



The Prayer: His Right, Your Honor.

The JGDI Prayer Guide
Your Guide To How To Physically Start Praying

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THE PRAYER: SALAH

Salah is the second pillar of Islam. It refers to the compulsory daily prayers. Salah is offered five times a day individually or in congregation. We offer Salah to remember Allah and bring us closer to Him. Allah says in the Noble Qur'an, what can be translated as, "Establish Salah to remember Me (Allah)." (Qur'an, 20:14)

Salah is proof of our faith in Allah and Islam. It has been made compulsory at certain times of the day. Allah says in the Noble Qur'an, what can be translated as, "Salah at fixed times has been enjoined on the believers." (Qur'an, 4:103)

The five daily prayers are: Fajr, Dhuhr, Asr, Maghrib and Isha'.

Preparation to Perform Salah

To perform your Salah you must be clean and pure. Allah says in the Noble Qur'an, what can be translated as, "Surely Allah loves those who turn to Him and those who care for cleanliness." (Qur'an, 2:222)

Cleanliness of the body, clothing, and the places where the prayer is performed is called Taharah (purification).

Some impurities that must be removed before performing Salah:

1. Human urine.
2. Human Excrement.
3. Wadi: A thick white secretion that might be discharged after urination.
4. Mathi: A white sticky prostatic fluid, (other than sperm or semen).
5. Menstrual blood.
6. Defecation and urine of animals whose meat is not permissible to eat (e.g. carnivores).
7. Dog saliva.
8. Water remaining after a carnivore has drunk from it.

HOW TO PURIFY THINGS

In general, water can purify anything that is impure.

One must remove all impurities from his/her private parts by using any pure matter (i.e. toilet tissue) three times, or by using water, or both.

1. Purifying the body and clothing:

This is performed by washing them with water until they are cleansed of impurities. This is especially important in the case where the impurity is visible, such as menstrual blood. If there are some difficult stains that remain after washing, they can be overlooked. If the impurity is not visible, such as urine, it is sufficient to wash it once, but preferable to wash it three times.

2. Purifying clothing from a male infant's urine:

This is performed by sprinkling water on the stained clothing. If it is stained by the urine of a female infant, then it must be washed.



3. Purifying the bottom of shoes:

This is performed by rubbing them against the ground until the remains of Najassah (impurity) are removed.

4. Purifying the ground:

(a) Pour water over the impurity on the ground (soil or sand).

(b) Allowing the ground (soil or sand) to dry from the impurity (such as urine) will make the area pure, only if there are no visible traces of the impurity left.

5. Purifying wudu aiding utensils if they were touched by dog saliva:

This is performed by washing the utensil seven times with water.

The first cleansing should be mixed with soil. However, if the saliva has touched the body or clothing, then only one cleansing is needed.

The body must also be free of Hadath (ritual impurities).

There are two kinds of Hadath:

1. Minor Hadath:

This requires Wudu (ablution). It happens after one or more of the following occurs: natural discharges like urine, excrement, passing gas, falling asleep, or unconsciousness of any kind.

2. Major Hadath:

This requires washing the whole body. It could be caused by unconscious ejaculation (e.g. in one's sleep), intercourse, menstruation or post-childbirth bleeding. This type of washing requires bathing the whole body, including, the head with pure water.

WUDU (Ablution)

Before we perform Salah we must first prepare ourselves. This preparation includes making sure that we are clean from any physical impurities and performing Wudu.

Wudu (ablution) is required for performing Salah. We cannot offer our Salah without first making Wudu. Here are the steps to take:

1. First, make the Niyah (intention) in your heart that this act of Wudu is for the purpose of preparing for Salah, and say:

"Bismillah" (in the name of Allah).

2. Wash both hands up to the wrists (starting with the right hand) three times, making sure that water has reached between the fingers.

3. Take water with your right hand, put it into your mouth and rinse thoroughly three times.

4. Take water with your right hand, splash it into your nose and blow it out three times. (Use the left hand if necessary to help blow it out).



