



My Prayer

The 2nd pillar of Islam



A Step-by-step instructional
guide to learn how to pray.

Prepared by
**Department for Training
Research and Development
(DTRD)**

At Islamic Truth Exploration
Centre (**ITEC**)



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In the Name of Allah, the Most Gracious and the Most Merciful

Preface

After reading and reviewing this book 'My Prayer' I am very delighted by the will of Allah (ﷻ) to say that the content of this book is very knowledgeable. This book can educate Muslims and non-Muslims on the topic of Prayer.

This book enables the readers to adapt the main aspects of prayer. The research team of ITEC has done a very good job by the will of Allah (ﷻ) by summarising the book 'My Prayer' very simply and knowledgeable so that people can attain the Islamic information on prayer very easily. It shows us how to obey our God, Allah (ﷻ) in the manners which the Prophet Muhammad (ﷺ) has taught us.

After reviewing many other books I have found 'My Prayer' to be very outstanding in the way that it combines Islamic knowledge with practical images which are not found in many books, so people who are interested in finding out about prayer along with the practical examples can use the book to gain knowledge. I highly and strongly recommend this book 'My Prayer' to all Muslims and non-Muslims on the religion of Islam and how this book can be very beneficial to gain correct knowledge of Prayer.

I recommend this book to be published throughout the world and that it should be translated into many foreign languages and that all mosques and Islamic organisations should be sent a copy of this book so they can spread the true knowledge of Prayer.

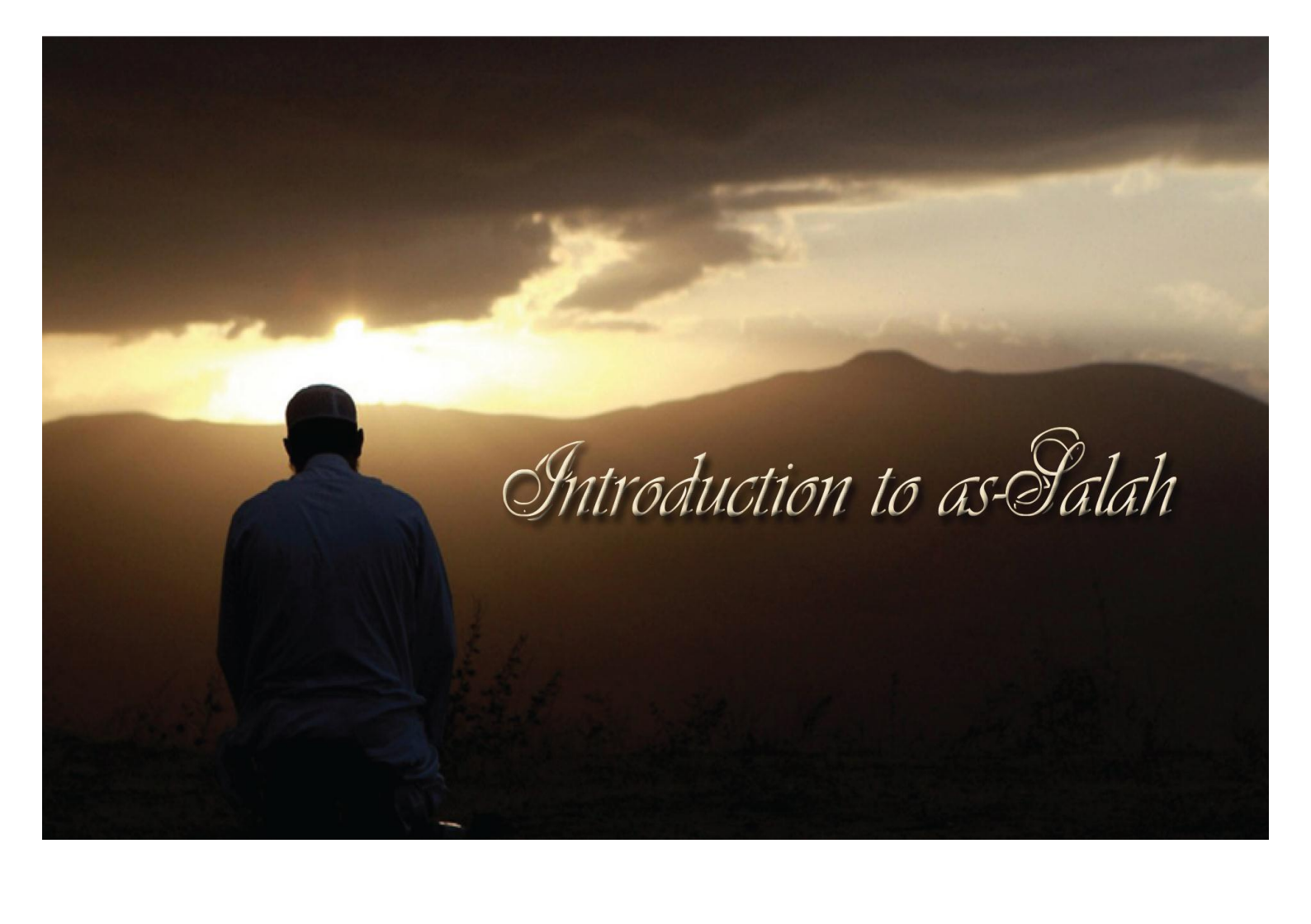
I thank the research team of ITEC who has put a lot of time and effort into producing this vital piece of knowledge together in a book, and I make Dua to Allah (ﷻ) that He keep the author and the people who are helping in the publication and distribution of this book safe and may He reward those sincere to Him in this world and in the hereafter, Ameen!!!

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A person is seen from behind, standing on a hillside and looking out over a vast landscape of rolling mountains. The sun is low on the horizon, creating a dramatic sunset with a mix of dark, heavy clouds and bright, glowing light. The person is wearing a light-colored long-sleeved shirt and a cap. The overall mood is contemplative and serene.

Introduction to as-Salah

Introduction to As-Salah

As-Salah is one of the fundamental pillars of Islam.

- ☞ As-Salah is the 2nd pillar of Islam.
- ☞ It is the first priority after belief in the Oneness of Allah and in the Prophethood of Muhammad (ﷺ).
- ☞ It is such an important pillar, that Muslims are called upon to perform this act of worship in all circumstances without fail. Neglecting it, is disbelief.

Allah's Messenger (ﷺ) said

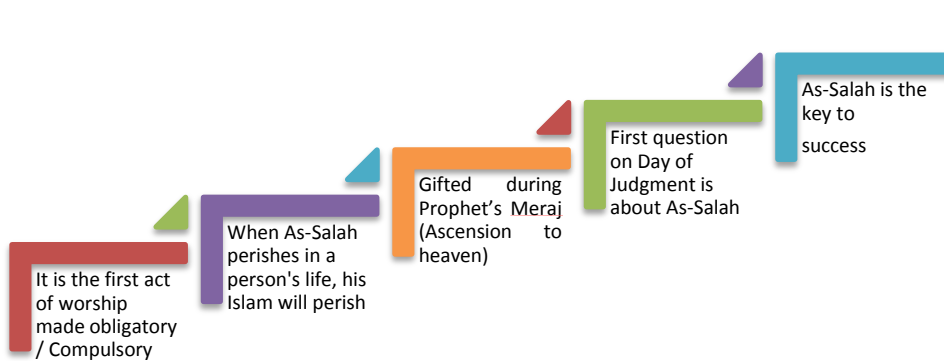
*“Between a slave (of Allah) and disbelief is neglecting the Salat.”*¹

*“The covenant between us and them is the Salat, so whoever abandons it he has committed disbelief.”*²

Note: The above *Hadith* tells that he who embraces Islam, is as if he signs a treaty that he will perform prayers regularly and consciously, therefore whoever abandons the prayer, he violates this treaty (covenant) and promise, and he follows a path of disbelief.

