. Sajdah**  
(1<sup>st</sup>)



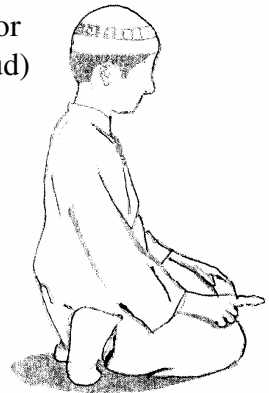
**5. Jalsah**



**6. Sajdah**  
(2<sup>nd</sup>)



**7. Jalsah**  
(Sitting for Tashahhud)



# Jalsah

(Sitting Position)

**After raising your head from *Sajdah*, sit for *Tashahhud* and recite:**

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

“At-tahiyatu lillahi was-salawatu wat-tayyibatu as-salamu ‘alayka, ayyuhan-nabiyyu wa rahmatullahi wa barakatuhu, as-salamu ‘alayna wa ‘ala ‘ibadul-lahis-saliheen. Ashhadu alla ilaha illallahu wa ashadu anna Muhammadan abduhu wa Rasuluhu.”

*All the compliments, prayers and good things are due to Allah. Peace be upon you, O Prophet and Allah’s Mercy and Blessing be on you. Peace be on us and on the true pious devotees of Allah. I testify that none has the right to be worshipped but Allah and I testify that Muhammad is His slave and His Messenger.*



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ  
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا  
بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

"Allahumma salli 'ala Muhammad wa 'ala ali Muhammad kama sallayta 'ala Ibrahim wa 'ala ali Ibrahim innaka Hameedum-Majeed. Allahumma barik 'ala Muhammad wa 'ala ali Muhammad kama barakta 'ala Ibrahim wa 'ala ali Ibrahim innaka Hameedum-Majeed."

*O Allah bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious. (Sahih Bukhari)*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، وَمِنْ عَذَابِ جَهَنَّمَ، وَمِنْ فِتْنَةِ الْمَحْيَا  
وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

Allaahumma 'innee 'a'oozu bika min l'azaabil-qabri, wa min 'azaabi jahannama, wa min fitnatil-mahyaa walmamaati, wa min sharri fitnatil-maseehid-dajjaal.

*O Allah, I seek refuge in You from the punishment of the grave, and from the punishment of Hell-fire, and from the trials of life and death, and from the evil of the trial of the False Messiah. (Bukhari and Muslim)*

NOTE: You can also recite other invocations (Dua) besides this which are mentioned in the books of Sahih Ahadith)

# Salaam

(Salutation)

While turning you head to the right say...

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

**"As-salaamu 'alaykum wa rahmatullah"**

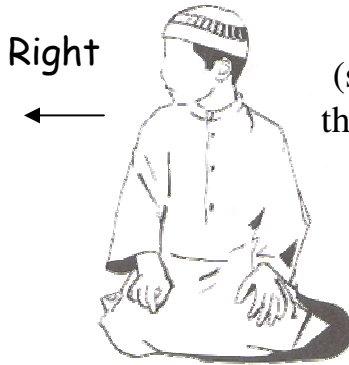
*Peace be upon you and the Mercy of Allah.*

Then turning your head to the left, say...

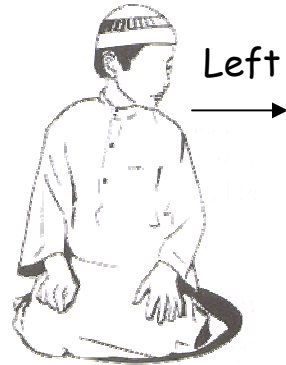
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

**"As-salaamu 'alaykum wa rahmatullah"**

*Peace be upon you and the Mercy of Allah.*



Make Salaam  
(salutation) first to  
the right and then to  
the left.



**End of Salah**

**After Salaam,  
Rasul (PBUH) used to recite:**

33 times Subhanallah (Glory to Allah)

33 times Alhamdulillah (All praise is for Allah)

34 times Allahu Akbar (Allah is the Greatest)

Total 100 times



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