5. Wash your whole face three times repeatedly. (The whole face includes: the right ear to the left ear, and the forehead to the bottom of the chin).
6. Wash the right arm thoroughly from wrist to elbow three times, and make sure that no part of the arm has been left unwashed. Repeat with the left arm.
7. Move the palms of the wet hands lightly over the head, starting from the top of the forehead to the back of the head, and passing both hands over the back of the head to the neck, and then bringing them back to the forehead.
8. With the same water, rub the grooves and holes of both ears with the wet index fingers, while also passing the wet thumbs behind the ears from the bottom upward.
9. Finally, wash both feet to the ankles three times, starting with the right foot. Make sure that water has reached between the toes and covered the rest of the foot.

At the end of the above steps recite: "Ashhadu alla ilaha illallahu, wa ash-hadu anna muhammadan abduhu wa rasuluhu."

This means:

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

What Nullifies Wudu:

1. Natural discharges: urine, stool, gas, etc.
2. Falling asleep.
3. Unconsciousness of any kind.

Note: If you put on your socks, shoes, or sandals (only those that cover most of the foot) while you have a valid Wudu, it is not necessary to take them off every time you need to renew your Wudu. You can leave them on and wipe the top of each covered foot once with wet hands in place of washing the entire foot. You may do this up to twenty-four hours, or for three days if you are on travel.

GHUSL (Bathing)

Ghusl is bathing the whole body with water. You must clean your body from any impurities, if any. Make the Niyah (intention) in your heart that this act of Ghusl is for the purpose of preparing for Salah. It is recommended to make Ghusl in the following order: make Wudu, wash the head including the hair, wash the right side of your body from the shoulder to the foot three times, and finally wash the left side of the body. Ghusl is required for performing Salah in the following cases:

1. Janabah (major ritual impurities): The discharge of seminal secretions or sexual intercourse.
2. At the end of a menstrual period.
3. At the end of postpartum bleeding.



TAYAMMUM (Dry Ablution)

You may perform your Salah by preceding it with Tayammum as a substitute for Wudu or Ghusl when:

1. A person cannot find water, or the amount available is insufficient.
2. A person has no access to water.
3. A person is saving the water for later use.
4. A person is sick and cannot use water.
5. The use of water is likely to do harm, cause or worsen an illness, or delay the cure.
6. The performance of Wudu will cause the person to miss a funeral or Eid prayer that cannot be made up.

In any of these instances it is permissible to make Tayammum, which is performed as follows:

1. First, make Niyah (intention) in your heart that this act of Tayammum is for the purpose of preparing for Salah, and say: "Bismillah."
2. Strike both hands slightly on pure earth, sand, stone, or concrete.
3. Shake off hands to remove debris and wipe the whole face.
4. Repeat step #2 and wipe the right arm down to the elbow (or only to the wrist) with the left hand and the left arm down to the elbow (or only to the wrist) with the right hand.

What Tayammum Makes Permissible:

After performing Tayammum a person is pure and may do any of the acts requiring ritual purification, such as prayer.

What Nullifies Tayammum:

Everything that nullifies an ablution nullifies Tayammum. If a person prays after performing Tayammum and then finds water, he does not need to repeat his prayer even if there is time left to do so. However, once there is no longer a valid excuse for Tayammum, the person must make Wudu before offering the next prayer.

THE PRAYER TIMES

Fajr From dawn until just before sunrise.

Dhuhr After the sun's zenith until late afternoon.

Asr From late afternoon until just before sunset.

Maghrib From sunset until just before twilight (when the sky turns completely dark).

Isha' From twilight until dawn.

All these prayers must be prayed at the times mentioned above.

However, there are exceptions for when it is permissible to combine prayers. For example, (Dhuhr and Asr) or (Maghrib and Isha') may be prayed right after each other.



You can combine these two prayers when you are traveling, if you are sick, very sleepy, very tired, or if you cannot control your schedule (classes or work). These are the exceptions and should not become the norm.

If you are praying at the Masjid (mosque) in a congregation, and there are bad weather conditions, like rain, snow, ice, etc., then it is permissible to combine these pairs of prayers. You can pray the earlier prayer at the time of the later prayer or vice versa.