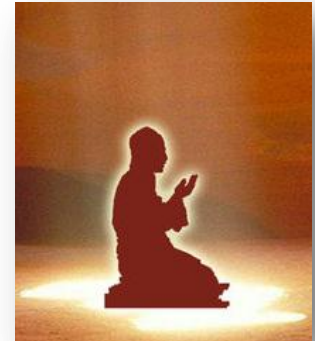
¹ Jami At-Tirmidhi, Vol 5, Hadith# 2620

² Jami At-Tirmidhi, Vol 5, Hadith# 2621



Definition of As-Salah

- ☞ The Arabic word Salah means 'to Pray', 'to supplicate or invoke', 'to Petition' or 'to Magnify'.
- ☞ 'As-Salah' is the name given to the formal prayer of Islam, which is a compulsory rite of the religion.
- ☞ Islamically, it means to worship Allah through certain known and prescribed sayings and actions, starting with Takbeer i.e., saying 'Allahu Akbar' (Allah is



the greatest) and ending with Tasleem i.e., saying ‘As-Salaamu Alaykum Wa Rahmatullah’ (May Allah’s peace and Mercy be upon you).

Who Must Pray?

- ☞ Every sane adult Muslim.
- ☞ Adult = One who reaches puberty.
- ☞ 4 signs of puberty (any one of these signs means the person reached puberty)
 1. Wet dreams
 2. Pubic hair
 3. Menstruation (for girls)
 4. Reaching the age of 15 (lunar years).



Note: “The companions of Muhammad (ﷺ) didn’t consider leaving anything to be disbelief except for Salah”³

³ (Jami At-Tirmidhi, Vol 5, Hadith# 2622)

A scenic landscape at sunset. The sun is low on the horizon, partially obscured by a large, leafy tree. The sky is a mix of deep blue and golden yellow. In the foreground, there is a lush green field with tall grasses. A scroll is positioned in the lower-left foreground, displaying text in a decorative font.







Virtues of Prayer
The key to all the
treasures of this life
and the hereafter

Virtues of As-Salah

As-Salah is ‘The Reminder’

Allah says:

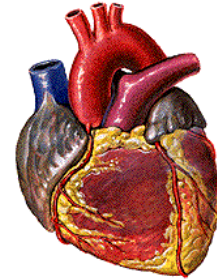
“Verily, I am Allah! There is no God but Me, so worship Me, and perform As-Salah for My remembrance.”⁴

-  As-Salah reminds us about the Oneness of our Creator, Sustainer and Master - Allah, the Exalted and Glorified, the uniqueness of His names and attributes and His right of being the Only One worthy of worship.
-  As-Salah reminds us His blessings upon us.
-  As-Salah reminds us of the hereafter.
-  As-Salah reminds us of an opportunity to seek forgiveness for our sins.
-  As-Salah reminds us of correcting ourselves and following His commandments.
-  As-Salah reminds us to seek guidance and success in this life and the hereafter.

⁴ Surah Ta Ha 20:14

As-Salah provides ‘Rest to the Heart’

- ☞ Heart is a unique vital organ created by Allah inside every human body.
- ☞ It’s uniqueness is that, it is the only organ which is **continuously at work**; from the time it is formed in the fetus, inside the mother’s womb, until the person’s death.
- ☞ If this beautiful machine (heart) stops its mechanism in order to take some rest, the person dies. Hence it needs rest without pausing its functioning.
- ☞ Allah has made **As-Salah** as the ‘Rest to the Heart’ of believers, for their hearts find comfort on the side of Allah, become peaceful when He is remembered and are pleased to have Him as their Protector and Supporter.



Allah says:

“Verily, in the remembrance of Allah do hearts find rest.”⁵

⁵ Surah Ar-Ra’d 13:28

As-Salah erases sins

Allah's Messenger (ﷺ) said:

*“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 (his companions) said, “Not a trace of dirt would be left.”*⁶

The Prophet (ﷺ) said,

*“That is the example of the five As-Salat (daily compulsory prayers) with which Allah blots out (annuls) evil deeds (as long as major sins are avoided).”*⁷



⁶ Sahih Bukhari, The book of the times of As-Salat, Hadith# 528

⁷ Sahih Muslim, The book of Purification, Hadith# 550

A vibrant sunset background with warm orange and yellow tones. The sun is partially visible at the top, creating a bright glow. The sky is filled with soft, wispy clouds. In the bottom right corner, the dark silhouette of a tree is visible against the bright sky.

Names

&

Times of as-Salah

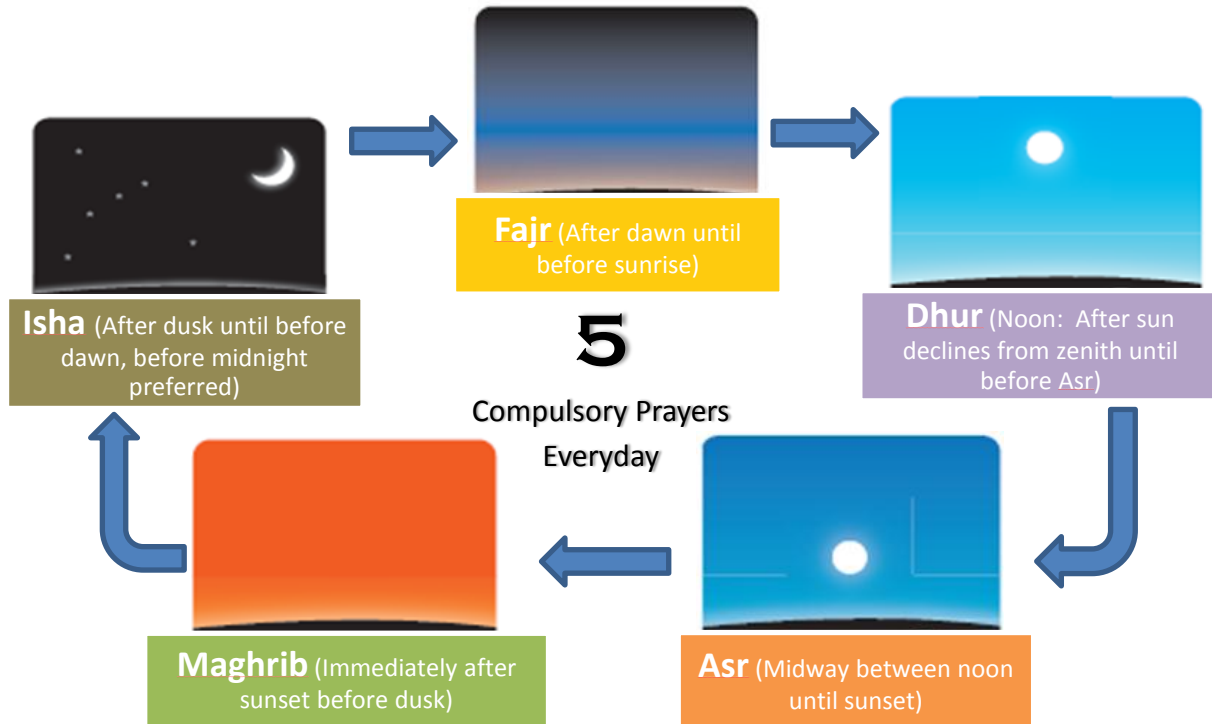


Allah says:

*"Verily, the prayer is enjoined
on the believers at fixed times"*

4:103

Names and Times of As-Salah



What we should do?

