

Short & Simple Series

Book of **SALĀH**

**A step-by-step illustrated guide to prayer
according to the Qur'ān and Sunnah**

Full colour print



Easy edition

Amīnur Rahmān Ibn H M Atāur Rahmān

Book of **SALĀH**

A step-by-step illustrated guide to prayer
according to the Qur'ān and Sunnah

Amīnur Rahmān Ibn H M Atāur Rahmān

Compiled & Edited by:
Amīnūr Rahmān Ibn H M Atāūr Rahmān
Old Hill Masjid & Madrasah
221 Halesowen Road
Old Hill, Cradley Heath
B64 6JE
England, UK

t: (+44) 01384566203
e: info@oldhillmasjid.org
w: www.oldhillmasjid.org

It is our humble request that if you find any mistakes or have any suggestions
then please forward your comments to the following email:
a.rahman@oldhillmasjid.org



Contents

Acknowledgement	v
Preface	vi
Importance Of Salāh (Prayer)	1
Steps For Performing Wuḍū'	2
Duā after Wuḍū'	6
The Things That Break Wuḍū'	6
Differences Of Men & Women's Salāh	7
Men & Women's clothing	8
Start Of Salāh	9
Niyah	9
Takbeer	9
Standing (Qiyām) hand & feet positions	10
Takbeer al-Tahrim / al-Ihraam- Start Salāh	12
Supplication after first Takbeer	13
Bowing (Rukū')	16
Standing After Bowing (Qauma)	19
Qiyaam-Rafa'h Min-Ar-Rukū'	19
Prostration (Sajdah)	21
Sitting (Jalsah)	26
Jalsah Istirahah	29
Second Rak'ah	30
All positions of prayer	33
The last Tashahhud	36
Duā in the last Tashahhud before finishing prayer	37
Salutation (Taslīm)- Finish Salāh	38

Duās After Salāh	40
Five Times Salāh At A Glance	41
Fard & Sunnah Prayers	41
Prayer times	41
Final Advice	42
Notes	43
Further Reading	44

Acknowledgement

Firstly, we thank Allāh, the Lord of all the worlds, for making this book possible. We ask that He accepts this humble effort and place it in the scales of good deeds.

This book was inspired by the memory of my late father Hafiz Muhammad Atāur Rahmān and my late grandfather Maulana Muhammad Mīzānur Rahmān.

My grandfather was a scholar of his time in Assam, India. After graduating from the Dar-Al-Hadīth Rahmāniya which was linked to the prestigious Rahimiya institute in Delhi, India, he moved back to Assam and served his community in teaching and spreading the Islamic Dawah.

My father, like his father before him, was a pillar of the community. He dedicated his time and effort to the education and welfare of his community in the UK and his native country, Bangladesh. He completed his Hifz and Qirah with Ijaza from Jamia Muhammadia institute, Gurjanwala, Pakistan. Later he graduated (Kamil) in the sciences of Hadīth. Throughout his life, he founded many Madrasah and helped establish Masjids in many places in Bangladesh.

After moving to the UK in the early 1980s, he formed a Bangladeshi Islamic community and later established a Masjid (Jame Masjid Quba that later became the Old Hill Masjid) for the local Muslims. My father strictly adhered to the Qur'ān and Sunnah and his Dawah was according to the path of the way of the Salaf-as-saliheen (Early righteous Muslims). His legacy continues in the many students he inspired and taught to be in the service of Islām.

My appreciation goes out to all the staff and students of Old Hill Madrasah (OHM), Madeenah Institute (Coventry, UK) and affiliates of Markazi Jamia Ahle Hadīth UK (MJAH) for proofreading and their invaluable contributions. Many others assisted in this work and are too many to mention; I pray that their efforts and times are also rewarded, Aameen.

All praise is for Allāh, the Lord of all the worlds and may He bless the last Messenger Muhammad (ﷺ) and his companions.

Amīnur Rahmān

September 2020 / Muharram 1442 AH

Preface

All praise belongs to Allāh, the lord of the Universe, and peace and blessings of Allāh be upon the last of His Messengers, our Prophet Muhammad (ﷺ), his Household and Companions.

This book from the “Short & Simple” series, the “Book of Salāh” has been very beautifully compiled and presented taking the Hadīth below of the Prophet (ﷺ) as a starting point.

صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

“Pray as you have seen me Pray”

(Al-Bukhārī No. 7246)

The Prophet (ﷺ) also said:

إِنَّ أَوَّلَ مَا يُحَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ فَإِنْ صَلَحَتْ فَقَدْ أَفْلَحَ وَأَنْجَحَ وَإِنْ فَسَدَتْ فَقَدْ خَابَ وَخَسِرَ

The first deed for which a person will be brought to account on the Day of Resurrection will be his Prayer, if it is good then he will have prospered and succeeded, but if it's bad then he will be domed and have lost.

