

PRAYER (SALAH) IS ONE OF THE FUNDAMENTAL PILLARS OF .ISLAM

It was the first act of worship that was made obligatory by Allah¹ and it is the last thing to be taken away from the religion. When it perishes, Islam will perish. Its obligation was revealed directly to the Prophet ﷺ, during his ascension to the heaven and it was made obligatory upon every sane, adult Muslim

Salah is the first action that a believer will be questioned about, for the Messenger of Allah ﷺ said,

“The first act that the slave will be accountable for on the Day of Judgement will be prayer. If it is good, then the rest of his acts will be good. And if it is deficient, then the rest of his acts will be deficient”. (An-Nasa’i)

The importance of Salah is so great that one is ordered to observe it in all occasions, whether one is healthy or sick, whether one prays standing, sitting or lying down,

whether one is travelling or residing and whether one is safe or in fear.

Salah is our key to success in this world and in the hereafter. Allah ﷻ says in His Glorious Book, *“Successful indeed are the believers who are humbly submissive in their prayers”* and in another verse *“And who pay heed to their prayers. These are the heirs who will inherit Paradise. There will they abide ” (Al-Mu’minun: 1-2, 9-11)*

The main purpose of this booklet is to help you learn how to pray correctly as taught to us by the Prophet Muhammad ﷺ. It provides a simplified, illustrated step-by-step guide to Salah and Ablution(Wudu’) which we hope will get you up and running quickly.

For a more detailed and comprehensive explanation, please refer to your local masjid or islamic bookstore for an advanced book on Salah.

We ask Allah to accept from us our actions and forgive us for our shortcomings, and you will find the contents of this booklet beneficial.

¹The Name indicative and all-inclusive of every Divine Name and Attribute of Absolute Perfection: the One God, the Maker, the Almighty, the All-Merciful, etc.; in Arabic it means: The One exclusively worthy of deification and worship.



DEFINITION OF SALAH

The Arabic word Salah originates from the word silah which means connection. The Islamic definition of Salah is the name given to the formal prayer of Islam. The prayer is one of the obligatory rites of the religion, to be performed five times a day by every obedient adult Muslim. It is a connection between the human and his Creator Allah ﷻ¹.

SECOND PILLAR OF ISLAM

Salah is the second pillar of Islam. Performing Salah is the first priority after belief in the Oneness of Allah ﷻ and in the prophethood of Muhammad ﷺ².

It is such an important pillar, that Muslims are called upon to perform this act of worship in all circumstances without fail.

WHO MUST PRAY

Prayer is obligatory upon every sane adult Muslim. A person is considered an adult upon reaching puberty.

There are four signs of puberty (any one of these signs means the person has reached puberty):

1. Wet dreams
2. Pubic hair
3. Menstruation (for girls)
4. Reaching the age of 15

¹This calligraphy symbol, which is placed after mentioning the name of God (Allah), means 'Glorified and Exalted is He', and is a sign of reverence. The letters (SWT) may be used in its place, which is an acronym and transliteration of the Arabic words (Subhana Wa Ta'ala) with the same meaning

²This calligraphy symbol is often placed after mentioning the name of the Prophet Muhammad. It means 'Allah's praise and peace be upon him'. The letters (SAW) may also be used in its place, which is an acronym and a transliteration of the Arabic words (Sallallahu Alayhi Wa sallam) with the same meaning

THE NAMES AND TIMES OF THE 5 DAILY SALAH



2 UNITS

Fajr

The Dawn Prayer

is performed after 'true' dawn (also known as morning twilight) when the first light appears across the full width of the horizon, and before sunrise. It consists of 2 units (rak'ah).

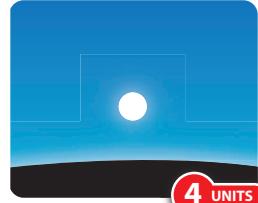


4 UNITS

Dhuhr

The Noon Prayer

is performed when the sun begins to decline from the zenith point. It consists of 4 units (rak'ah).



4 UNITS

'Asr

The Afternoon Prayer

is performed midway between noon and sunset. It consists of 4 units (rak'ah).