Pray on time

- It is best to perform Salah as soon as its time commenced.
- Not permitted to delay it without valid reason.
- Not to be delayed beyond its permitted times.



Missed prayer

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

Prayer Calendar

- For exact prayer times, refer to an Islamic prayer timetable published by one of the local Islamic centres in your city.
- Or log on to www.islamicity.com
- Sample of Prayer Calendar for 1st & 2nd of Shawwal 1435 AH | 28th & 29th July 2014 CE.

Shwal	Jul Aug	Day	Fajr (Dawn)	Shorook (Sunrise)	Zuhr (Noon)	Asr (Afternoon)	Maghrib (Sunset)	Isha (Night)
1	7/28	Mon	4:35	5:54	12:23	3:36	6:51	8:09
2	7/29	Tue	4:36	5:54	12:23	3:35	6:51	8:09

The image shows two minarets of a mosque, silhouetted against a dramatic sunset sky. The sky transitions from a deep orange near the horizon to a dark, almost black, blue at the top. The minarets are tall, slender structures with intricate architectural details, including balconies and decorative elements. The overall mood is serene and contemplative.

Adhan
The call for as-Salah

Adhan-The call for As-Salah

Wordings & Meaning of Adhan

Wordings in Arabic (Transliteration)	Meaning
<i>Allahu Akbar, Allahu Akbar,</i>	Allah is the Greatest, Allah is the Greatest,
<i>Allahu Akbar, Allāhu Akbar,</i>	Allah is the Greatest, Allah is the Greatest,
<i>Ash-hadu an la ilāha illallah,</i>	I testify that there is none worthy of worship except Allah,
<i>Ash-hadu an la ilāha illallah,</i>	I testify that there is none worthy of worship except Allah,
<i>Ash-hadu anna Muhammadan Rasul-Ullah,</i>	I testify that Muhammad is the Messenger of Allah,
<i>Ash-hadu anna Muhammadan Rasul-Ullah,</i>	I testify that Muhammad is the Messenger of Allah,
<i>Haiya 'alas-Salah,</i>	Come to the Prayer,
<i>Haiya 'alas-Salah,</i>	Come to the Prayer,
<i>Haiya 'alal-Falah,</i>	Come to the Success,
<i>Haiya 'alal-Falah,</i>	Come to the Success,
<i>Allahu Akbar, Allahu Akbar,</i>	Allah is the Greatest, Allah is the Greatest,
<i>La ilaha illallah.</i>	There is none worthy of worship except Allah.

Wordings added in Fajr Adhan



- ☞ The following wordings are added in the adhan for fajr Salat, after the wordings “*Haiya 'alal-Falah, Haiya 'alal-Falah*” and the adhan continues ending with “*Allahu Akbar, Allahu Akbar, La ilaha illallah.*”

Wordings in Arabic (Transliteration)	Meaning
<i>As-Salaatu Khairum Minan Naum</i>	The prayer is better than sleep
<i>As-Salaatu Khairum Minan Naum</i>	The prayer is better than sleep

What to say when Mu’azzin pronounces the Adhan?

- ☞ When Mu’azzin (a person who pronounces the Adhan), pronounces the Adhan, *repeat the Adhan*
- ☞ And when he says, “*Hayya `alas-Salâh* (come for the prayer)” Say, “*Lâ hawla walâ quw-wata illâ billâh* (there is neither might nor any power except with Allâh)”

☞ And when he says, “*Hayya `alal-Falâh* (come to success)” Say, “*Lâ hawla walâ quw-wata illâ billâh* (there is neither might nor any power except with Allâh)”

☞ Whoever does so, sincerely from the heart, will enter Paradise.⁸

Three things after Adhan

1. **Send Salat (salutation) on the Prophet (ﷺ)**, whoever does so Allah will send Salat on him ten folds.⁹

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

Allahumma Salli 'ala Muhammadin wa 'ala Ali Muhammadin, kama sallaita 'ala Ibrahim wa 'ala Ali Ibrahim, Innaka Hamidum Majid. Allahumma Barik 'ala Muhammadin wa 'ala Ali Muhammadin, kama barakta 'ala Ibrahim wa 'ala Ali Ibrahim, Innaka Hamidum Majid.

⁸ Sahih Muslim, Book of As-Salah, Hadith# 850

⁹ Sahih Muslim, Book of As-Salah, Hadith# 849, and Sahih Bukhari, Book of Stories of the Prophets, Hadith# 3370

O Allah! Send Your Salat (Graces, Honours and Mercy) on Muhammad and on the family (or the followers) of Muhammad, as You send Your Salat (Graces, Honours and Mercy) on Ibrahim and on the family (or the followers) of Ibrahim, for You are the Most Praiseworthy, the Most Glorious.

O Allah! Send Your Blessings on Muhammad and on the family (or the followers) of Muhammad, as You send Your Blessing on Ibrahim and on the family (or the followers) of Ibrahim, for You are the Most Praiseworthy, the Most Glorious.

2. **Ask Allah to grant the Prophet (ﷺ) Al-Wasilah** (the honour of intercession), then the Prophet's intercession (on the Day of Judgment) will be permissible for you.¹⁰

اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ الْقَائِمَةِ آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ وَابْعَثْهُ مَقَاماً مَحْمُوداً الَّذِي وَعَدْتُهُ

Allahumma rabba hadhihid-da watit-ta'mmah wa-salat-il-qa'imah aati Muhammadan al-wasilah wa-al-fadilah, wab'athu maqaman mahmuda al-ladhi wa'adthu

O Allah! Lord of this perfect call (of not ascribing partners to You) and of the regular Salat (prayer) which is going to be established! Kindly give Muhammad Al-Wasilah (highest position in Paradise) and Al-Fadilah (extra degree of honour) and raise him

¹⁰ Sahih Bukhari, Book of Adhan, Hadith# 614

to Maqam Mahmud {a station of praise and glory, i.e, the honour of intercession on the Day of Resurrection}, which You have promised him.

3. Whoever says, when he hears the Adhan, the below mentioned words, his sins will be forgiven:¹¹

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا

Ash'hadu an la ilaha illallahu wahdahu la sharika lahu, wa ash'hadu anna Muhammadan 'abduhu wa Rasuluh, raditu Billahi Rabban, wa bi-Muhammadin Rasulan , wa bil-Islami deena.

I bear witness that none has the right to worshipped but Allah, with no partner or associate, and I bear witness that Muhammad is his slave and Messenger; I am content with Allah as my Lord, Muhammad as Messenger and Islam as my religion.

¹¹ Sahih Muslim, Book of As-Salah, Hadith# 851

PURIFY YOURSELF

Allah says:

*"Truly, Allah loves those who turn unto Him in repentance
and He loves those who purify themselves"*

2: 222



Purify yourself

Righteous people love to purify themselves and Allah loves those who purify.