(At-Tirmidhī No. 413: Sahih)

The book is designed primarily for the learners and students of Qur'an Schools or Madrasah. Nevertheless, it will also benefit Reverts (new Muslims) and any Muslim to aid them to learn the Fiqh of Salāh in a simple, summarised and authentic manner according to the Sunnah of the Prophet (ﷺ).

It was our aim to pick the shortest and the most authentic Duās sourced from Sahih Hadīth for easy learning where more than one Duā was available for the different positions of Salāh. Much thought and care have been taken to make this book look appealing to the reader by using large, easy to read, colourful text and photos. This edition has been simplified and shortened further to help children learn the basics easily hence it is the "Easy edition" of the original book under the same title.

Alhamdulillah we had the opportunity to supervise the process of the writing from the beginning by advice and commentary which our dear Brother Amīnur-Rahmān has taken to account and added to make the book similar to the books of the scholars that have been previously written.

An effort has been made to keep the book neutral as possible in the authentic methods of Salāh with regards to the different schools of thought. We pray that the reader finds this book an enjoyable experience and at the same time beneficial.

Upon this, we gift this book to every Muslim and we gift it to the late Scholar Maulana Hāfīz Muhammad Atāur-Rahmān Al-Bangali Al-Atharee (d. 2020), (Father of the compiler), who had the blessed idea of giving the permission to compile the book and then reading it before he passed away.

We ask Allaah to reward all with Jannat-al-Firdows and Make it as a means of ongoing charity for us and the reader and Allāh knows best.

Dr. Nasir Mustafa BI-Kheer Al-libee

Founder of Madeenah Institute, Coventry UK

Vice-President of Khatam al-Morsaleen University

Dean of Islamic Studies at Passion Islamic University USA

Member in the Islamic studies, Research & Fatwa Centre in Libya



Importance Of Salāh (Prayer)

In the Qur'ān Allāh assures the Muslims:

إِنَّ الصَّلَاةَ تَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ

Innas-Salaata tanhaa 'anil fah'shaaa-i wal munkar

Surely, Salāh keeps one away from shameful and evil deeds.

(Sūrah Ankabut 29:45)

The Prophet (ﷺ) 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 (ﷺ) said: That is the example of the five obligatory prayers with which Allāh blots out evil deeds.

(Al-Bukhārī No. 528)

The Prophet (ﷺ) further said:

The difference between a Muslim and a non-believer is the giving up of Salāh (Tarkus-Salaah).

(At-Tirmidhī No. 2622: Sahih)

NOTE: Imām Nawawi said while explaining this Hadīth: The Prayer is like a barrier between disbelief and Islām, therefore, whoever does not pray will enter in to disbelief (he will be a disbeliever).

Steps For Performing Wuḍū'

Make the **Niyyah** (intention) in your heart that this act of Wuḍū' is for the purpose of preparing for Salāh.

(There is no need to utter **Niyyah** by mouth, as it's not proven in the prophetic Sunnah).

Say the following (silently or in your head):

Bismillaah

In the name of Allāh, I begin.



Wash your hands up to the wrist and interlock fingers (takhleel-interlocking). Use your left hand to wash your right hand.

(3 times)

After that, use your right hand to wash your left hand. (3 times)



Wash your whole mouth & upper part of your throat do this thoroughly to get all the remaining food in your mouth out.

(3 times)



Inhale or throw water into your nose using your right hand. After which you will blow the water out using your left hand.
(3 times)

NOTE: It is permissible to take water into the mouth and nose with one handful at the same time.



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)



Wash your lower arms from the finger tips to the elbows, leave no part dry. Wash your right arm with your left hand.
(3 times)
Then wash your left arm with your right hand.
(3 times)



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



With the same water, wipe your ears inside and out by putting finger in all folds of ears and thumb behind it, wiping down.
(Once)

NOTE: Wiping over the neck (nape) is not a Sunnah and should be avoided.



Wash each of your feet, first right and then left.
Do so up to the ankles making sure that the whole foot is washed thoroughly including the heel.
(3 times)



Use your small finger to clean in between your toes to make sure water goes in between the toes.
(Takhleel-interlocking)



Or instead you can perform Masah (wiping), if you have the needed requirements for doing it. Wipe over the top part of your feet only from toes up to ankles, right foot then left foot.

NOTE: Wiping over leather and cotton socks are both permissible. Wiping is permitted for 1 day (24h) for resident (non-traveller) & 3 days (72h) for a traveller.