3 UNITS

Maghrib

The Sunset Prayer

is performed immediately after sunset. It consists of 3 units (rak'ah).



4 UNITS

Isha'

The Night Prayer

is performed after twilight up until fajr although it is preferred to be prayed before the middle of the night. It consists of 4 units (rak'ah).

PRAY ON TIME

Remember, it is best to perform each of the five obligatory prayers as soon as the time has commenced, as it is not permitted to delay them without a valid reason, and it must not be delayed beyond its permitted time.

MISSED PRAYERS

It is a major sin to miss a prayer deliberately; the missed prayer must be made up as soon as it is remembered. Any made-up prayer is performed in the exact manner it is prayed during its specified time.

PRAYER CALENDARS

It is advised that you refer to an Islamic prayer timetable published by one of the local Islamic centres in your city for exact prayer times throughout the year.

Allah says:

“Indeed, prayer has been decreed upon the believers a decree of specified times.”
(An- Nisaa' 4:103)

THE COMPULSORY AND SUNNAH PRAYERS

The table below shows the number of compulsory and sunnah prayers together with the number of units of each prayer which are known as 'Rak'ah'. Rak'ah are cycles of movement and recitations and are repeated for a specific number of times within each prayer.

There are five compulsory prayers each day. These prayers are called "Fard" (Obligatory). The compulsory prayers are highlighted in the table.

The table also shows additional prayers with the number of "Rak'ah". The additional prayers are known as "Sunnah". The word "Sunnah" refers to the ways of life and practices adopted by Muslims based on the teachings and practices of the Prophet Muhammad (peace be upon him). These prayers are highly recommended and voluntary.

Prayer	Before (Sunnah)	Compulsory	After (Sunnah)
Fajr	2	2*	—————
Dhuhr	2 + 2	4	2 or (2 + 2)
'Asr	2 + 2	4	—————
Maghrib	2	3*	2
Isha'	2	4*	2

* The Qur'anic recitation of the first two units of each of the prayers which have the asterisk besides them should be read aloud. All other units of these prayers and other prayers without an asterisk should be recited silently.

PURIFICATION AND CLEANLINESS - TAHAARAH

Purification is a very important matter in Islam. One must purify their intention for Allah alone and purify their bodies and clothes before beginning the Prayer.

Hygiene and cleanliness are very important aspects of a Muslim's life. One must ensure that their bodies, clothing and place of prayer is free from impurities such as urine, faeces and any other impure substances. After going to the toilet, it is recommended to wash the private parts with water if it is available and does not cause harm (due to injury for example).

It is obligatory to have a full shower known as Ghusl after intimate relations between the husband and wife, after ejaculation (due to a wet dream, for example), and upon completion of a woman's menses or post-natal bleeding.

INTENTION – AN-NIYYAH

All actions in Islam require a clear intention before performing the act, with the action to be performed purely for the sake of Allah.

The place of the intention is the heart.

In the Glorious Quran, Allah ﷻ states

“Truly, Allah loves those who turn unto Him in repentance and He loves those who purify themselves” (Al-Baqarah: 222)

The Prophet ﷺ said:

“Actions are only by intentions and every man has only that which he intended ...”
Sahih al-Bukhari

ABLUTION – WUDU'



THE IMPORTANCE OF WUDU'

The Prophet Muhammad ﷺ said: "The Salah (prayer) of anyone of you who has invalidated his purification, is not accepted unless he makes wudu." (Bukhari)

THE VIRTUES OF WUDU'

The Prophet Muhammad ﷺ said: "When the Muslim or believing servant performs ablution and washes his face, each sin he has committed by his eyes washes away with the water. When he washes his hands, each sin his hands have committed washes away with the water – or with the last drop of water until he becomes free of sin." (Malik and others).

BEFORE DOING WUDU'

- 1 If required you should use the toilet first and wash the private parts before performing wudu'.¹
- 2 It is a good practice to clean the teeth with a "siwak" or "miswak" (Tooth stick) before making wudu'. This again is a sunnah practice taught by the Prophet Muhammad (SAW).
- 3 Before starting wudu it is important to make a sincere intention to cleanse yourself only for the purpose of wudu. Make sure that your heart intends to perform wudu for Allah (SWT).

