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

Muslim Prayer guide
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How a New Muslim Prayers

The **DHUHR** (Early Afternoon), **Asr** (late afternoon) and **Isha** (night) **prayer**

The **Dhuhr prayer** is the second prayer of the day. It starts when the sun begins to decline from its zenith and ends when the size of an object's shadow is equal to the objects size.

The **Asr prayer** is the third prayer of the day.

It starts when an object's shadow is equal to the objects size and ends when just before sunset.

It is better to prayer Asr before the sky becomes yellow (even though it is allowed to pray at such a time) because the Prophet (peace be upon him) disliked Muslims praying at such as time and. He remarked that the Munafiq (Hypocrite) offers his pray at this time.

The **Isha prayer** is the fifth prayer of the day. It starts when twilight has disappeared and ends before midnight

All three of these prayers consist of 4 units each and what is recited in these prayers is exactly the same.

The only difference which occurs is that the first two units (raka'ts) in the Isha Prayer are recited AUDIBLY. But the final two units (raka'ts) are recited silently

However in the Dhuhr and Asr prayer all the units (Raka'ts) are Recited silently in ones heart/mind.

Before prayer one must perform Ablution

[How to perform Ablution \(Wudhu\)](#)

Wear Proper clothing

Just before Prayer

Establish the Sutra by placing anything (about the height of a saddle) just beyond the place where you will prostrate so that people walk outside that object. This could be anything from your bag to even a chair

START OF A 4 RAKAH PRAYER (ie Dhuhr, Asr or Isha prayer Prayer)

1.1



Establish the Sutra by placing anything (about the height of a saddle) just beyond the place where you will prostrate so that people walk outside that object. This could be anything from your bag to even a chair.



Then Stand facing the Kabah in Makka in Saudi Arabia (Qibla).

Your eyes should be looking at the place on the ground where you will prostrate your forehead later on in the prayer

1.2

Make **intention** as to which prayer you are about to perform (e.g. Dhuhr or Asr or Maghrib prayer).

Note!



Intention should be in mind not verbal. That is one should be thinking of which prayer one is about to perform.



1.3

Saying
"Allah-hoo Akbar"
(Allah is Great)

Raise both your hands to height that is level with shoulders or level with top of the ears as in the picture



1.4

Place left hand on your chest. Then place your right hand on the top of the back of your left hand as in the picture

Whilst in this position say the following Dua (supplication):

"Subhaan-Allaah wal-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaah-hoo akbar wa laa hawla wa la quwwata illa Billaah "

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah, Allaah is Most great and there is no power and no strength except with Allaah)

***Note:** when you reach intermediate level recite **Surah Fathiha** in this position (described at bottom of guide)*



1.5

After completing the recitation pause for a moment, then saying
"Allah-hoo Akbar"
(Allah is Great)

raise both your hands and go down to raku. Position below

1.6

In the bowing position say the following three times

"Subhana rab-bi yal adheem"

("Glory be to my Lord who is the very greatest")



Ruku

1.7



Next, straighten up the back from the ruku saying:

Sami Allaahu liman hamidah,
(Allah hears the one who praises Him)

and **raise both your hands** (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears .
And straighten your back

1.8



In the standing position you should be erect so that the joints of your body go back in place. Whilst in this standing position say the following

"Rabbanaa wa lak al-hamd"

(Our Lord, [and] to you be all Praise)

1.9

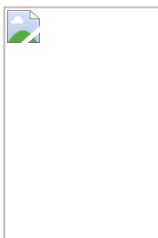


Then Saying **"Allah-hoo Akbar"**

(Allah is Great),

separate hands from the side and go down for sajdah (prostration) in picture below

1.10



In this prostration say the following 3 times

"Subhana rubbiyal a'ala"

Sajdah

("How perfect is my Lord, the Most High")

1.11



Next, raise the head from prostration while saying

"Allah-hoo Akbar"
("Allah is Great")

Then assume the sitting position

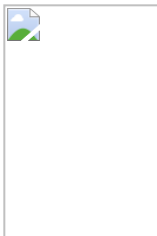
While sitting between the two sajdahs, place your left foot along the ground and sit on it, and keep the right foot upright, with the point of the toes towards the qiblah or You can also practice iq'aa (resting on both heels, and all the toes). You should also be relaxed such that every bone is in its proper position. Whilst in this position one should say:

""Rabb ighfir lee "

("O my Lord, forgive me ")

Note. the hands should be close to the knees and fingers spread out. one should look at the site were one will prostrate.