THE FARD SALAH (compulsory)

A Muslim must pray five times a day. The compulsory prayers are called Fard in Arabic. Each unit of a prayer is called a Rak'ah. The Fard prayers are:

Fajr 2 Rak'ahs

Dhuhr 4 Rak'ahs

Asr 4 Rak'ahs

Maghrib 3 Rak'ahs

Isha' 4 Rak'ahs

*Jumu'ah..... 2 Rak'ahs (in place of Dhuhr on Fridays)

Shortening Prayers:

If you are traveling, then you should shorten the 4 Rak'ah prayer to a 2 Rak'ah prayer (Dhuhr, Asr, and Isha'). Also Dhuhr and Asr can be prayed right after each other, as well as, Maghrib and Isha'.

Sunnah (optional) Salah:

Prophet Muhammad (pbuh) performed extra prayers voluntarily in addition to Fard prayers. These prayers are called Sunnah prayers. Prophet Muhammad (pbuh) always prayed two Rak'ahs before the Fard of Fajr and three Rak'ahs after the Fard of Isha even when on a journey. The one, three, five, seven, nine, or eleven Rak'ahs after Isha are called Witr (odd number).

The Sunnah prayers are as follows:

Fajr 2 Rak'ahs before Fard.

Dhuhr 4 Rak'ahs before Fard and 2 Rak'ahs after.

Asr 4 Rak'ahs (less recommended) before Fard.

Maghrib 2 Rak'ahs after Fard.

Isha' 4 Rak'ahs (less recommended) before Fard

2 Rak'ahs after Fard.

1, 3,5,7,9 or 11 Rak'ahs of Witr.

The Sunnah prayers are normally offered individually and no Adhan or Iqamah is needed for those extra prayers.



HOW TO PERFORM SALAH

Having cleansed yourself by Wudu, you may proceed to perform Salah. Wudu is a ritual cleansing. Before you begin your Salah, however, you must make sure that you have a clean body, a clean place to pray, and that you are wearing clothing free of impurities.

The minimum clothing required during Salah is:

- A. For males: Any clothing that covers from the naval to the knees. It is preferable to cover the shoulders.
- B. For females: Any clothing that covers all of the body (including the head) except the face, hands, and according to Imam Abu-Hanifah the toes and a portion of the front of the feet.

The way to offer Salah is:

1. Stand upright facing the direction of Al-Ka'bah. This position is called Qiyaam and the direction is called Qiblah in Arabic. The Qiblah in the UK is South East, however if you are unable to locate a compass to find this, it is useful to look out for a SKY Satellite dish as in the UK they point South East.

2. Make Niyah (intention) in your heart for the prayer you want to pray.

3. Raise your hands to your ears and say: "Allahu Akbar." This means: (Allah is the Greatest). This is called Takbiratul Ihram.

4. Now place your right hand on top of your left hand on the chest and look downward to the place where your forehead will touch the ground in the Sujood (prostration) and recite silently:

"Subhanaka allahumma wa bi hamdika wa tabara kasmuka wa ta'ala jadduka wa la ilaha ghairuka."

This means: "O Allah, how perfect You are and praise be to You. Blessed is Your name, and exalted is Your majesty. There is no god but You." [Only recite this supplication, Subhanaka, at the beginning of the first Rak'ah]

Then recite silently: "A'udhu billahi minash shaitanir rajim."

This is called Ta'awwudh, and it means: "I seek shelter in Allah from the rejected Satan."

Then recite: "Bismillahir rahmanir rahim."

This is called Tasmiyah, and it means: "In the name of Allah, the most Gracious, the most Merciful."

5. After this, recite Suratul Fatihah (the opening chapter) of the Noble Qur'an:

"Al hamdu lil lahi rabbil 'alamin. Arrahmanir rahim. Maliki yawmiddin. Iyyaka na'budu wa iyyaka nasta'in. Ihdinas siratal mustaqim. Siratal ladhina an'amta'alahim, ghairil maghdubi'alahim wa lad dhallin. (Amin)"

This means: "All praises and thanks be to Allah, the Lord of the worlds, the most Gracious, the most Merciful; Master of the Day of Judgment.



You alone we worship, from You alone we seek help. Guide us along the straight path - the path of those whom You favored, not of those who earned Your anger or went astray."