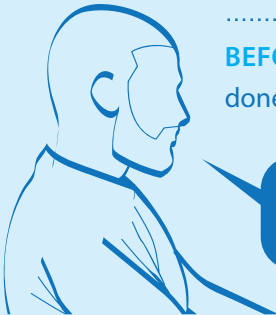
¹The Prophet (peace and blessings of Allaah be upon him) said: "You should not pray when food is ready or when resisting the urge to urinate or defecate." (Muslim).

The reason for that is that this prevents a person from having the necessary presence of mind and humility in the prayer. However, if a person prays in this state, his prayer is valid.

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

THE FOLLOWING STEPS MUST BE OBSERVED IN ORDER .

STEP 1



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

*Bismillah*¹

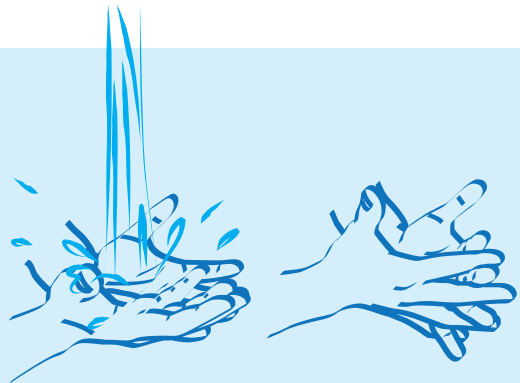
In the name of Allah

بِسْمِ اللَّهِ

STEP 2

x3

Completely washing the hands including the wrists and between the fingers (3 times).



¹This transliteration is not the certified one but to make it easy to say arabic words if you want to learn the certified transliteration, please visit <http://transliteration.org>

STEP 3**x3**

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

STEP 4**x3**

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**x3**

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

STEP 6

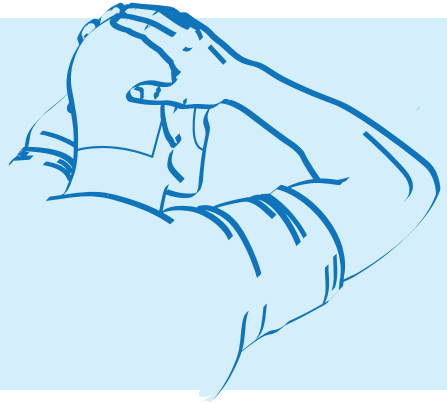
x3

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**

x1

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**

x1

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



STEP 9

x3

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



STEP 10

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*Ash-hadu allaa 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.

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

*Allahuma ij-'alnee minat-tawabeen waj-'alnee
minal-mutatahireen*

Oh Allah, make me among those who turn in repentance to
you and make me among those who purify themselves.

* It is permissible for you to dry yourself following wudu using a clean towel.

The Prophet

Muhammad ﷺ

said: "Whoever performs Wudu' well then says, (the mentioned supplication); the eight gates of Paradise will be opened for him to enter through any one he wills." (Muslim)

AL-MAS-H (WIPING)

Wiping with wet hands just once over the top of leather shoes, boots or socks is permitted. This is provided the whole foot including the ankles and toes are covered by whatever is worn, and in addition that wudu has been performed prior to wearing them.

This is allowed for 24 hours from the time of ablution, and for 3 days if the person is travelling on a journey. After this time, the feet must be washed when performing wudu' and the period of al-mas-h (wiping) is restarted.

Similarly if there is a wound in any parts of the body which has to be washed in ablution, and if washing that particular part is likely to cause harm, it is permissible to wipe the dressing of the wound with a wet hand.

ACTIONS THAT NULLIFY WUDU'

Wudu' is broken and must be performed again before praying if any of the following acts occur :

1. Passing wind.
2. Passing urine or faeces.
3. Deep sleep, whereby one loses awareness.
4. Unconsciousness or intoxication.
5. Touching the private parts with the hand and fingers without a barrier.
6. Intimate relations between husband and wife or ejaculation (due to a wet dream, for example). A full shower known as Ghusl is required in this situation.