1.12



Next, saying

"Allah-hoo Akbar"
(Allah is Great)

Prostrate for the second time.

Whilst in the prostration say again the following

"Subhana rubbiyal a'ala" (say 3 times)

(*"How perfect is my Lord, the Most High"*)

1.13



Next, raise the head from prostration whilst saying

"Allah-hoo Akbar"
(*"Allah is Great"*)

Then assume the sitting position.

This concludes the First Rakah

From this position stand up straight for the secound Rakah

End of First Rakah

2.1

Start of Second Rakah

Place left hand on your chest. Then place your right hand on the top of the back of your left hand as in the picture



Whilst in this position say the following Dua (supplication):

"Subhaan-Allaah wal-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaah-hoo akbar wa laa hawla wa la quwwata illa Billaah "

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah, Allaah is Most great and there is no power and no strength except with Allaah)

***Note:** when you reach intermediate level recite **Surah Fathiha** in this position (described at bottom of guide)*

2.2



After completing the recitation pause for a moment, then saying

"Allah-hoo Akbar"
(Allah is Great)

raise both your hands (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears go down to ruku. Position below

2.3



In the bowing position say the following three times

"Subhana rab-bi yal adheem"

("Glory be to my Lord who is the very greatest")

Ruku

2.4



Next, straighten up the back from the ruku saying:

Sami Allaahu liman hamidah,

(Allah hears the one who praises Him)

and raise both your hands (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears .

And straighten your back

2.5



In the standing position you should be erect so that the joints of your body go back in place. Whilst in this standing position say the following

"Rabbanaa wa lak al-hamd"

(Our Lord, [and] to you be all Praise)

2.6



Then Saying

"Allahu Akbar"

(Allah is Great),

separate hands from the side and go down for sajdah in picture below

2.7



In this prostration say the following 3 times

"Subhana rubbiyal a'ala"

(*"How perfect is my Lord, the Most High"*)

2.8



Next, raise the head from prostration while saying

"Allah-hoo Akbar"

("Allah is Great")

Then assume the sitting position

While sitting between the two sajdahs, place your left foot along the ground and sit on it, and keep the right foot upright, with the point of the toes towards the qiblah or You can also practice iq'aa (resting on both heels, and all the toes).

You should also be relaxed such that every bone is in its proper position.

Whilst in this position one should say::

"Rabb ighfir lee "

("O my Lord, forgive me ")

Note. the hands should be close to the knees and fingers spread out. one should look at the site were one will prostrate.

2.9



Sajdah

Next, saying

"Allah-hoo Akbar"
(Allah is Great)

Prostrate for the second time.

Whilst in the prostration say again the following

"Subhana rubbiyal a'ala" (say 3 times)

(*"How perfect is my Lord, the Most High"*)

2.10



Next, raise the head from prostration while saying

"Allah-hoo Akbar"

("Allah is Great")

Then assume the sitting position

While sitting place your left foot along the ground and sit on it, and keep the right foot upright, with the point of the toes towards the qiblah or You can also practice iq'aa (resting on both heels, and all the toes).

You should also be relaxed such that every bone is in its proper position.

Place right palm on right thigh/knee and left palm on the left thigh/knee, and place the end of the right elbow on the right thigh. Spread left palm on left knee, clench all fingers of the right hand, point the finger adjacent (index finger) to the thumb towards qiblah, and fix sight on it.