You must recite Surat Al-Fatihah in each unit (Rak'ah) of the prayer, if you pray alone. However, if praying behind an Imam and he recites loudly, then it is not necessary for you to recite it.

6. Now recite any other passage from the Noble Qur'an.

For example: "Bismillahir rahmanir rahim

Qul hu wal lahu ahad, allahus samad, lam yalid wa lam yulad, wa lam ya kul lahu kufuwan ahad."

This means: "In the name of Allah, the most Gracious, the most Merciful. Say, He is Allah, the One. Allah is Eternal and Absolute. He begets not, nor was He begotten. And there is none co-equal unto Him."

7. Now bow down saying:

"Allahu Akbar" and place your hands on your knees and say silently: "Subhana Rabbiyal Adhim." This means: (How Perfect is my Lord, the Supreme) three times. This position is called Rukoo'. Keep your head in line with your back, and look down to the place of Sujood.

8. Stand up from the bowing position saying: "Sami'Allahu liman hamidah"

(Allah hears those who praise Him)"Rabbana lakal hamd." This means: (Our Lord, praise be to You).

9. Prostrate on the floor saying: "Allahu Akbar" with your forehead, nose, palms of both hands, your knees, and toes all touching the floor.

Then recite silently:

"Subhana Rabbiyal A'la." (How Perfect is my Lord, the Highest) three times. This position is called Sujood. Keep your arms away from the sides of the body and the ground.

10. Sit up from the floor saying

Allahu Akbar. Sit upright with your knees bent and palms placed on them and say: "Rabbighfir li."

This means:

"O my Lord! Forgive me."

Say "Allahu Akbar" and again prostrate in the Sujood position. Recite "Subhana Rabbiyal A'la" three times. Sit up from this position saying "Allahu Akbar"

This completes the first Rak'ah or unit of Salah. Now stand up for the second Rak'ah and perform it in the same way, except that you do not recite Subhanaka at the beginning, and after the second Sujood (prostration) you sit on the left leg while keeping the right foot upright and put your right hand on the right thigh, with all fingers together in a fist except the index finger.



Stick the index finger straight out. Put your left hand on the left thigh. Now recite Tashahhud silently:

"At-Tahiyyatu lillahi was- Salawatu wat-Tayyibatu.

This means: "Greetings, prayers and goodness belong to Allah.

As-Salamu 'alaika ayyuhannabiyyu

Peace be on you, O Prophet

wa rahmatullahi wa barakatuhu.

This means: and the mercy of Allah and His blessings.

Assalamu 'alaina wa'ala ibadil-Lahis -Salihin

This means: Peace be on us and on the righteous servants of Allah

ash hadu al-La ilaha il-Lal lahu wa ash hadu anna Muhammadan abduhu wa rasuluhu."

This means: I bear witness that there is no god but Allah, and bear witness that Muhammad is His servant and Messenger."

In a three-Rak'ah Salah (as in Maghrib) or a four-Rak'ah Salah (Dhuhr, Asr, and Isha) you stand up for the remaining Rak'ah(s) after you have done Tashahhud. For a two-Rak'ah Salah you remain seated after Tashahhud and then recite silently Assalatul- Ibrahimiyah:

"Allahumma salli 'ala Muhammadin Wa 'ala ali Muhammadin Kama sallaita 'ala Ibrahima wa 'ala ali Ibrahima wa barik 'ala Muhammadin wa 'ala ali Muhammadin Kama barakta 'ala Ibrahima Wa 'ala ali Ibrahima Fil a'lamina Innaka hamidun Majid."

This means: "O Allah, let Your mercy come upon Muhammad and the family of Muhammad as You let it come upon Ibrahim and the family of Ibrahim

O Allah, bless Muhammad and the family of Muhammad as You blessed Ibrahim and the family of Ibrahim. Truly You are Praiseworthy and Glorious."

After this say silently: "Allahumma inni a'udhu bika min adhabi jahanam wamin adhabil qabri wamin sharri fitnatil mahya wal mamat wamin sharri fitnatil masihid dajjaal. Rabbighfir li waliwalidayya, rabbi-rhamhuma kama rabbayani saghira."