If a person forgets whether they have nullified their wudu' or not, then their wudu' is NOT nullified (regardless of whether the person is praying or not) until they are certain that they have nullified their ablution through one of the acts listed above.

Note:

A menstruating or post natal woman must not pray as long as blood is visible. Her missed prayers do not have to be made up.



PRAYER – SALAH



BEFORE YOU BEGIN THE PRAYER:

Before you begin the prayer, you must ensure you fulfill the following requirements (where possible):

- 1** Wearing the correct clothing.

 -  A man must cover the front and back of his body between his navel and knees, as well as both his shoulders when praying. The garments must be loose and non-transparent.
 -  A woman must cover her entire body, except for her hands and face. The garments must be loose and non-transparent.
- 2** Ensuring body, clothing, and place of prayer is free from impurities.
- 3** Being in a state of purity. i.e. to have Wudu' (Ablution)
The Prophet ﷺ said: "Allah does not accept prayer with out purity." (Muslim)
- 4** The time for the prayer has started. Allah ﷻ says: "Verily, the prayer is enjoined on the believers at fixed times."
- 5** Facing the Qiblah - Direction of the Ka'bah.
Where ever a Muslim is in the world, they must face towards Makkah for prayer. There are special compasses designed to help you find the Qiblah direction.
<http://www.qiblalocator.com>
The intention of a Muslim to do anything is very important. Whenever a Muslim does anything either obligatory, sunnah or otherwise, it is important that the heart makes the intention of the action for Allah (SWT) first.
- 6** Praying to a Sutra (an object placed in front of the praying person to prevent people from walking within his praying area) is a Sunnah. The Prophet said: "When anyone of you performs a prayer, he has to place a Sutra and should be close to it "(Tirmidhi)

HOW TO PERFORM SALAH (STEP-BY-STEP)

PERFORMING THE FIRST RAK'AH (UNIT) OF PRAYER.

After facing the Qiblah, the person should make his intention about the particular obligatory or optional prayer they intend to perform.

STEP 1



In the standing position, raise both hands so that your finger tips are in line with the shoulders or ears. Your palms should be facing outward. Then say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

STEP 2

Place your hands on your chest, with the right hand over the left. Then say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oothu billaahi minash-shaytanir-rajeem
I seek refuge with Allah from Satan the accursed





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

①

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

②

Al-hamdu lillaahi rabbil 'aalameen

Praise be to Allah the Lord of the Worlds

الرَّحْمَنِ الرَّحِيمِ

③

Ar-rahmaanir-raheem

The Most Beneficent, the Most Merciful

مَالِكِ يَوْمِ الدِّينِ

④

Maaliki yawmiddeen

Master of the Day of Judgement

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

⑤

Iyyaaka na'budu wa iyyaaka nasta'een

You alone we worship and in You alone we seek help

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

⑥

Ihdinas-siraatal mustaqeem

Guide us to the straight path



7

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

Siratallatheena an'amta 'alayhim

The way of those whom You have favoured

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

Ghayril maghdoobi 'alayhim

Not the way of those who have earned Your anger

وَلَا الضَّالِّينَ

Waladdaalleen

Nor of those who have gone astray

آمِينَ

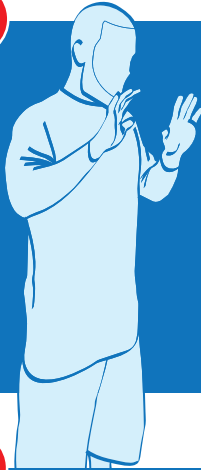
Aameen

Oh Allah answer our prayer!

Recite another chapter from the Qur'an if this is the 1st or 2nd Rak'ah (Unit). Refer to the end of this booklet for some short chapters from the Qur'an.

In the 3rd and 4th Rak'ah (Unit), only recitation of the Fatiha is required.

STEP 5



In the standing position, raise both hands as in Step 1. Then say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

STEP 6

You should now be in the bowing (rukoo') position.

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana rabbiyal 'atheem
Glory be to my Lord the Supreme

x3 Say this 3 times



STEP 7

Next, come up from the bowing position into the standing position.