(Abu Dāwūd No. 159: Sahih, At-Tirmidhī No. 95: Sahih)

The Messenger of Allāh (ﷺ) said:

اَلطَّهْوَرُ شَطْرُ الْاِيْمَانِ

Attahooru shatrul-imaan

Cleanliness and purification are part of Imaan.

(Muslim No. 223)

Duā after Wuḍū'

After Wuḍū', recite the following:

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

Ash-hadu allaa ilaaha il-lallaahu wah-dahoo laa shareekalah
wa ash-hadu anna Muhammadan 'abduhuu wa rasuuluh

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

(Muslim No. 234)

The Things That Break Wuḍū'

1. Passage of anything through the private parts.
2. Discharge of impure bodily fluids (menses, semen).
3. Losing consciousness by sleep or fainting.
4. Touching the private parts directly without a barrier.
Eating camel meat.
5. Apostasy from Islām.

NOTE: Wind emitted from a woman's front passage, vomiting and bleeding does not break Wuḍū'.

Differences Of Men & Women's Salāh

Generally, all positions of prayer, **Qiyām** (standing), **Rukū'** (bowing), **Sajdah** (prostration), **Jalsah** (sitting) all are the same for both men and women. However, women generally are advised to conceal their bodies as much as possible during the prayer.

(Ibn abi Shayba, The Prophet's Prayer Described, Nasir al-Din al-Albani)



Clothing for both men and women should cover their '**Awrah**' (nakedness).

Men should cover from navel to the knees at least and the shoulders.

Women need to cover their whole body except the face and hands.



NOTE: There is no difference between Men and Women's Salāh except in their dress. It is acceptable for men to wear a hat for Salāh as it's not necessary; the prayer is valid without it.

Men & Women's clothing

For women, it is better to cover their feet during Salāh.
Men do not need to cover their feet during Salāh.



WRONG CLOTHING POSITIONS FOR MEN!



NOTE: Men should wear clothes above their ankles all the time; women should not.

Start Of Salāh

START

Before starting the prayer it is necessary to make the Niyyah.

Niyyah

(Niyyah means to make an intention to pray)

NOTE: No need to utter Niyyah by mouth, keep the intention in your mind. To say it is not the Sunnah and it's not necessary.

The Prayer begins with the Takbeer.

Takbeer

(Takbeer means to say 'Allaahu Akbar')

NOTE: The first Takbeer is called Takbeer al-Tahrim or Ihraam. After the first Takbeer normal actions like talking, looking around moving other than for positions of prayer is forbidden.

Allāh's Messenger (ﷺ) said:

صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

Salloo kamaa ra-aytumoonnee usallee

Pray as you have seen me praying.

(Al-Bukhārī No. 7246)

Standing (Qiyām) hand & feet positions

Stand upright:



Stand upright (straight) facing the Qiblah, whilst having Niyyah (intention in your heart) for the intended prayer (Salāh).

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

(Muslim No. 429)

Stand for prayer (Salāh) with your feet towards the Qiblah with a Sutra (barrier) in front you just beyond the place of prostration.

Keep the distance between your two feet according to your need, generally shoulder width.



WRONG HAND & FEET POSITIONS

Do not cross your hands or place your left hand over your right hand.



Do not stand too wide nor without feet level with rows.



Takbeer al-Tahrim / al-Ihraam - Start Salāh

Begin with the Takbeer:

Say: ALLAAHU AKBAR

Allāh is the Greatest

(Al-Bukhārī No. 789)

اللَّهُ أَكْبَرُ

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

(Abu Dāwūd No.759: Sahih)



NOTE: It is not Sunnah to touch the earlobes when raising the hands while saying Takbeer Tahrimah.

Supplication after first Takbeer

Then start the prayer with this supplication (Duā):

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Subhaanaka Allaahumma wa bihamdika wa tabaara-
kasmuka wa ta'aalaa jadduka wa laa 'ilaaha ghayruk

Glory is to You, O Allāh, and praise. Blessed is Your Name
and Exalted is Your Majesty. There is none worthy of
worship but You.

(Abu Dāwūd No. 775: Sahih)

Now say Ta'awuz (Ista'aadha):

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A-'udhu billaahi-minash-Shaytaanir-rajeem (silently)

I seek refuge with Allāh from the accursed devil (Shaitān).

(At-Tirmidhī No. 242: Hasan)

Then say Tasmiyyah (Basmalah)...

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaa-hir-Rahmaanir-Raheem (silently)

In the Name of Allāh, the Entirely Merciful, the Especially
Merciful.

...And recite Sūrah al-Fātihah:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Alhamdu lillaahi Rabbil-'aalameen

All praise and thanks are Allāh's, the Lord of the Worlds.

الرَّحْمَنِ الرَّحِيمِ

Ar-Rahmaanir-Raheem

The Entirely Merciful, the Especially Merciful.