This means: "O Allah! I seek refuge in You from the torment of the Hellfire, from the torment of the grave, from the trials and afflictions of life and death, and from the deception of the False Christ. O my Lord! Grant me and my parents forgiveness, and bestow Your mercy upon them, just as they brought me up when I was small."



11. Now turn your face to the right saying: "Assalamu alaikum wa rahmatullah" (peace and the mercy of Allah be on you) and then to the left repeating the same words.

This completes the two-Rak'ah Salah. In the three or four-Rak'ah prayers (Dhuhr, Asr, Maghrib, and Isha) the whole procedure is repeated in the remaining Rak'ah(s), except after Tashahhud, you say "Allahu Akbar" and stand up and only recite Surat Al-Fatiha in Fard prayers and no other Surah, then continue doing the rest of the actions as you have done before (Rukoo', rising, Sujood). Then stand again for the fourth Rak'ah.

Also, in the last Rak'ah of any prayer, after you have made your Sujood, sit up and silently recite both Tashahhud and Salatul Ibrahimiyah. At the end of any prayer, you must finish by making Tasleem.

When to Recite Aloud or Silently:

During obligatory Fajr prayers, you recite the Qur'an aloud in both Rak'ahs. You also recite the first two Rak'ahs of the obligatory prayers of Maghrib and 'Isha aloud as well.

However, the third and fourth Rak'ahs are always recited silently during obligatory prayers. Also, in the Dhuhr and Asr prayers, the recitation is always silent for all four Rak'ahs.

Furthermore, the one who leads Jumu'ah prayers (Friday prayer in place of Dhuhr) will recite the Qur'an aloud.

Salatul Witr:

The Witr (odd number) prayer is extra prayers that the Prophet practiced and highly encouraged Muslims to practice as well. He (pbuh) never left it even when traveling. You can offer Witr prayers anytime after 'Isha' until the time for Fajr prayer. You may choose to pray one, three, five, seven, nine or eleven Rak'ahs.

In Witr prayers, recite Suratul Fatihah and some other verses from the Qur'an. Before or after Rukoo' of the last Rak'ah raise your hands high up to the level of the shoulders and supplicate the following Du'a (supplication) with your hands raised towards the sky. This Du'a is called Du'a al-Qunut:

"Allahumma Ihdeni Fiman Hadayt, Wa A'feni Fiman A'fayt, Watawallani Fiman Tawallayt, Wabarek li Fima A'atayt, Waqeni Sharra Ma Qadayt, Fainaka Taqdi WalaYuqda 'Alayk, Wainnahu La Yadhilu Man Walayt, Tabarakta Rabbana Wat'alayt."

This means: "O Allah, guide me among those whom You have guided. Grant me safety among those whom You have granted safety. Take me into Your charge among those whom You have taken into Your charge. Bless me in what You have given me. Protect me from the evil that You have decreed, for You decree and nothing is decreed for You. And there is no humiliation for whom You take as a ward. Blessed and exalted are You, our Lord."

After this, say: "Allahu Akbar" and bow down and complete the rest of prayer like other prayers.



It is good to ask for forgiveness and mercy from Allah at the end of your Salah. You can say this in your own words and in your own language. But it is better for you to memorize some Du'as (supplications prayers) from the Prophet Muhammad (pbuh) in Arabic.

And That Is It.

You Know How To Pray, So Just Go Do It!



Allah the Exalted says what can be translated as,
"Verily, As-Salat (prayer) prevents from Al-Fahsha (great sins)
and Al-Munkar (evil and wicked deeds)." (Qur'an, 29:45)

The Prophet Muhammad, peace be upon him, once asked his companions, "Tell me, if there were a stream at the door of one of you in which he takes a bath five times a day, would any filth remain upon his body?" They replied, "No dirt would remain." He (pbuh) said, "Similar is the case of the five (obligatory) Salats (prayers). Allah obliterates all sins as a result of offering them."
[Reported by Imam Bukhari and Muslim]

We ask Allah the Exalted to make us among the people who perform their prayers on time, accept it from us, and grant us a great reward in this life and the Hereafter.

Ameen.

If you need more information about the prayer or have further questions please utilise our FAQs or visit www.islamqa.com