As you are coming up say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'-Allaahu liman hamidah
Allah listens to the one who praises him

STEP 8

Now you should be in the standing position with your hands by your sides.



In this position say:

رَبَّنَا وَ لَكَ الْحَمْدُ

Rabbanaa wa lakal hamd

Our Lord, and to You belongs the praise

STEP 9

Next you go into the prostration (sujood) position as described below.

As you go into this position say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

Important: In the prostration position (sujood), ensure:

1. The nose and forehead are touching the ground
2. The two palms are on the floor with fingers together
3. The two knees are on the floor
4. The toes of both feet are upright and not laying flat on the floor

In the sujood position say the following 3 times:

x3

Subhaana rabbiyal a'laa

Glory be to my Lord Most High

سُبْحَانَ رَبِّيَ الْأَعْلَى



STEP 10

Next you come up into the sitting position, saying:

In this position, sit on the left calf, with the left foot along the ground and the right foot upright. The toes of the right foot should be facing the Qiblah and the hands should be placed on the knees.



Allaahu Akbar

Allah is Greatest

الله أكبر

In the sitting position say the following (3 times):

رَبِّ اغْفِرْ لِي

x3

Rabbighfirlee

Oh Allah, forgive me

STEP 11

Next you go into the prostration (sujood) position for a second time as described in step 9. As you go into this position say:

Allaahu Akbar

Allah is Greatest

الله أكبر

In the sujood position say the following 3 times:

x3

Subhaana rabbiyal a'laa

Glory be to my Lord Most High



سُبْحَانَ رَبِّيَ الْأَعْلَى

. The first unit is now complete

Now you should complete the second/ final Rak'ah (unit).

PERFORMING EACH SECOND OR FINAL RAK'AH (UNIT) OF PRAYER.

In every second Rak'ah of prayer we complete these two Rak'ah with a recitation called the 'Tashahhud' before moving on to the next rak'ah.

To complete every second Rak'ah, follow steps three to eleven and whilst raising into the sitting position for the second time from the sujood position, say "Allahu Akbar" Allah is the Greatest. Then, whilst in the sitting position, raise the index finger of the right hand and point toward Qiblah and recite the Tashahhud as below:

The final Rak'ah of every prayer is also completed in the same way by reciting the Tashahhud. However an additional recitation is recited after the Tashahhud asking for the blessings of the Prophet Muhammad (SAW) as Allah (SWT) blessed the Prophet Ibrahim (peace be with him) as follows:﴿

Allahuma salli ala Muhammad, wa ala alli Muhammad, kamma salliata ala Ibrahim wa ala ali Ibrahim innaka hamidon masjid. Allahuma barak ala Muhammad wa ala ali Muhammad, kamma barakta ala Ibrahim wa ala ali Ibrahim innaka hamidon majeed.

O My Lord, kindly magnify your favour upon Muhammad and the family of Muhammad as You did magnify Your blessings upon Ibrahim and the family of Ibrahim. O my Lord kindly bless Muhammad and the family of Muhammad as you did bless Ibrahim and the family of Ibrahim for surely you are the most Laudable and Glorious.



After step 11 say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

Then go into the sitting position. At this point raise your index finger on your right hand.

Now recite the following:



التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

- ① *Attahiyyaatu lilaahi wassalawaatu wattayyibaat*

All compliments, prayers and pure words are due to Allah

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

- ② *assalaamu 'alayka ay-yuhan-nabiyy*

Peace be upon you Oh Prophet

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

- ③ *wa rahmatullaahi wabarakaatuh*

And the mercy of Allah and His blessings



السَّلَامُ عَلَيْنَا وَ عَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ

4 *assalaamu 'alaynaa wa 'alaa 'ibadil-laahissaliheen*

Peace be upon us and on the righteous slaves of Allah

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

5 *Ash-hadu allaa ilaaha illallaah*

I bear witness that there is no God or deity worthy of worship except Allah

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

6 *Wa ash-hadu anna Muhammadan 'abduhu wa rasooluh*

And I bear witness that Muhammad is His slave and Messenger

WHAT TO DO NEXT?