Allah says:

“A mosque founded on righteousness from the first day is more worthy for you to stand in. Within it are men who love to purify themselves; and Allah loves those who purify themselves.”¹²

Purification erases sins:

Allah's Messenger (ﷺ) said:

When a bondsman-a Muslim or a believer, washes his face (in course of ablution), every sin he looked with his eyes comes out from his face along with water, or with the last drop of water; when he washes his hands, every sin that he committed with his hands comes out from his hands with the water, or with the last drop of water; and when he washes his feet, every sin to which he walked with his feet comes out from his feet with the water or with the last drop of water – until he emerges cleansed of sins.¹³

¹² Surah At-Tauba 9:108

¹³ Sahih Muslim, The book of Purification, Hadith# 577

Purification is a pre-requisite for prayer

Allah says:

*O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles. And if you are in a state of janabah, then purify yourselves. But if you are ill or on a journey or one of you comes from the place of relieving himself or you have contacted women and do not find water, then seek clean earth and wipe over your faces and hands with it. Allah does not intend to make difficulty for you, but He intends to purify you and complete His favor upon you that you may be grateful.*¹⁴

And Allah's Messenger (ﷺ) said:

*“No Salat is accepted without purification”.*¹⁵

*“The key to prayer is purification”.*¹⁶

¹⁴ Surah Al-Maida 5:6

¹⁵ Sahih Muslim, Vol 1, Hadith# 535

¹⁶ Sunan Abu Dawud, Vol 1, Hadith# 61

Cleaning these ten is from 'Fitrah'

Allah's Messenger (ﷺ) said: *Ten are from the fitrah.*¹⁷

1. Circumcision	2. Cleaning nose with water
3. (Cleaning teeth) using Siwak (tooth stick)	4. Washing the joints
5. Washing with water after relieving oneself (from urinals and stools)	6. Letting the beard grow
7. Trimming the moustache	8. Clipping fingernails
9. Plucking the armpit hair	10. Shaving pubic hair

Note 1: What is meant by these things being part of the 'fitrah' is that, doing them is in accordance with the natural pattern on which Allah made mankind and urged them to follow, so that they will be better and more perfect. This is the ancient sunnah (way) which was followed by all the Prophets and which was enjoined by all the laws they brought. It is a natural and innate way.

Note 2: Moustache, Fingernails, Armpit hair and Pubic hair should not be left for more than 40 days, without trimming, clipping or shaving them respectively.

¹⁷ Jami at-Tirmidhi, Vol 5, Hadith# 2756, 2757 & 2759

Types of ritual impurities

Minor Ritual Impurities

- ***Something exiting private parts*** (ex: Urine, Feces, Wind, Prostatic fluid)
- ***Unconsciousness*** (either due to fainting or deep sleep)
- ***Touching private parts directly with hands*** (without barrier)
- ***Sexual relations*** (foreplay and pre-cum)

Major Ritual Impurities

- ***Sexual Intercourse*** (Meaning insertion of male sex organ into the female sex organ, regardless of ejaculation)
- ***Ejaculation of Sperm*** (Whether it occurs without desire or with desire, whether awake or asleep)
- ***Menstrual Cycle or Post-natal bleeding.***

Female matters of purification

Allah says:

“And they ask you about menstruation. Say, “It is harm, so keep away from your wives during menstruation. And do not approach them (for intercourse) until they are pure. And when they have purified themselves, then come to them from where Allah has ordained for you. Indeed, Allah loves those who are constantly repentant and loves those who purify themselves”¹⁸

Haid	Menstrual Bleeding
Nifas	Post-Natal Bleeding
Istihadha	Bleeding due to injury/rupture of blood vessel

¹⁸ Surah Al-Baqarah 2:222

Details	Haid	Nifas	Istihadha
Meaning	Menstrual Bleeding	Post - natal Bleeding	Vaginal bleeding due to injury/rupture of blood vessel
Characteristics	<ul style="list-style-type: none"> ✓ Dark in colour, ✓ Has an odour, ✓ Associated with pain, ✓ Recognizable 	<ul style="list-style-type: none"> ✓ Dark in colour, ✓ Has an odour, ✓ Associated with pain, ✓ Recognizable 	Not like the blood in menstrual or post natal bleedings.
Time Period	<p>May vary from female to female</p> <p>Minimum: 24 hours</p> <p>Maximum: 15 days</p> <p>Average: 6-7 days</p>	Until the individual in Nifas is sure that she is pure and the post-natal period is complete or Maximum: 40 days.	Depends upon the injury
Prohibited Acts	<ul style="list-style-type: none"> ✓ Having sexual intercourse ✓ Performing Prayers ✓ Fasting (Obligatory fasts should be made up later) ✓ Tawaaf ✓ Touching the Mushaf ✓ Entering the Masjid. 	<ul style="list-style-type: none"> ✓ Having sexual intercourse ✓ Performing Prayers ✓ Fasting (Obligatory fasts should be made up later) ✓ Tawaaf ✓ Touching the Mushaf ✓ Entering the Masjid. 	None of the things prohibited in Menses or Post-natal bleeding are prohibited in Istihadha. Concession: A women in Istihadha is permitted to club prayers (Dhuhr with Asr, Maghrib with Isha)
How to purify?	Perform Ghusl after menses	Perform Ghusl after post-natal bleeding	Perform Wudu for every salaah, after cleaning the vaginal blood.

How to remove impurity?

- ☞ Intention to purify (whether major or minor ritual impurity), must be made.



1. Minor impurity nullifies Wudu and is removed by performing Wudu.



2. Major impurity nullifies Ghusl and is removed by performing Ghusl.



How to perform Wudu? (Step-by-Step)

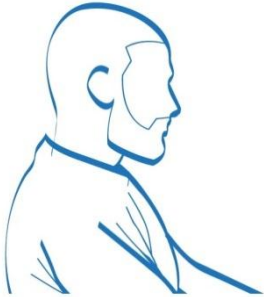
Before performing Wudu

- 👉 **Go to the toilet first (if required):** See the etiquettes of going to toilet in the book “A Muslim in a day to day life”.
- 👉 **Use siwak (Miswak):** It is good practice to clean the teeth with siwak (tooth stick) or a toothbrush before performing Wudu, as taught by the Messenger of Allah (ﷺ). Though using siwak is not obligatory, it is a recommended sunnah.
- 👉 **Intention for Wudu:** Before starting the actions of Wudu, it is necessary to make your intention of washing is for the purpose of Wudu only.



Performing Wudu

Step 1



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

Bismillah

In the name of Allah

بِسْمِ اللَّهِ

Note: The definition of ‘Intention’ (Niyah) in Islamic Shariyah is “Deciding to do an act of worship in order to draw close to Allah”. The site of intention is the heart. By simply deciding in his heart to do this action, a person has made his intention. Hence it is not prescribed to speak the intention out loud when one wants to do the action. Rather speaking the intention out loud is a kind of innovation (bid’ah) that was not narrated in the Book of Allaah or in the Sunnah of His Prophet (ﷺ), nor was it narrated from any of his Sahaabah (may Allaah be pleased with them all).



Step 2

3 times

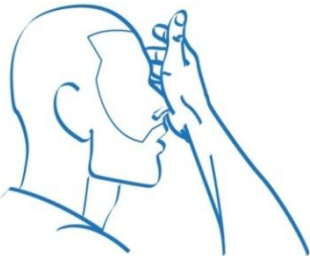
Completely washing the hands including the wrists and between the fingers (3 times)



Step 3

3 times

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



Step 4

3 times

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

3 times

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



Step 6

3 times

Wash the two arms up to and include the elbows, hand and between the fingers. Begin with the right arm (3 times for each arm).



Step 7

1 time

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

1 time

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



Step 9

3 times

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

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash'hadu an la ilaha illallahu wahdahu la sharika lahu, wa ash'hadu anna
Muhammadan 'abduhu wa Rasuluh

I bear witness that none has the right to worshipped but Allah, with no partner or
associate, and I bear witness that Muhammad is his slave and Messenger

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

Allahummaj 'alni minat-tawwabina waj'alni minal-mutatahhirin
Oh Allah, make me among those who turn to You in repentance, and make
me among those who are purified.