مَلِكِ يَوْمِ الدِّينِ

Maliki yawmid-deen

The Only Owner of the Day of Recompense.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

Iyyaka na'budu wa iyyaka nasta'een

You (Alone) we worship, and You (Alone) we ask for help.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Ihdinas-siraatal-mustaqeem

Guide us to the Straight Way.

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

Siraatal-ladheena an'amta 'alayhim

The way of those on whom You have bestowed Your Grace.

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

Ghayril-maghdoobi 'alayhim walad-daalleen

Not (the way) of those who earned Your Anger, nor of those who went astray.

Then say: *Aameen*

(Al-Bukhārī No. 782) (Sūrah al-Fātiḥah 1:1-7)

Then recite a small chapter of the Qur'ān:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaa-hir-Rahmaanir-Raheem

In the Name of Allāh, the Entirely Merciful, the Especially Merciful.

قُلْ هُوَ اللَّهُ أَحَدٌ

Qul huwal-laahu ahad

Say: Allāh is Unique!

اللَّهُ الصَّمَدُ

Allaahus-samad

Allāh is the source [for everything];

لَمْ يَلِدْ وَلَمْ يُولَدْ

Lam yalid wa lam yuulad

He has not fathered anyone nor was He fathered,

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Wa lam yakul-lahoo kufuwan ahad

and there is nothing comparable to Him!

(Sūrah a-l-Ikhlās 112:1-4)

NOTE: You can also recite any other Sūrah or any part of the Qur'ān other than this.

(Al-Bukhārī No. 759)

Bowing (Rukū')
(Bowing/Bending forward)

Say the Takbeer again:

SAY: ALLAAHU AKBAR

Allāh is the Greatest

(Al-Bukhārī No. 789)

اللَّهُ أَكْبَرُ

Do RAFE' YADAIN (before Rukū'):

Rafe' Yadain means raising two hands to the ear lobes or the shoulders.

Saying Takbeer, raise both hands (palms facing the Qiblah) to your ear lobes or shoulders.

(Abu Dāwūd No. 722: Sahih)



Then go into bowing (Rukū'):

Your back and head should bend at 90° (ninety degrees) to the rest of your body. It should be like the 'L' shape.

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



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

(Abu Dāwūd No. 747: Sahih)

Head and eyes directed to the place of prostration (Sajdah). Eyes should not be towards the toes.



Say the following Duā in the Rukū':
(Recite it three or more odd times)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana Rabbiyal Azeem (x 3)

Glorified is my Lord, the Most Great

(Muslim No. 772)

WRONG RUKŪ' POSITIONS

Do not bend your body like a curve.
Do not raise your back too high.



Standing After Bowing (Qauma)

Qiyaam-Rafa'h Min-Ar-Rukū'

(After raising the head from Rukū')

In the Qauma position say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

SAMI-ALLAAHU LIMAN HAMIDAH

Allāh hears those who praise Him

(Al-Bukhārī No. 789)

While raising head from the Rukū', raise both hands (Rafe' Yadain), palms facing the Qiblah up to your ear lobes or shoulders and direct your head and eyes to the place of prostration (Sajdah).

(An-Nasāi No. 889: Sahih)



Then say the following Duā:

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

Rabbanaa wa lakal-hamd hamdan katheeran tayyiban mubaarakan feeh

Our Lord, praise is Yours, abundant, good and blessed praise.

(Al-Bukhārī No. 789 & Muslim No. 392)

After Rukū', stand upright (erect), hanging your two hands by your sides till every part of the body returns to its place or place back over your chest as in the standing position.

(Ibn Mājah No. 862, 1060: Sahih)



NOTE: During all positions of the prayer, the eyes must be focused down on the place of prostration (Sajdah).

Prostration (Sajdah)

While going down to Sajdah say the Takbeer:

SAY: ALLAAHU AKBAR

Allāh is the Greatest

(Al-Bukhārī No. 789)

اللَّهُ أَكْبَرُ

While going down to prostrate, you may place your hands or the knees on the ground first. Place your hands down on the ground below your ears. Forearms **must not** rest on the ground.

(Abu Dāwūd No. 732, 840: Sahih)

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

(Al-Bukhārī No. 809)



WRONG SAJDAH POSITIONS!

Nose **must not** be raised off the ground.



Forehead **must not** be raised off the ground.



Forearms **must not** touch the ground (as the prophet (ﷺ) said 'like a dog's sitting') rather there must be a space between those and the ground.



WRONG SAJDAH POSITIONS!

Do not lift up your palms.



Do not let your knees touch your chest.



Feet including toes **must not** be lifted and face away from the Qiblah.



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 flat on your palms with fingers together facing the Qiblah.

