

How to pray

Step 1:

Ensure the area is clean and free of impurities. This includes your body, your clothes, and the place of prayer itself.

- **Perform Ablution** if necessary. It's not mandatory for one to perform Wudu before each prayer, but only in those instances where the state of ritual purity has been broken. Things that break it include falling asleep while lying down or leaning against something, urinating, defecating or passing gas, excessive blood flowing from any part of the body, vomiting more than a mouthful, or fainting.[1]
- Make sure all of your necessary parts are covered. The nakedness of a man is considered to be between the navel and the knees; for a women, her entire body except the face and palms.
- If you are praying in a *masjid* (mosque), which is preferred, enter quietly--other fellow Muslims might still be praying and you don't want to disturb them. Stand in a free space away from the entrance/exit.
- If you are unsure of the cleanliness of your area, spread a mat or cloth on the floor for good measure.

Step 2:

Face the Qiblah. This is the direction all Muslims face to turn in prayer toward Kabah. •The Holy Mosque in Mecca is the most revered place of worship for Muslims around the entire world. At the center of the mosque is the Kabah. All Muslims are required to face the Kabah five times every day when offering their prayers.

Step 3:

Pray at the proper time. Muslims pray 5 times a day at very specific times. Each *salah* has a window of time in which it can be prayed (performed), but it must be prayed within that specific time frame and takes anywhere from 5 to 10 minutes from start to finish. The timing of each salah is based off of a cyclical pattern of the sun.[1]

- The five prayers are Fajr, Zuhr, Asr, Maghrib and Isha. They are at dawn, immediately after noon, in the mid-afternoon, at sunset, and at night, respectively. They are not at the same time each day as they are timed by the sun, which changes path throughout the seasons.
 - These are the amount of rakat (rounds, more or less) for each of the 5 salah:
 - Fajr - 2
 - Zuhr - 4
 - Asr - 4
 - Maghrib - 3
 - Isha - 4

Now you are ready to start the prayer

Step 1:

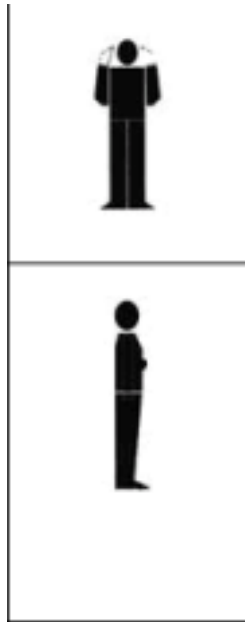
Make your intention known in your heart . Before initiating the salat, it is important that your intention be known and understood. Not necessarily aloud, but from within.

- You may think about how many rakats you are going to do and for what purpose. Whatever it is, be sure you mean it.

Step 2:

Raise your hands up to your ears and say in a moderate tone "Allah - Wa - Akbar (الله أكبر) (الله أكبر) "If you are a woman, raise your hands to your shoulders, palms facing upwards.) This translates to, "Allah is the

greatest." Do this while standing.



Step 3:

Place your right hand over your left hand on your navel (if you are a woman, place your hands on your chest) and keep your eyes focused on the place you are standing . Do not let your eyes wander. •Recite Isteftah Dua (opening prayer):

subhanakal-lahumma
wabihamdika watabarakas-muka wataaaala
judduka wala ilaha ghayruk.
a'auodu billaahi minash-shaytaanir rajeem
bis-millaahir rahmaanir raheem

•Follow it with the opening chapter of the Qu'ran, the Surah Al- Fatiha (this Surah is recited in each Rak'ah):

al-hamdu lillaahi
rabbil'aalameen
arrahmaanir raheem maaliki yawmideen
iyyaaka na-budo wa-iyyaaka nasta'een
ihdinassiraatalmustaqeem
siraatalladheena an'amta alayhim
ghayril maghduobi'alayhim
waladduaaalleen
ameen

•You can also recite any other surah or any part of Qu'ran such as:

Bis-millaahir rahmaanir raheem
Qul huwal-lahu ahad alluhus-samad
Lam yalid wa lam yulad
Wa lam yakul-lahu kuhuwan ahad

Step 4:

Bend down . While bending, say "Allah - Hu - Akbar." Bend your body so that your back and neck are

straight and level with the ground, keeping your eyes there. Your back and head should be in a 90 degree angle with your legs. This position is called "ruku'."

•Once you are bent to the proper angle, say, "Subhanna - Rabbeyal - Azzem - wal - Bi - haamdee" three or more odd times. This translates to, "Glorified is my Lord, the most great."



Step 5:

Stand back up (raise from ruku') . In the process raise your hands to your ear and recite "Samey - Allahu - leman - Hameda."

•While speaking, lower your hands. This means, "Allah hears those who praise Him. O our Lord, and all praise is to you."

Step 6:

Go down and place your head, knees and hands on the floor . This is the position called "sajdah." Whilst doing that say, "Allah - Hu - Akbar."

•When you are positioned fully, say "Subhanna - Rabbeyal - Alla - wal - Bi - haamdee" three or more odd times.



Step 7:

Rise from sajdah and sit on your knees . Place your left foot from ball to heel on the floor. Your right foot should be toes on the floor only. Place your hands flat on your knees. Recite "Rabiq - Fiqr - Nee, Waar - haam - ni, Waj - bur - nii, Waar - faa - nii, Waar - zuq - nii, Wah - dee - nee, Waa - Aafee - nii, Waa - fuu - annii." This means "Lord, forgive me."

•Return to sajda and, just as before, say "Subhanna - Rabbeyal - Alla - wal - Bi - haamdee" three or more odd times.

Step 8:

Arise from sajda . Stand up and say, ""Allah - Hu - Akbar." You have completed 1 Rakat. Depending on the time of day, you may need to complete up to three more.

- In every second rakaat, after second sajda, sit on your knee again and recite "Atta - hiyyatul - Muba - rakaatush - shola - waa - tuth thaa - yi - batu - lillaah, Assa - laamu - alaika - ayyuhan - nabiyyu warah - matullaahi - wabaa - rakaatuh, Assaa - laamu - alaina - wa alaa - ibaadil - laahish - sho - le - heen. Asyhadu - allaa - ilaaha - illallaah, Wa - asyhadu - anna - Muhammadan rasuul - lullaah. Allah - humma - sholli - alaa - Muhammad - wa - ala - aali - Muhammad."
- This is called "tashahhud."

Step 9:

Terminate the prayers with as-salaam . After the tashahhud, pray to Allah before signing off with these movements and words:

- Turn your head to the right and say, "As Salam Alaykum wa Rahmatullahi wa Barakatuhu'." The angel who records your good deeds is to this side.
- Turn your head to the left and say, "As Salam Alaykum wa Rahmatullahi wa Barakatuhu'." The angel who records your wrongful deeds is to this side. The prayers have ended!