How to perform Ghusl? (Step-by-Step)

Performing Ghusl

Step 1



BEFORE GHUSL, make the Niyah (intention) inside ones heart, such as "O Allah, I am making this Ghusl to become clean from major impurity". Intention is the basis of all actions.

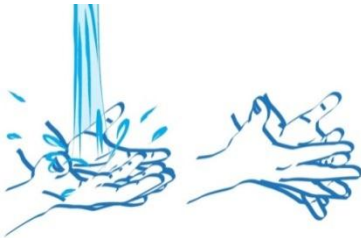
Bismillah

In the name of Allah

بِسْمِ اللَّهِ

Step 2

3 times



Wash both hands properly 3 times upto the wrists. Start with the right hand first. Make sure you do not miss any part.

Impurities



Step 3

Wash off impurities

Wash off all impurities (off the private parts and any other part of the body where there may be impurities) using your left hand. Then rub your hand on a hard surface or remove the impurity sticking to the hand by washing it.

Step 4

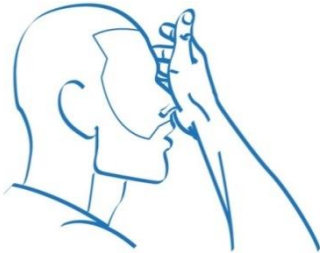
3 times

Rinse and gargle your mouth thoroughly, 3 times. Gargle gently if you are fasting.

Step 5

3 times

Take some water with your right hand gently up into your nostrils. Make sure it reaches deep into the nasal passage. Sniff the water out using your left hand. Do this 3 times. (If you are fasting, make sure you do not take water deep inside the nasal passage).





Step 6

3 times

Thoroughly wash your entire face 3 times, from the top of your forehead to the bottom of your chin and from one earlobe to the other.

Step 7

3 times



Wash your arms, starting from the right arm first followed by the left arm, 3 times. Arm extends from the fingertips, including the nails, to the lower part of the upper arm.

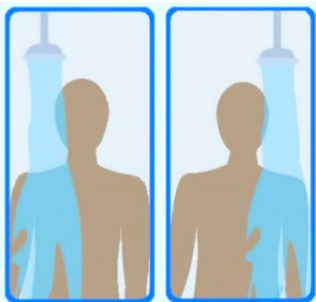
Note: It is essential to remove anything stuck to the hands, that could prevent water from reaching the skin (such as dough, mud, paint, nail polish, rings, watch etc.) before washing them.

Step 8

3 times



Take water in both hands and pour on the head, rubbing the roots of the hair with wet finger. Repeat this thrice.



Step 9

3 times

Pour water all over the body, right side first followed by left side. Repeat this thrice. Ensure that no part of the body is left dry. Also pass water into the navel and ears.



Step 10

3 times

Move few steps from the area where you did Ghusl and then wash your feet, starting with the right foot first followed by the left foot. Repeat this thrice. Make sure you enter water between your toes. Wash your feet with your left hand.

Note: Wasting water while performing Wudu or Ghusl is prohibited.

Allah Says: *“And waste not by extravagance. Verily, He likes not Al-Musrifun (those who waste by extravagance).”*¹⁹

Allah’s Messenger (ﷺ) used to perform Wudu with a ‘**Mudd**’ (of water) and take Ghusl with a ‘**Sa**’.”²⁰

One ‘**Mudd**’ = 2/3rd Kilogram (approx.) or 750 ml | One ‘**Sa**’ = 4 x ‘**Mudd**’ = 3 Kilogram (approx.) or 3 Litres

¹⁹ Surah Al-An’an 6:141

²⁰ Sunan Ibn Majah, Vol 1, Hadith# 267

How to perform Tayammum? (Step-by-Step)



What is Tayammum?

“Tayammum” is dry ablution. It is done by using earth or something similar and wiping the face and hands with the intention of purifying oneself.

Allah says:

“But if you are ill or on a journey, or you have been in contact with women (i.e. sexual intercourse), and you do not find water, then perform Tayammum with clean earth and wipe over your faces and hands with it. Allah does not intend to make difficulty for you, but He intends to purify you and complete His favor upon you that you may be grateful.”²¹

When to perform Tayammum?

-  If water is not available.
-  If one cannot use water, example: Due to medical reasons.

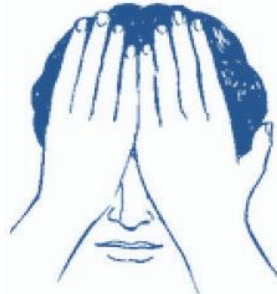
²¹ Surah Al-Maida 5:6

Step 1



Strike the object with both hands

Step 2



Wipe the face

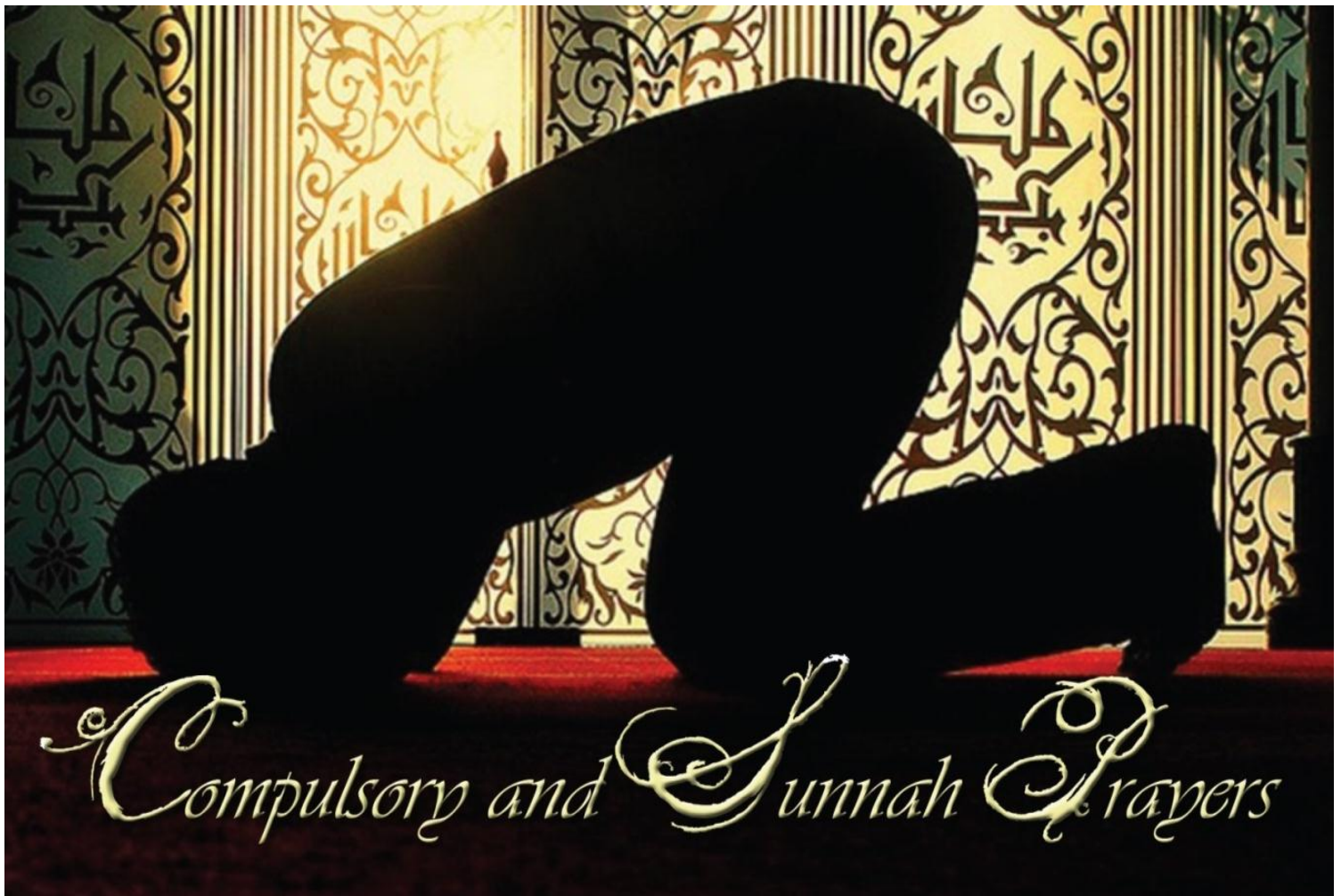
Step 3



Wipe right hand with the left and vice versa

Which object to strike on?