Also when pointing with the RIGHT HAND INDEX FINGER, u can place the thumb on the middle finger

Or you can make a circle with the two fingers Move the **RIGHT HAND**

INDEX FINGER as you supplicate with it from the start till the end of the Tashahud

Then Recite

"Subhaan-Allaah wa'l-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaahu akbar wa laa hawla wa laquwwata illa Billaah "

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah, Allaah is Most great and there is no power and no strength except with Allaah)

This concludes the Second Rakah Next, get up for the third rakah, supporting yourself off the ground. You can also clench your fist, meaning, supporting yourself with your hands when getting off the ground

End of Second Rakah

Start of Third Rakah

3.1



As soon as get up after completing the second rakaah raise both your hands (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears.

or you may raise the hands whilst still sitting and at the end of position 2.10 and then get up for the third rakah thus missing out position 3.1 and going straight to position 3.2 (Note this is only done after the second rakaah of a three or 4 Rakah prayer.)

3.2



Place left hand on your chest. Then place your right hand on the top of the back of your left hand as in the picture

Whilst in this position say the following Dua (supplication):

"Subhaan-Allaah wal-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaah-hoo akbar wa laa hawla wa la quwwata illa Billaah "

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah, Allaah is Most great and there is no power and no strength except with Allaah)

***Note:** when you reach intermediate level recite **Surah Fathiha** in this position (described at bottom of guide)*

3.3



After completing the recitation pause for a moment, then saying

"Allah-hoo Akbar"

(Allah is Great)

raise both your hands (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears go down to ruku. Position below

3.4



Ruku

In the bowing position say the following three times

"Subhana rab-bi yal adheem"

(*"Glory be to my Lord who is the very greatest"*)

3.5



Next, straighten up the back from the ruku saying:

Sami Allaahu liman hamidah,

(Allah hears the one who praises Him)

and **raise both your hands** (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears .

And straighten your back

3.6



In the standing position you should be erect so that the joints of your body go back in place. Whilst in this standing position say the following

"Rabbanaa wa lak al-hamd"

(*Our Lord, [and] to you be all Praise*)

3.7

Then Saying

"Allah-hoo Akbar"

(Allah is Great),

separate hands from the side and go down for sajdah in picture below



3.8



Sajdah

In this prostration say the following 3 times

"Subhana rubbiyal a'ala"

(*"How perfect is my Lord, the Most High"*)

3.9



Next, raise the head from prostration while saying

"Allahu Akbar"

("Allah is Great")

Then assume the sitting position

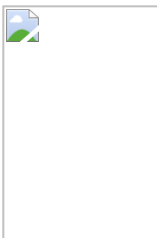
While sitting between the two sajdahs, place your left foot along the ground and sit on it, and keep the right foot upright, with the point of the toes towards the qiblah or You can also practice iq'aa (resting on both heels, and all the toes). You should also be relaxed such that every bone is in its proper position. Whilst in this position one should say:

"Rabb ighfir lee "

("O my Lord, forgive me ")

Note. the hands should be close to the knees and fingers spread out. one should look at the site were one will prostrate.

3.10



Next, saying

"Allah-hoo Akbar"

(Allah is Great)

Prostrate for the second time.

Whilst in the prostration say again the following

"Subhana rubbiyal a'ala" (say 3 times)

("How perfect is my Lord, the Most High")

3.11



Next, raise the head from prostration while saying
"Allah-hoo Akbar"
("Allah is Great")

Then assume the sitting position.

While sitting place your left foot along the ground and sit on it, and keep the right foot upright, with the point of the toes towards the qiblah

or You can also practice iq'aa (resting on both heels, and all the toes). You should also be relaxed such that every bone is in its proper position.