You have now completed the first and second Rak'ah (units). What you do next will depend on which prayer you are performing, i.e. how many Rak'ah (units) you are performing.

Use the chart below to know what your next step is.

FAJR

1st Unit

2nd Unit

Complete the prayer

Follow steps on page 28

'DHUHR, 'ASR & 'IEHA

1st Unit

2nd Unit

3rd Unit

Follow steps 3 to 11 on page 18

4th Unit

Follow steps on page 24

Complete the prayer

Follow steps on page 28

MAGHRIB

1st Unit

2nd Unit

3rd Unit

Follow steps on page 24

Complete the prayer

Follow steps on page 28

COMPLETING THE PRAYER.

STEP 1



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ

- ① *Allahumma salli 'ala Muhammad*
Oh Allah, send prayers upon Muhammad

وَ عَلَى آلِ مُحَمَّدٍ

- ② *wa 'ala aali Muhammad*
and upon the family of Muhammad

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ

- ③ *kamaa salyta 'ala Ibraheem*
as You sent prayers upon Ibrahim

وَ عَلَى آلِ إِبْرَاهِيمَ

- ④ *wa 'ala aali Ibraheem*
and upon the family of Ibrahim

إِنَّكَ حَمِيدٌ مُجِيدٌ

- ⑤ *innaka hameedun Majeed*
indeed You are praiseworthy, Most glorious



وَبَارِكْ عَلَى مُحَمَّدٍ

- 6 *wa baarik 'alaa Muhammad*
and send Your blessings upon Muhammad

7 وَعَلَى آلِ مُحَمَّدٍ

- wa 'alaa aali Muhammad*
and upon the family of Muhammad

كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ

- 8 *kamaa baarakta 'alaa Ibraheem*
as You sent prayers upon Ibrahim

وَعَلَى آلِ إِبْرَاهِيمَ

- 9 *wa 'alaa aali Ibraheem*
and upon the family of Ibrahim

إِنَّكَ حَمِيدٌ مُجِيدٌ

- 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:

STEP 2 RIGHT SIDE



Turn your head to the right and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamu 'alaykum wa rahmatullah
May Allah's peace and mercy be upon you

STEP 3 LEFT SIDE

Turn your head to the left and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamu 'alaykum wa rahmatullah
May Allah's peace and mercy be upon you



The Salah (Prayer) is now complete.

It is recommended to make supplication after the completion of the prayer, and pray any sunnah prayers (where applicable).

After completion of Salah it is recommended to make 'Supplication' also known as Duaa and then pray any Sunnah (additional voluntary) prayers where applicable. Supplication and Duaa can be either your own prayers to Allah (SWT) or recitations of the prayers that the Prophet Muhammad (Peace be Upon him) used to pray. It is permissible to make your supplications in your own language until you learn Arabic in either the Sujood or sitting position. However the actual Salah must be recited in Arabic. However if you do not speak Arabic the verses from the Quran and recitation of Surat Al-Fatiha should be replaced by saying Tasbeeh such as, Subhan Allah, Alhamdu Lillah and Allahu Akbar. There is a list of short Quran Surah (chapters) on the following pages for ease of recitation.

Abu Hurairah (May Allah be pleased with him) reported: The Messenger of Allah (SAW) said, "He who recites after every prayer: Subhan-Allah (Allah is free from imperfection) thirty-three times; Al-hamdulillah (praise be to Allah) thirty-three times; Allahu Akbar (Allah is Greatest) thirty-three times; and completes the hundred with: La ilaha illallahu, wahdahu la sharika lahu, lahul-mulku wa lahul-hamdu, wa Huwa `ala kulli shai'in Qadir (there is no true god except Allah. He is One and He has no partner with Him. His is the sovereignty and His is the praise, and He is Omnipotent), will have all his sins pardoned even if they may be as large as the foam on the surface of the sea." [Muslim 597/146 Authentic Supplications p51].