- ☞ The object you strike on should be clean.
- ☞ You may use earth (soil), sand, gravel, dust, wall, rock, etc.



Compulsory and Sunnah Prayers

Compulsory and Sunnah Prayers

The Compulsory and Voluntary rak'ah or units for each of the 5 daily prayers

Prayer	Before(Sunnah)	Compulsory	After(Sunnah)
Fajr (Early Morning Prayer)	2 *	2 *	-----
Dhuhr (Noon Prayer)	2* + 2*	4	2 * or (2 * + 2)
Asr (Afternoon Prayer)	2 + 2	4	-----
Maghrib (Evening Prayer)	2	3 *	2 *
Isha (Night Prayer)	2	4 *	2 *

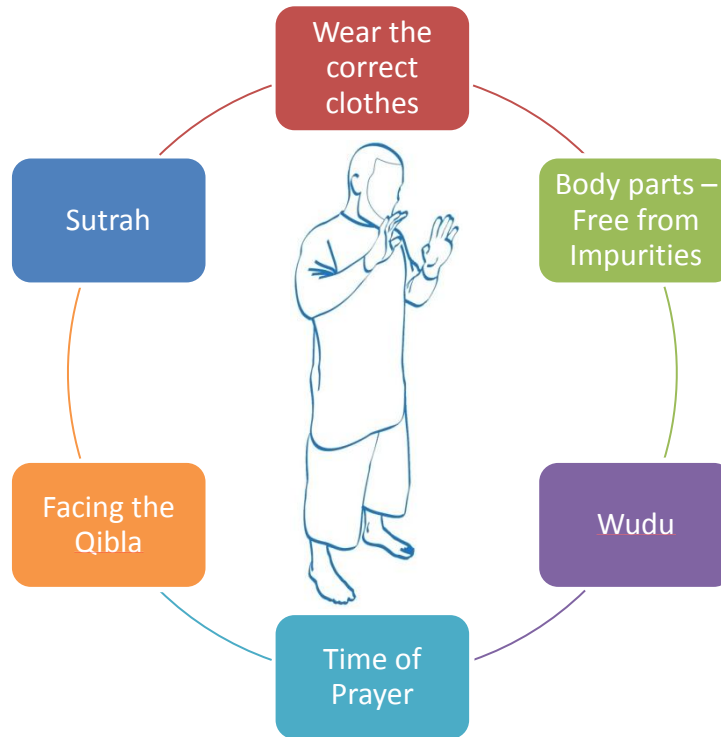
Note 1: The Quranic recitation of the first two rak'ah or units in the prayers which have black asterisk (*) mark, should be recited aloud. All other rak'ah or units of these prayers should be recited silently.

Note 2: The Sunnah prayers marked with red asterisk (*) are those prayers about which Allah's Messenger (ﷺ) said: "Whoever is regular with twelve Rak'ah of Sunnah (prayer), Allah will build a house for him in Paradise".²²

²² Jami-at-Tirmidhi, Vol 1, Hadith # 414 & 415

Before you begin the prayer

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



Wear the correct clothes

☞ 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 garment must be loose and non-transparent. A **woman** must cover her entire body, except for her hands(wrists) and face. The garment must be loose and non-transparent.

Body parts – Free from Impurities

☞ Ensure your body, clothing and place of worship is free from impurities.

Wudu

☞ Being in a state of purity. i.e. to perform Wudu if it is violated due to minor impurities and perform Ghusl if it is violated due to major impurities, before you begin the prayer. If water is not available or if one is ill, then perform Tayammum.

Time of Prayer

☞ Perform the prayer when its time has started.

Facing the Qiblah

☞ 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.

Sutrah

☞ Pray towards a sutrah, when alone and in an open area. A 'Sut'rah' (Arabic: سترة - meaning, "Partition, screen, cover") is an object used by a person performing prayer, as a barrier between himself and one passing in front of him.

How to perform Salah? (Step-by-Step)

Performing the first rak'ah (unit) of prayer.

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

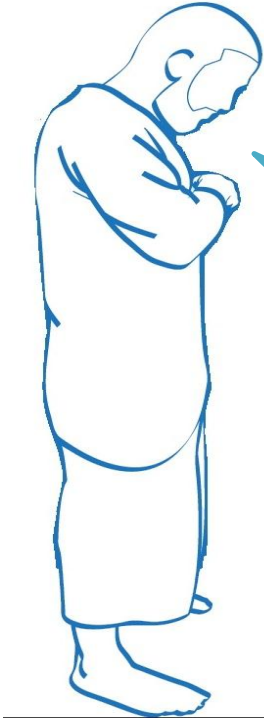
Step 1

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

الله أكبر



Step

2

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

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

***Subhaana Kal-Laahumma wa Bi-Hamdika wa
Tabaarakasmuka wa Ta'ala Jadduka Walaa Ilaaha Ghaie-ruk***

All Glory is due to You, O Allah! And all Praise is due to You, and Your Name is the Most Blessed, and Your Majesty is Highly Exalted and there is none worthy of Worship except You.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

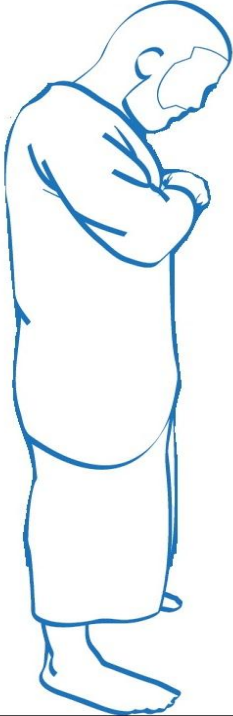
A'oothu billaahi minash-shaytanir-rajeem

I seek refuge with Allah from Satan the accursed

Step

3

Recite Surah Al-Fatiha



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

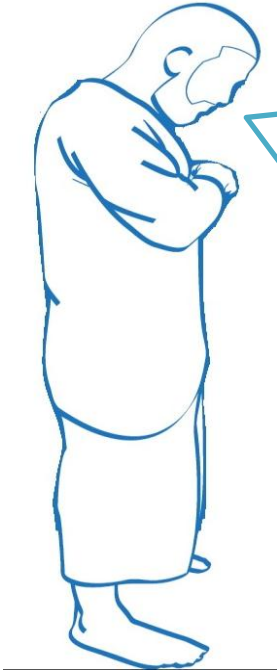
The Most Beneficent, the Most Merciful

مَلِكِ يَوْمِ الدِّينِ (4)

Maaliki yawmiddeen

Master of the Day of Judgement

Step 3 Continued



إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ (5)

Iyyaaka na'budu wa iyyaaka nasta'een

You alone we worship and in You alone we seek help

أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (6)

Ihdinas-siraatal mustaqeem

Guide us to the straight path

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ (7)

Siratallatheena an'amta 'alayhim Ghayril maghdoobi

'alayhim Waladdaalleen

The way of those whom You have favored Not the way of those who have earned Your anger Nor of those who have gone astray.

