

PRAYERS - STEP BY STEP

Step 1. Make your intention to pray

We first began the prayer by making an intention from the heart to pray to Allah. As soon as you begin, your entire focus should be on the prayer itself and nothing else.



Step 2 - Say 'Allahu Akbar' or "Takbeerat"

Raise your hands to your ears and say 'Allahu Akbar' or Takbeerat. The moment you say "Allahu Akbar" the prayer will officially begin. From this point forward you should focus wholeheartedly on the prayer and do your best to ignore all distractions.

Step 3 - Lower your hands & cross them over

Lower your hands and place them over your naval. Your right hand should cross over and placed over your left hand. This is Qiyam.



Step 4 - Keep your eyes focused

Keep your eyes focused on the ground in front of you. Prophet Muhammad (peace be upon him) said that while you praying your eyes should always look to an area in front of where you will prostrate.

subhanakal-lahumma wabihamdika
watabarakas-muka
wataa 'ala jadduka
wala ilaha ghayruka

How perfect you are, O Allah. I praise you
How blessed is Your name
How lofty is Your position
And none has the right to be worshipped but You

Step 5 – Recite the opening chapter of the Qur’an

Recite the first chapter of the Qur’an which is called Surah Fatihah. You will begin by saying this Arabic phrase:

A’auodu billaahi minash-shaytaanir rajeem

**Bismillaahir ar-Rahmani ar-Raheem
Al hamdu lillaahi rabbil ‘alameen
Ar-Rahmani ar-Raheem
Maaliki yawmid deen
Iyyaaka na’aboodu wa iyyaaka nasta’een
Ihdeenas siraatal mustaqeem
Siraatal ladheena an ‘amta’ alayhim
Ghayril maghduubi’ alayhim waladawleen**

In the name of God, the infinitely Compassionate and Merciful.
Praise be to Allah, Lord of all the worlds.
The Most Gracious, the Most Merciful.
Master on the Day of Recompense (Judgement Day).
You alone do we worship, and You alone do we ask for help.
Guide us on the straight path,
The path of those who You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.



Step 6 – Bow down to 'ruku' position

This is known as the ruku. As you are bowing down say ‘Allahu Akbar’. Make sure to keep your back straight, your hands on your knees, and your eyes focused on the ground where you will be prostrating. In this position you will say this sentence three times:

Subhanna rabbeeyal adheem
How perfect is my Lord, the Magnificent



Step 7 – Return to standing up

Return to standing up again. As you are rising up from the ruku position to a standing position you will bring your hands to your ears and will say:

Samee Allahu leeman hameeda
Allah hears those who praise him

And when you are standing upright then lower your hands to your waist and say:

Rabbana walakal hamd
Our Lord, to You is all praise



Step 8 – Perform prostration

Go down to perform prostration. This is known as sujud. As you are moving into this position say Allahu Akbar. And also make sure your forehead, nose, palms of both hands, knees, and both toes are touching the ground.



Step 9 – Stay in sujud (prostration)

While in prostration, say this phrase three times:

Subhanna rabbeeyal 'alaa
How perfect is my Lord, the Most High



Step 10 – Rise up from sujud

Rise up from sujud and sit for a moment. Say "Allahu Akbar" as you rise from sujud and then sit on your left leg. Your left foot will rest on the floor while your right foot is upright. Place your hands on your knees.

When you are in this position it is recommended to ask Allah for forgiveness. A simple and easy dua you can say is:

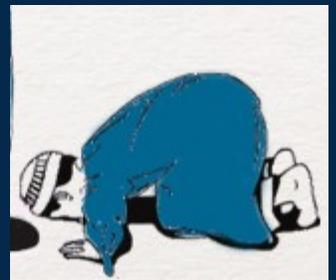
Rabbigh-fir lee
O my Lord, forgive me.



Step 11 – Return to the position of sujud

Return to the position of sujud. You will repeat step 9 again and perform a second sujud and say this phrase three times again.

subhanna rabbeeyal 'alaa



Step 12 – Arise from the sujud to return to the standing position

Return to the standing position (qiyam) and say Allahu Akbar. You have just completed one full rakah! The first rakah of every prayer is performed with these twelve steps.

Congratulations on completing one rakah of prayer!

When you reach the end of the second rakah you will perform the tashahud, or a step 13.

Step 13 – Perform 'tashahud' at the end of every two rakah

Perform the tashahud at the end of every two rakah. Instead of standing up after the two sujud, this time around you will sit on your legs and knees again. You will raise your right index finger and say:

At Tahiyyaatu lilaahi was Salawaatu wat tayibaatu
Assalaamu 'alaika ayyuhan nabiyyu wa rahmatul laahi wa
barakaatuh
Assalaamu 'alaynaa wa 'alaa 'eбаadillaahis saaliheen,
Ash hadu allaa ilaah ilallaah Wa ash hadu anna Muhammadan
'abduhuu wa rasuuluh

All compliments, prayers and pure words are due to Allah.
Peace be upon you, O Prophet, and the mercy of Allaah and His blessings.
Peace be upon us, and on the righteous slaves of Allaah.
I bear witness that none has the right to be worshipped except Allah, and I
bear witness that Muhammad is His slave and Messenger

The tasleem: after reciting the second part of the tashahud, you will say the "tasleem." The tasleem is to look to your right shoulder and say:

Assalamu alaykum wa rahmatu Allah

and look to left shoulder & recite the same.