(Abu Dāwūd No. 732: Sahih)



(4, 5) Both knees.

(6, 7) The bottom of your toes (both feet) all pointing in the direction of the Qiblah with heels together.

(Al-Bukhārī No. 809)



Then while in prostration (Sajdah), say:
(Recite it three or more odd times)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana Rabbiyal-a'laa (x 3)

Glorified is my Lord, the Most High.

(Muslim No. 772)

NOTE: In the Sajdah position, there are many other supplications (Duā) that you can make.

The Sajdah position is the closest a person gets to his Lord, so increase in Duā as much as possible as the prophet (ﷺ) mentioned.

(An-Nasāi No. 1137: Sahih)

Now rise up and while rising from Sajdah to the sitting position (Jalsah), say the Takbeer:

SAY: ALLAAHU AKBAR

Allāh is the Greatest

(Al-Bukhārī No. 789)

اللَّهُ أَكْبَرُ

Sitting (Jalsah)

Sit upright:

In between two prostrations (Sajdah), sit on your left foot with your right foot vertical to the ground. Face your toes pointing in the direction of the Qiblah to the best of your ability without a burden.

(Abu Dāwūd No. 967: Sahih)



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

(Abu Dāwūd No. 958: Sahih)



While sitting say:

رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي

Rabbighfir lee, Rabbighfir lee

My Lord, forgive me. My Lord, forgive me.

(Ibn Mājah No. 897: Sahih)

Go to Sajdah and while going down to Sajdah again say the Takbeer again:

SAY: ALLAAHU AKBAR

Allāh is the Greatest

(Al-Bukhārī No. 789)

اللَّهُ أَكْبَرُ



Then while in prostration (Sajdah), say:
(Recite it three or more odd times)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana Rabbiyal-a'laa (x 3)

Glorified is my Lord, the Most High.

(Muslim No. 772)

NOTE: In the Sajdah position there are many other supplications (Duā) that you can make.

Now rise up again and while rising from Sajdah to the sitting position (Jalsah), say the takbeer:

SAY: ALLAAHU AKBAR

Allāh is the Greatest

(Al-Bukhārī No. 789)

اللَّهُ أَكْبَرُ

NOTE: The prostration (Sajdah) position is the closest a person gets to Allāh.

Jalsah Istirahah

After the second Sajdah, sit for a short moment before standing up again. You do not have to say anything in this position.

(Al-Bukhārī No. 677)



All of the above actions complete one Rak'ah or a single unit of prayer. Depending on which prayer you are praying, you need to repeat this process two, three or four times.

Second Rak'ah

Stand up to offer second Rak'ah:

To stand up for a second Rak'ah fold your fingers into a fist and push yourself up from the ground.



Place the right hand over the left hand, and then place both of your hands over your chest.



Keep the distance between the feet according to your need.



Begin the Rak'ah with Sūrah al-Fātihah then recite a chapter of the Qur'ān:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaa-hir-Rahmaanir-Raheem

In the Name of Allāh, the Entirely Merciful, the Especially Merciful.

إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ

Inna a'tainakal-Kauthar

Verily, We have granted you Al Kauthar (a river in the Paradise).

فَصَلِّ لِرَبِّكَ وَانْحَرْ

Fasalli lirabbika wanhar

Therefore, turn in prayer to your Lord and sacrifice (to Him only).

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

Inna shaani'aka huwal- abtar

For the one who hates you (your enemy), he will be cut off.

(Sūrah al-Kauthar 108:1-3)

NOTE: You can recite any other Sūrah or any part of the Qur'ān other than this Sūrah. Reciting only Sūrah al-Fātihah in the 3rd and 4th Rak'ah of Salāh will suffice also.

After this, repeat the same actions in the second Rak'ah as in the first Rak'ah:

1. **QIYĀM STANDING**
(Saying Takbeer - Allāhu Akbar)
2. **RUKŪ' BOWING**
(Going into bowing position)
3. **QIYĀM STANDING**
(Standing upright from Rukū' and raising both hands)
4. **SAJDAH PROSTRATION**
(Going into the first Prostration)
5. **JALSAH SITTING**
(Rising for sitting between two Sajdah)
6. **SAJDAH PROSTRATION**
(Going into the second Sajdah)
7. **JALSAH SITTING**
(Sitting up for short while)

All positions of prayer

1. QIYĀM



2. RUKŪ'



3. QIYĀM



4. SAJDAH



5. JALSAH



6. SAJDAH



7. JALSAH



After raising your head from the second Sajdah of the second Rak'ah, sit (Jalsah) for Tashahhud:

Sit relaxed for the first Tashahhud with your back straight to the ground, your left hand resting comfortably on your left thigh and knee.