O Allah, answer our prayers!

Aameen

آمين

Step 4

- ☞ 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

الله أكبر

Step

6

You should now be in the bowing (rukoo') position. Keep the back flat and horizontal (at 90 degree angle to the normal body position). Do not keep the back half raised or lowered. Rest both hands on the knees, with fingers spread apart and holding the knee. Then say three times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

3 times

Subhaana rabbiyal 'atheem

Glory be to my Lord the Supreme



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. After standing straight, say:

رَبَّنَا وَلَكَ الْحَمْدُ

Rabbanaa wa lakal hamd

Our Lord, and to You belongs the praise

Step

9

Next, go into the prostration (sujood) position, by first keeping your hands on the ground and then the knees. The 'sujood' (prostration) position is as described below. As you go into this position, from the standing position, say:

Allaahu Akbar

Allah is Greatest

الله أكبر

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. Both feet are kept together.
5. The toes of both feet are in the direction of the qiblah.

In the sujood position say the following 3 times:



Subhaana rabbiyal 'alaa
Glory be to my Lord Most High

3 times

سُبْحَانَ رَبِّيَ الْأَعْلَى

Note: The Prophet (ﷺ) said: “Do the prostrations properly and do not put your forearms flat with elbows touching the ground like a dog”.²³

²³ Sahih Bukhari, Vol 1, Hadith# 532

Step

10

Next you come up into the sitting position, saying:



Allaahu Akbar

Allah is Greatest

الله أكبر

In this position, sit on the left thigh, 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. In the sitting position, say the following (2 times):



Rabbighfirlee

Oh Allah, forgive me

رَبِّ اغْفِرْ لِي

2 times

Backside view of sitting position.

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, say the following (3 times):

Subhaana rabbiyal 'alaa

Glory be to my Lord Most High

3 times

سُبْحَانَ رَبِّيَ الْأَعْلَى

Performing the second or final rak'ah (unit) of prayer.

Step 1



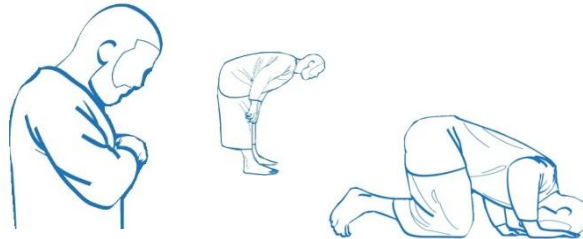
Stand up from the prostrating or sitting position. As you are coming up, say:

Allaahu Akbar
Allah is Greatest

الله أكبر

Step 2

Repeat steps 3 to step 11
from the first Rak'ah (unit) of prayer.



Step

3

After step 11 say:



Allaahu Akbar

Allah is Greatest

الله أكبر

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،

Attahiyyaatu lilaahi wassalawaatu Wattayyibaatu

All compliments, prayers and pure words are due to Allah

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ،

assalaamu 'alayka ay-yuhan-nabiyyu wa rahmatullaahi wabarakaatuh

Peace be upon you Oh Prophet And the mercy of Allah and His blessings

السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ،

assalaamu 'alaynaa wa 'alaa 'ibaadillaahissaliheen

Peace be upon us and on the righteous slaves of Allah



Step 3 Continued

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 or deity worthy of worship except Allah And I bear witness that Muhammad is His slave and Messenger.

What to do next?

Will depend on which Fard (Compulsory) prayer you are performing i.e. how many rak'ah (unit) you are performing.

Fajr

1st Unit
2nd Unit

Complete the Prayer

Dhuhr, Asr & Isha

1st Unit, 2nd Unit
3rd Unit, 4th Unit

Complete the Prayer

Maghrib

1st Unit, 2nd Unit &
3rd Unit

Complete the Prayer

Completing the prayer

Step

1

Recite the Tashahhud as follows:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ

*Allahumma Salli 'ala Muhammadin wa 'ala Ali Muhammadin, kama
sallaita 'ala Ibrahim wa 'ala Ali Ibrahim, Innaka Hamidum Majid.*

O Allah! Send Your Salat (Graces, Honours and Mercy) on Muhammad and on the family (or the followers) of Muhammad, as You send Your Salat (Graces, Honours and Mercy) on Ibrahim and on the family (or the followers) of Ibrahim, for You are the Most Praiseworthy, the Most Glorious.



Step 1 Continued

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

Allahumma Barik 'ala Muhammadin wa 'ala Ali Muhammadin, kama barakta 'ala Ibrahima wa 'ala Ali Ibrahima, Innaka Hamidum Majid.

O Allah! Send Your Blessings on Muhammad and on the family (or the followers) of Muhammad, as You send Your Blessing on Ibrahim and on the family (or the followers) of Ibrahim, for You are the Most Praiseworthy, the Most Glorious.



Step 2

After completing of the Tashahhud, supplicate to Allah (in Arabic). The prayer is then finished with the Tasleem, by doing the 3rd step. Following supplication was often recited by the Messenger of Allah (ﷺ):



Step 2 Continued



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

*Allahumma ini a`udhu bika min 'adhabi-l-Qabr, wa min 'adhabi-nnar,
wa min fitnati-l-mahya wal-mamat, wa min fitnati-l-masih ad-dajjal.*

O Allah! I seek refuge with you from the punishment in the grave and from the punishment in the Hell fire and from the afflictions of life and death, and the afflictions of Al-Masih Ad-Dajjal.

Step

3



Turn your head to the right, then to the left. Say on each side:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

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



After the Salah

- ☞ With the Tasleem, the Salah is completed. It is recommended to make supplication after the completion of prayer,
- ☞ And pray voluntary (nawafil) prayers (where ever applicable).
- ☞ Whoever, recites the following after each prayer, his sins will be forgiven even if they are like the foam of the sea.²⁴



سُبْحَانَ اللَّهِ

Subhaan Allah
Glory be to Allah

الْحَمْدُ لِلَّهِ

Al-hamdu lillah
Praise be to Allah

اللَّهُ أَكْبَرُ

Allahu Akbar
Allah is the greatest

33 times each

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

La ilâha ill-Allâhu wâhdahu lâ sharika lahu, lahul-mulku wa lahul-hamdu wa huwa 'ala kulli shai'in qadir

There is none worthy of worship but Allah alone, with no partner or associate; His is the Dominion, to Him be praise, and He is Able to do all things.