SUPLICATION AFTER PRAYER



x33

سُبْحَانَ اللَّهِ

Subhaan Allah

Glory be to Allah

x33

الْحَمْدُ لِلَّهِ

Al-hamdu lillah

Praise be to Allah

x33

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the greatest

'La ilaha illallahu, wahdahu la sharika lahu, lahul-mulku wa lahul-hamdu, wa Huwa `ala kulli shai'in Qadir'.

SHORT QUR'ANIC CHAPTERS (SURAH)

Any of the following chapters may be recited after Suratul Faatihah in the first two Rak'ah (units) of the prayer

SURAH AL-KAWTHAR [108]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ

1

Innaa a'ataynaakal kawthar

Indeed, We have granted you, [Oh Muhammad], al-Kawthar

فَصَلِّ لِرَبِّكَ وَأَنْحَرْ

2

Fasalli lirabika wanhar

So pray to your Lord and sacrifice [for Him alone]

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

3

Inna shaani'aka huwal abtar

Indeed your enemy is the one cut off.

SURAH AL-IKHLAAS [112]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

قُلْ هُوَ اللَّهُ أَحَدٌ

1

Qul huwallaahu ahad

Say: He is Allah, (The) One

اللَّهُ الصَّمَدُ

2

Allaahussamad

Allah, the eternal Refuge {the one sought in times of difficulty and need}

3

لَمْ يَلِدْ وَلَمْ يُولَدْ

Lam yalid walam yoolad

He neither begets, nor is He born

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

4

Walam yakullahu kufuwan ahad

nor is there to Him any equivalent

SURAH AL-FALAQ [113]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

1

Qul a'oothu birabbil falaq

Say: I seek refuge with the Lord of the daybreak

مِنْ شَرِّ مَا خَلَقَ

2

Min sharri maa khalaq

from the evil of what He has created

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ

3

Wamin sharri ghasiqin ithaa waqab

and from the evil of the darkening (night) as it comes with its darkness

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

4

Wamin sharrin-naffaathaati fil'uqad

and from the evil of the witchcraft when they blow in the knots

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

5

Wamin sharri haasidin ithaa hasad

and from the evil of the envier when he envies

SURAH ANNAS [114]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

1 *Qul a'oothu birabbinnas*

Say: I seek refuge with the Lord of Mankind

مَلِكِ النَّاسِ

2 *Malikinnas*

The King of Mankind

إِلَهِ النَّاسِ

3 *Ilaahinnas*

The God of Mankind

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

4 *Min sharril waswasil khanaas*

From the evil of the whisperer who withdraws (when one remembers Allah)

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ

5 *Allathee yuwaswisu fee sudoorinnaas*

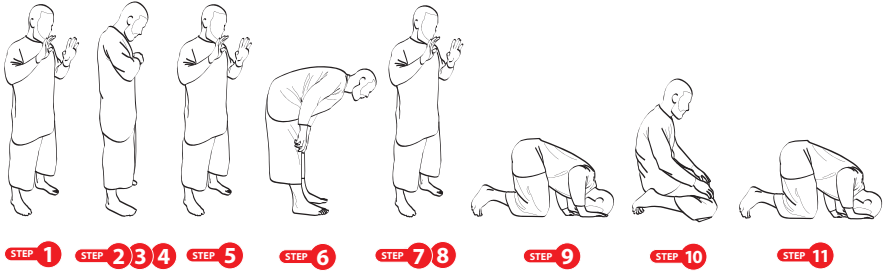
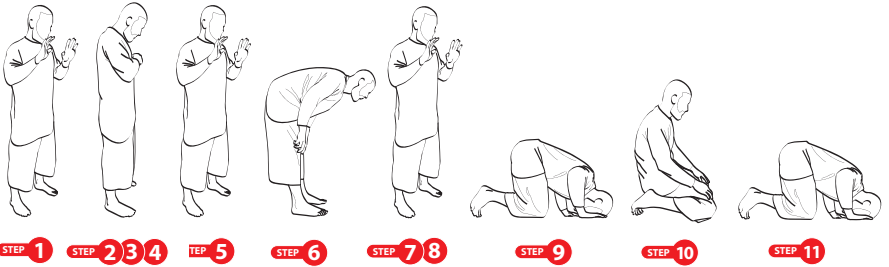
Who whispers in the breasts of mankind