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

(Abu Dāwūd No. 967: Sahih)



With the thumb and middle finger of your right hand, form a circle like 'O', and then point your index finger in the direction of the Qiblah. Keep the index finger still or move it slightly, up and down, while fixing your eyes on it till the end of Duā.

(Abu Dāwūd No. 957: Sahih)



Then recite the following Duā:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ 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

At-tahiyyatu lillaahi was-salawaatu wat-tayyibaatu as-salaamu ‘alayka, ayyuhan-nabiyyu wa rahmatullaahi wa barakaatuhu, as-salaamu ‘alaynaa wa ‘alaa ‘ibaadil-lahis-saliheen. Ashhadu allaa ilaaha il-lallaahu wa ashhadu anna Muhammadan abduhoo wa rasooluh

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

(Al-Bukhārī No. 831 & Muslim No. 402)

If this is not the last unit of prayer (Rak'ah), then stand for the third Rak'ah, following all the steps like before from standing to bowing, and then standing again to prostrations and then to sitting. You may then stand for fourth Rak'ah depending on the prayer you are praying. If this is the last Rak'ah, then sit for the last Tashahhud before ending your prayer.

The last Tashahhud

In the last Tashahhud, sit relaxed on your buttocks along with your left thigh and your left foot coming under your right leg.

(Abu Dāwūd No. 988: Sahih)

Sit comfortably with your left hand resting on your left thigh and knee.

(Muslim No. 579)



Raise your right foot vertical to the ground with toes in the direction of the Qiblah.

(An-Nasāi No. 1158: Sahih)

Point your index finger in the direction of the Qiblah while fixing your eyes on it.

(Abu Dāwūd No. 990: Hasan)



Duā in the last Tashahhud before finishing prayer

Read the same Duā as in the first Tashahhud (At-tahiyyatu...) then recite the following Duā:

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ
عَلٰى اِبْرَاهِيْمَ وَ عَلٰى آلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مُّجِيْدٌ،
اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ
عَلٰى اِبْرَاهِيْمَ وَ عَلٰى آلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مُّجِيْدٌ

Allaahumma salli 'alaa Muhammad wa 'aala aali
Muhammad kama sallayta 'alaa Ibraaheema wa 'alaa
aali Ibraaheema innaka hameedum-majeed

Allaahumma barik 'alaa Muhammad wa 'alaa aali
Muhammad kama baarakta 'alaa Ibraaheem wa 'alaa
aali Ibraaheema innaka hameedum-majeed

O Allāh bestow Your favour on Muhammad and on
the family of Muhammad as You have bestowed Your
favour on Ibrahim and on the family of Ibrahim, You are
Praiseworthy, Most Glorious.

O Allāh, bless Muhammad and the family of Muhammad
as You have blessed Ibrahim and the family of Ibrahim,
You are Praiseworthy, Most Glorious.

(Al-Bukhārī No. 3370)

Salutation (Taslīm) - Finish Salāh

To finish say:

اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

As-salaamu 'alaykum wa rahmatullaah

Peace be upon you and the Mercy of Allāh.

(Al-Bukhārī No. 838)



While in sitting position, say the Taslīm, first turning your head over your right shoulder.

Then say the Taslīm, turning your head over your left shoulder.

اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

As-salaamu ‘alaykum wa rahmatullaah

Peace be upon you and the Mercy of Allāh.

(Al-Bukhārī No. 838)



FINISH

Duās After Salāh

After Taslīm (Salaam) say:

Allaahu Akbar (x1) Allāh is the greatest.	اَللّٰهُ اَكْبَرُ
Astaghfirullaah (x3) I ask Allāh for forgiveness.	اَسْتَغْفِرُ اللّٰهَ

Then say:

SubhanAllaah (x33) Glory to Allāh	سُبْحَانَ اللّٰهِ
Alhamdulillaah (x33) All praise is for Allāh	اَلْحَمْدُ لِلّٰهِ
Allaahu Akbar (x33) Allāh is the greatest	اَللّٰهُ اَكْبَرُ

+ 1 time Duā below

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Laa ilaaha ill-Allaahu waḥdahoo laa shareeka lahoo
lahul-mulku wa lahul-ḥamdu wa huwa 'alaa kulli shay'in
qadeer

None has the right to be worshipped except Allāh,
alone, without partner, to Him belongs all sovereignty
and praise and He is Able to do all things.

(Muslim No. 583, 591, 2691)

Five Times Salāh At A Glance

Fard & Sunnah Prayers

Fard (obligatory) prayers are those that a Muslim must pray. Sunnah (recommended optional) prayers are those which the prophet (ﷺ) use to pray before or after the obligatory prayers.

Prayer times

The five daily prayer times are specified during the day and night and they consist of units of prayer or Rak'at (plural of Rak'ah).