1 time

²⁴ Sahih Muslim, Vol 2, Hadith# 1352



As-salah in Congregation

Salah in congregation (Jamat) is Obligatory (Compulsory) for males:

Allah's Messenger (ﷺ) said:

“By Him, in Whose Hand my soul is, I intended or planned or was about to order for collecting fire-wood (fuel) and then order someone to pronounce the Adhan for As-Salat (the prayer), then I would go from behind and burn the houses of men who did not present themselves for the (compulsory congregational) Salat. By Him, in Whose Hand my soul is, if anyone of them had known that he would get a bone covered with good meat or two (small) pieces of meat present in between two ribs, he would have turned up for the ‘Isha’ prayer.”²⁵



²⁵ Sahih Bukhari, Vol 1, Book of Adhan, Hadith# 644

The superiority of congregational Salah

Allah's Messenger (ﷺ) said:

“The reward of the Salat (prayer) offered by a person in congregation is multiplied twenty-five times as much than that of the Salat offered in one's house or in the market (alone). And this is because if he performs ablution and does it perfectly and then proceeds to the mosque with the sole intention of offering Salat, then, for every step he takes towards the mosque, he is upgraded one degree in reward and his one sin is taken off (erased) from his accounts (of deeds). When he offers his Salat, the angels keep on asking Allah's Blessings and Allah's Forgiveness for him as long as he is (staying) at his Musalla (prayer place). They say, ‘O Allah! Bestow Your Blessings upon him, be Merciful and kind to him.’ And one is regarded in Salat as long as one is waiting for the Salat.”²⁶



²⁶ Sahih Bukhari, Vol 1, Book of Adhan, Hadith# 647

For women - Their houses are better for them

It is proven from various sayings of the Prophet (ﷺ) that the **women of his ummah should not be prevented** from going to the masjid, even if they seek permission from their guardians/husbands for going to masjid for Isha (night) prayer. However he (ﷺ) said, “**their houses are better for them**”.

Allah's Messenger (ﷺ) said:

“Do not prevent your women from (going to) the Masjid – but their houses are better for them”²⁷

Another hadith Abdullah Ibn Umar said:

‘The Messenger of Allah (ﷺ) said: *“Permit the women to go at night to the Masjid.”* His (Ibn Umar’s) son said: *‘By Allah! We would not permit them, lest they become insidious (i.e, use this opportunity to ploy to do other things which are discouraged in Islam).’* So, he (Abdullah ibn Umar) replied angrily, *‘May Allah do such and such with you.’* I say: *“The Messenger of Allah (ﷺ) said,”* and you say: *“We do not permit them?”²⁸*



²⁷ Sunan Abu Dawud, Vol 1, Book of Salat. Hadith# 567

²⁸ Jami At-Tirmidhi, Vol 2, The Chapters on Travelling, Hadith# 570

Short Surah of Qur'an

For Memorization &
Recitation in 1st and 2nd Ra'kah
in As-Salaah, after Surah Al-Fatiha.



Surah Al-Asr [103]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rohmaanir-raheem

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

وَالْعَصْرِ (١)

Wal AAasr

By Al-Asr (the time).

إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ (٢)

Inna al-insana lafee khusr

Verily! Man is in loss.

إِلَّا الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَّاصَوْا بِالْحَقِّ وَتَوَّاصَوْا بِالصَّبْرِ (٣)

Illa allatheena amano wa Aamiloo assalihati watawasaw bilhaqqi watawasaw bissabr.

Except those who believe (in Islamic Monotheism) and do righteous good deeds, and recommend one another to the truth, and recommend one another to patience.

Surah Al-Kauther [108]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rohmaanir-raheem

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

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ (١)

Innaa a'ataynaakal kawthar

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

فَصَلِّ لِرَبِّكَ وَأَنْحَرْ (٢)

Fasalli lirabika wanhar

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

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ (٣)

Inna shaani'aka huwal abtar

Indeed your enemy is the one cut off.

Surah An-Nasr [110]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rohmaanir-raheem

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

إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ (١)

Iza jaa-a nas rullahi walfath

When, comes the Help of Allah, and Victory,

وَرَأَيْتَ النَّاسَ يَدْخُلُونَ فِي دِينِ اللَّهِ أَفْوَاجًا (٢)

Wa ra-aitan naasa yadkhuloona fee deenil laahi afwajah

And thou dost see the People enter Allah's Religion in crowds,

فَسَبِّحْ بِحَمْدِ رَبِّكَ وَأَسْتَغْفِرْهُ إِنَّهُ كَانَ تَوَّابًا (٣)

Fa sab bih bihamdi rabbika was taghfir, innahu kaana tawwaaba

Celebrate the Praises of thy Lord, and pray for His Forgiveness: for He is Oft-Returning (in Grace and Mercy).

Surah Al-Ikhlās [112]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rohmaanir-raheem

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

لَمْ يَلِدْ وَلَمْ يُولَدْ (٣)

Lam yalid walam yoolad

He neither begets, nor is He born

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (٤)

Walam yakullahu kufuwan ahad

Nor is there to Him any equivalent.

قُلْ هُوَ اللَّهُ أَحَدٌ (١)

Qul huwallaahu ahad

Say: He is Allah, (The) One

اللَّهُ الصَّمَدُ (٢)

Allaahussamad

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

Surah Al-Falaq [113]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rohmaanir-raheem

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

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ (١)

Qul a'oothu birabbil falaq

Say: I seek refuge with the Lord of the daybreak,

مِنْ شَرِّ مَا خَلَقَ (٢)

Min sharri maa khalaq

from the evil of what He has created,

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ (٣)

Wamin sharri ghasiqin ithaa waqab

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

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ (٤)

Wamin sharrin-naffaathaati fil'uqad

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

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (٥)

Wamin sharri haasidin ithaa hasad

and from the evil of the envier when he envies.

Surah An-Naas [114]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rohmaanir-raheem

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

مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (٤)

Min sharril waswasil khanaas

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

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ (٥)

Allathee yuwaswisu fee sudoorinnaas

Who whispers in the breasts of mankind,

مِنَ الْجِنَّةِ وَالنَّاسِ (٦)

Minal jinnati wannas

From among the jinn and mankind.

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (١)

Qul a'oothu birabbinnas

Say: I seek refuge with the Lord of Mankind,

مَلِكِ النَّاسِ (٢)

Malikinnas

The King of Mankind,

إِلَهِ النَّاسِ (٣)

Ilaahinnas

The God of Mankind,

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We look forward for your valuable suggestions and questions.

DNMA

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Purpose of this book:

Every praise and thanks is due to Allah, and may His Peace and Blessings be upon His last and final Messenger, Muhammad. This book 'My Prayer', in the new Muslim starter kit, is written by Islamic Truth Exploration Centre's Research, Training and Development team (DTRD), in order to help revert Muslims easily understand the 2nd pillar of Islam (As-Salah), and to make it easy for them to establish it in their daily lives.

In our da'wah experience, we found people accept Islam by stating the Shahadah (i.e. to bear witness that there is no true god worthy of worship except Allah Alone, without any partners, and that Muhammad (ﷺ) is His servant and Messenger); but remain ignorant of this very important pillar (As-Salah) for a long time, while some may even die in this state. As-Salah is the parameter to distinguish between belief and disbelief, still we fail to convey this to many who accept Islam, who ultimately fail to establish As-Salaah in their daily life, as Muslims (those submitting their will to Allah(ﷻ)).

Hence, in this book we attempt to help our new brothers and sisters in Islam, understand this important pillar of Islam, and help them become part of the congregation of Muslims, in all prescribed activities of the Muslim world, and build a relationship with Masajid and scholars of Islam. We are thankful to Shaykh Arshad Basheer Madani (director of www.AskIslamPedia.com) and all those involved, for their continued support and guidance in preparing this book. Finally, we pray to Allah(ﷻ), that He make it easy for new Muslims to understand this book and may He accept our efforts, forgive our shortcomings and reward us for the good in this world and the hereafter.

Department for Training Research and Development (DTRD)

Islamic Truth Exploration Centre (ITEC)

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mentioned after the Prophet's name, is read as 'Sallallahu Alayhi Wasallam', meaning 'May Peace and Blessings be upon him'.

ﷻ

mentioned after Allah's name, is read as 'Jalla Jala luhu', meaning 'The Almighty'.