This concludes the third Rakah

Next, get up for the Fourth rakah, supporting yourself off the ground. You can also clench your fist, meaning, supporting yourself with your hands when getting off the ground

End of Third Rakah

4.1



Start of Fourth Rakah

Place left hand on your chest. Then place your right hand on the top of the back of your left hand as in the picture

Whilst in this position say the following Dua (supplication):

"Subhaan-Allaah wal-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaah-hoo akbar wa laa hawla wa la quwwata illa Billaah "

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah, Allaah is Most great and there is no power and no strength except with Allaah)

***Note:** when you reach intermediate level recite **Surah Fathiha** in this position (described at bottom of guide)*

4.2



After completing the recitation pause for a moment, then saying

"Allah-hoo Akbar"

(Allah is Great)

raise both your hands (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears go down to raku. Position below

4.3



In the bowing position say the following three times

"Subhana rab-bi yal adheem"

("Glory be to my Lord who is the very greatest")

Ruku

4.4



Next, straighten up the back from the ruku saying:

Sami Allaahu liman hamidah,

(Allah hears the one who praises Him)

and raise both your hands (with palms of hands facing Kabah) with fingers apart (not spaced out) level with shoulders or level with top of the ears .

And straighten your back

4.5



In the standing position you should be erect so that the joints of your body go back in place. Whilst in this standing position say the following

"Rabbanaa wa lak al-hamd"

(Our Lord, [and] to you be all Praise)

4.6



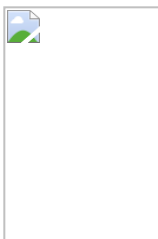
Then Saying

"Allah-hoo Akbar"

(Allah is Great),

separate hands from the side and go down for sajdah (prostration) in picture below

4.7



Whilst in the prostration say again the following

"Subhana rubbiyal a'ala" (say 3 times)

(*"How perfect is my Lord, the Most High"*

4.8



Next, raise the head from prostration while saying

"Allah-hoo Akbar"

("Allah is Great")

Then assume the sitting position

While sitting between the two sajdahs, place your left foot along the ground and sit on it, and keep the right foot upright, with the point of the toes towards the qiblah or You can also practice iq'aa (resting on both heels, and all the toes).

You should also be relaxed such that every bone is in its proper position.

Whilst in this position one should say::

"Rabb ighfir lee "

("O my Lord, forgive me ")

Note. the hands should be close to the knees and fingers spread out. one should look at the site were one will prostrate.

4.9



Sajdah

Next, saying

"Allah-hoo Akbar"

(Allah is Great)

Prostrate for the second time.

Whilst in the prostration say again the following

"Subhana rubbiyal a'ala" (say 3 times)

(*"How perfect is my Lord, the Most High"*)

4.10



Next, raise the head from prostration while saying
"Allah-hoo Akbar"

("Allah is Great")

Then assume the sitting position

Your Left buttocks should be on the floor. Your left leg should be bent. Outside of Left Femur should also be on the floor and your inside of your Left Tibia and foot should be protruding underneath the front of your Right Tibia (shin area).

Also the right foot can be placed upright with the toes pointing towards the qiblah or it can be placed on the ground. In this position, you will be leaning heavily on the left hand (but make sure that your left hand is placed on your thigh/knee and not the floor).

Place right palm on right thigh/knee and left palm on the left thigh/knee, and place the end of the right elbow on the right thigh. Spread left palm on left knee, clench all fingers of the right hand, point the finger adjacent (index finger) to the thumb towards qiblah, and fix sight on it.

Also when pointing with the RIGHT HAND INDEX FINGER, u can place the thumb on the middle finger

Or you can make a circle with the two fingers Move the **RIGHT HAND INDEX FINGER** as you supplicate with it from the start till the end of the Tashahud

Then Recite

"Subhaan-Allaah wa'l-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaahu akbar wa laa hawla wa laquwwata illa Billaah "

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah, Allaah is Most great and there is no power and no strength except with Allaah)

(end of Tashahud.)

4.11

Having said the above mentioned prayers, turning the face to the right. This following prayer is recited:



"Assalamu alaikum wa rahmatullah "

(Peace and mercy of Allah be on you).

4.12



Then turning the face to the left, the prayer above is said again:

"Assalamu alaikum wa rahmatullah "

(Peace and mercy of Allah be on you).

This completes a prayer consisting of 4 rakahs such as Dhuhr, Asr and Isha prayers

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