Waqf Time of Prayer	Sunnah Rak'at before Fard	Fard Rak'at	Sunnah Rak'at after Fard
Fajr Before Dawn	2	2	
Dhuhr After Midday	4	4	2
Asr Late Afternoon	4	4	
Maghrib After Sunset	2	3	2
Ishaa Night	2	4	2
Total Obligatory (Fard) units = 17 Rak'at			

NOTE: There are other optional (Nafl) prayers beyond that which is stated above, which are also permissible.

Final Advice

Dear Student,

All perfect and complete praise with love and veneration is exclusive to Allāh, the Lord of the worlds and may the praise in the most noble of gatherings and His peace descend upon the final Messenger Muhammad (ﷺ).

We are reminded, in the Qur'ān, of the one thing that we cannot escape, that is death. All of us will die one day, and the only things that will count before Allāh are our good deeds with sincere intention.

Allāh says:

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ

Kullu nafsīn dhaa-ikatul maut

Every soul will taste death.

(Āl-Imran 3:185)

With this fact assured, we should strive to keep up our obligations; praying five times a day for a Muslim is one of the obligations.

You should also keep in mind that the first thing we will be asked about on the Day of Judgment is about our Salāh. If our Salāh is good then what follows will be good and if our Salāh is missing then we will have to answer to Allāh for our mistakes.

May Allāh guide us always closer to the truth, and all success is from Allāh alone. We ask Allāh to forgive us for our mistakes and give us success in this life and the next, Aameen.

Notes

Further Reading

Qur'ān & Tafseer

Interpretation of the meaning of The Noble Qur'ān in the English language (2011)

Dr Muhammad Muhsin Khan & Taqi-Ud-Din Al-Hilali, Darussalam Publications

Tafsir Ibn Kathir (10 Vol. Set) (Qur'ān Tafseer) (2003)

Imām Ibn Kathir, Darussalam Publications

Hadīth

Sahih Al-Bukhārī, English Translation Of Sahih Al-Bukhārī (9 Vol. Set) (1997)

Translated by Dr. Muhammad Muhsin Khan, Darussalam Publications

Sahih Muslim, English Translation Of Sahih Muslim (7 Vol. Set) (1st edition, 2007)

Imām Abul Hussain Muslim Ibn al-Hajjaj, Translated by Nasiruddin al-Khattab, Darussalam Publications

Sunan Abu Dāwūd, English Translation Of Sunan Abu Dāwūd (5 Vol. Set) (1st edition, 2007)

Imām Abu Dāwūd Sulaiman Bin Ashath, Translated by Yaser Qadhi (USA)

Jami At-Tirmidhī, English Translation Of Jami At At-Tirmidhī (6 Vol. Set) (1st edition, 2008)

By Hāfiz Abu Eisa At-Tirmidhī, Translated by Abu Khaliyl

Sunan Ibn Mājah, English Translation Of Sunan Ibn Mājah (5 Vol. Set) (1st edition, 2007)

Imām Muhammad ibn Majah Al-Qazwini, Translated by Nasiruddin Al Khattab, Darussalam Publications

Sunan An-Nasāi, English Translation Of Sunan An-Nasāi (6 Vol. Set) (1st edition, 2007)

Imām Hāfiz Abu Abdur Rahmān Ahmad bin Shu'aib bin Ali An An-Nasāi, Translated by Nasiruddin Al Khattab, Darussalam Publications

Musnad Imām Ahmad Bin Hanbal , English Translation of Musnad Imām Ahmad Bin Hanbal (2012)

Abu Abdullah Ahmad bin Muhammad bin Hanbal Ash-Shaibani, translated by Nasiruddin Al Khattab, Darussalam Publications

Muwatta Imām Malik (1991)

Professor Muhammad Rahimuddin, Muhammad Ashraf Publishers

Collection from Riyad-us-Saliheen (1st edition, 1999)

Al Imām Abu Zakariya Yahya bin Sharaf An-Nawawi, commentary by Hāfiz Salāhuddin Yusuf, Darussalam Publications

Bulugh Al Maram: Attainment of the Objective (2nd edition, 2002)

Muhammad bin Ismail Al-Sanani, Darussalam Publications

Al-Lulu Wal Marjan - Pearls & Corals (2 Vol. Set) (1st edition, 1995)

Fuwad Abdul Baqi, Translated by Dr. Muhammad Muhsin Khan, Darussalam Publications

The Explanation of Imām An Nawawi's 40 Hadīth (2015)

by Dr Saalih al-Fawzaan, Dar Makkah International

Forty Hadīths on Good Moral Values (2010)

Yahya M. A. Ondigo, IIPH (International Islamic Publishing House)