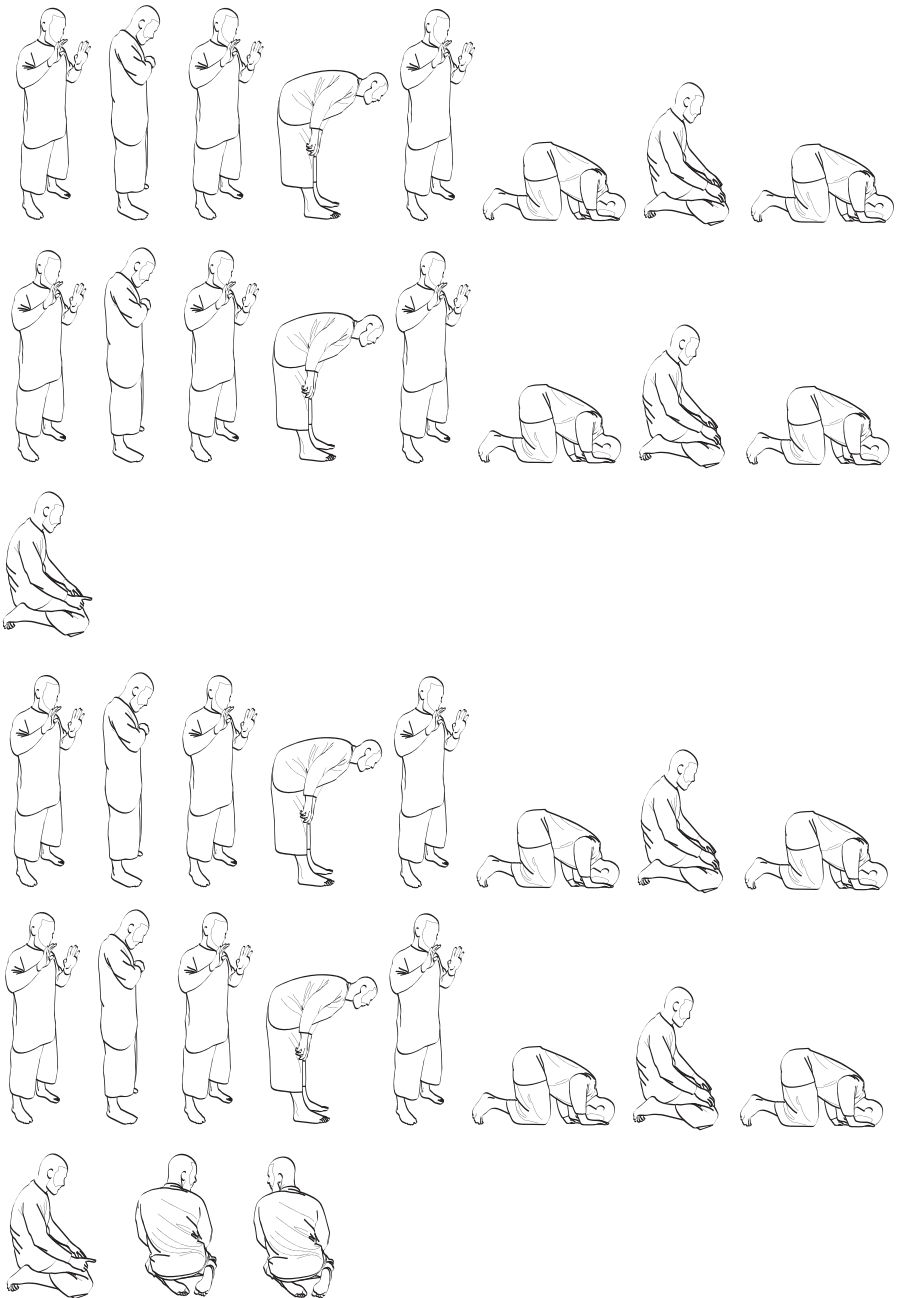
مِنَ الْجِنَّةِ وَالنَّاسِ

6 *Minal jinnati wannas*

From among the jinn and mankind

Fajr





Maghrib