Forty Hadīths on Poisonous Social Habits (2012)

Yahya M. A. Ondigo, IIPH (International Islamic Publishing House)

Aqīdah

The correct Islamic Aqīdah & that which opposes it (2014)

Shaykh Abdul-Aziz ibn Baz, Dar as-Sunnah Publishers

Fundamental beliefs of a Muslim (2012)

Shaykh Salih ibn Fawzan ibn Abdullah al-Fawzan, Sunnah Publishing

The explanation of the fundamentals of Islamic belief (2007)

Shaykh Muhammad ibn Salih al-Uthaymeen, Islāmhouse

Kitab at-Tawhīd, The book of monotheism (1st edition, 1996)

Shaykh-ul- Islām Muhammad bin Abdul-Wahhab, Darussalam Publications

The fundamentals of Tawheed (2nd edition, 2006)

Dr. Abu Ameenah Bilal Philips, IIPH (International Islamic Publishing House)

The creed of Ibn Abi Zayd al-Qayrawani (1st edition, 2012)

Imām Muhammad Abdullah ibn Zayd al-Qayrawani, Dar as-Sunnah Publishers

The renewal of faith (1st edition 2003)

Dr. Syed Shafiq-ur-Rahmān, revised in English by Dr. Manaal Afzal, Dar al-Kitab wa al-Sunnah International Publishing

Islamic Creed series 1-8 (5th English Edition, 2005)

Dr. Umar S. al-Ashqar, IIPH (International Islamic Publishing House)

The Muslim Creed (2nd edition, 2004)

Dr. Shuaib Hassan, Dar as-Sunnah Publishers

The pillars of Islām & Īmān (1996)

Muhammad bin Jamil Zeno, Darussalam Publications

Taqwiyat-ul-Īmān [Strengthening of the faith] (2nd edition, 2002)

Shah Ismail Shaheed, Darussalam Publications

Salāh & Purification

Description of the Prophet's Prayer (1st edition, 2013)

Imām Muhammad Nasir Al-Din al-Albani, Daar as-Sunnah Publishers, Birmingham, UK

The Prophet's Prayer Described (2015)

Muhammad bin Salih Al-Uthaimeen, Hikmah Publication, Philadelphia, USA

How to Pray According to the Sunnah of the Prophet (2010)

Abdul Aziz Bin Abdullah bin Baz, Darussalam Publications

Common Mistakes Regarding Prayer (2010)

Shaykh Mashoor Salman, IIPH (International Islamic Publishing House)

An Explanation Of The Conditions, Pillars & Requirements Of Prayer (2007)

Shaykh Abdul-Muhsin Al-Abbad, Al Ibaanah Publications

Salatur Rasool (sm) (1st English edition, 2011)

Muhammad Asadullah Al-Ghalib, Hadeeth Foundation Bangladesh

A Guide to Salāh (Prayer) (2013)

Muhammad Abdul Karim Saqib, Taha Publishers

Salāh-The practical guide to performing prayer (3rd edition, 2015)

Albirr Foundation UK

Fiqh us-Sunnah (5 Vol. Set) (2007)

As-Sayyid Sabiq, Adam Publishers

A summary of Islamic Jurisprudence (2 Vol. Set) (2005)

Professor Salih al-Fawzan, Al-Maiman Publishing House, KSA

Duā

Fortress of the Muslim (Hisnul-Muslim) (2009)

Compiled by Sa'id Wahf Al-Qahtani, Darussalam Publications

My Duā Book (2002)

Darussalam Research Division, Darussalam Publications

Al-Adab Al-Mufrad (2005)

Imām Al-Bukhārī, UK Islamic Academy

Seerah & Islamic History

The Sealed Nectar (Ar-Raheequl-Makhtum) (1996)

Saifiur-Rahmān Al-Mubarakpuri, Darussalam Publications

The History of Islām (3 Vol. Set) (2000)

Akbar Shah Najeebabadi, Darussalam Publications

Online resources

www.duas.com

www.sunnah.com

www.quranexplorer.com

www.clearquran.com

www.islamqa.info

www.darussalam.com

www.oldhillmasjid.org

Note: Most of the references used in this book are taken from on-line resources especially www.duas.com and www.sunnah.com.



إِنَّ الصَّلَاةَ تَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ

This book is designed primarily for the learners and students of Qur'an Schools / Madrasah. Nevertheless, it will also benefit Reverts (new Muslims) and any Muslim to aid them to learn the Fiqh of Salāh in a simple, summarised and authentic manner according to the Sunnah of the Prophet (ﷺ).

**Surely,
Salāh keeps
one away
from shameful
and evil deeds**

(Al-Qur'ān 29:45)

Easy edition

ISBN 978-1-916669-03-9



9 781916 689039