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How to Pray Fajr Salah (Morning prayer)

The Fajr salah is the first of the five obligatory Muslim prayers of the day.

Fajr Salah starts at dawn and ends at sunrise. Thus it can be prayed between these points. But it is best to pray at the beginning of its time (i.e. just after start of dawn)

Essentially what is said in all the 5 obligatory Muslim prayers is the same. The only difference is the different number of rakats (units) performed in each prayer and whether the first two rakats of a prayer are recited Audible or silently in one's heart

The **FAJR (morning) Prayer** consists of 2 rakats, the **DHUHR (Early Afternoon) Prayer** and **ASR (late afternoon) prayer** and **ISHA (night) prayer** all 4 consist rakats) and finally the **MAGHRIB (sunset) prayer** consists of 3 rakats).

The First 2 rakats of **FAJR, MAGHRIB** and **ISHA** prayers are recited loudly and the remaining rakats of these prayers are recited silently.

However all 4 rakaats of **DHUHR** and **ASR** prayer are recited silently

I suggest you print this out and practice holding the pages reciting what is there to be recited in their respective body positions.

Going through the motions repeatedly will help you learn quickly. Also look at the video and the flash movie as it will help you see the postures and movements. May Allah make it easy for you.

Note-

Males garments/pants should be above the ankles(unlike in the picture. Inshallah better diagrams will be made as soon as possible).

Women's garment should be a forearm lower than her skins (measure your arm length , from elbow to longest finger, if this is say is 45 cm,) then form your skins and) thus her feet will Women are NOT supposed to pray when they are menstruating and experiencing post-childbirth bleeding.

Abstaining from prayers for a women experiencing post-childbirth bleeding is a maximum of forty (40) days. If her bleeding stops before the 40 days she must make [ghusl](#) and start praying.

Also at the end of her menstruation she must make [ghusl](#) and begin her prayers.

Before prayer one must perform Ablution

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

Just before Prayer

Establishing the Sutrah (A Tall Object About The Height Of A Saddle, Just Beyond the Place of Prostration, Within Which Nothing Should Pass)

Place anything (about the height of a saddle) just beyond the place of prostration. Things that can be used are: a wall, bed, tall pillow, tall purse, tall stick, tree, etc. Anything that breaks the path between the person praying and someone who "may" need to pass in front. It's best to pray facing a wall, bed, or any other type of tall object, so that there will be no need for someone to pass directly in front. Do not mind anyone who passes beyond the sutrah.

The Prophet (SAW) said, *"Do not pray except towards a sutrah, and do not let anyone pass in front of you, but if someone continues (to try to pass) then fight him, for he has a companion (i.e. a Shaitan) with him."* (Sahih - Al-Bukhari and Ahmad)

***"When he (SAW) prayed (in an open space where there was nothing to use as a sutrah) he would plant a spear in the ground in front of him and pray towards it with the people behind him."* (Sahih - Al-Bukhari and Muslim)**

The Prophet (SAW) said, *"When one of you places in front of him something such as the stick on the end of a saddle, he should pray and not mind anyone who passes beyond it."* (Sahih - Muslim and Abu Dawood)

START OF Morning (Fajr) Prayer

1

Establish the Sutrah by placing anything (about the height of a saddle) just beyond the place of prostration. Things that can be used are: a wall, chair, bed, tall pillow, tall purse, tall stick, tree, etc



**Then Stand facing the Kabah in Makka in Saudi Arabia (Qibla).
Your feet should be shoulder width apart and your feet should be pointing straight.**

Your eyes should be looking at the place on the ground where you will prostrate your forehead later on in the prayer. Do not look at the sky !

2



**Make intention as to which prayer you are about to perform (e.g. Fajr -Morning prayer).
Note!
Intention should be in mind not verbal.
That is one should be thinking of which prayer one is about to perform.**

3



**Saying
"Allah hu Akbar"
(Allah is Great or rather it means Allah is the Greatest as Allah is greater than everything that exists)**

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 .

4



**Place right hand on the back of the left palm, wrist, and forearm
or Grasp the left arm with the right hand
Place the hand on the chest**

Whilst in this position and looking at place of prostration recite the following opening supplication:

Subhana kallah huma wa bee hum deeka wa ta bara kusmuka wa ta allah jaduka wa la ilaha ghairuk

(You are Glorified, Oh Allaah, and Praised; Your Name is Blessed; Your Majesty is Exalted, and none has the right to worshipped but You)

A'oodhu Billaahi minash-shaitaanir-rajeem

(I seek refuge in Allah from satan the accursed)

Recite Surah Fatiha: recite one verse at a time

1 Bismillah hir rahman nir raheem	In the Name of Allah, the Most Beneficent, the Most Merciful.
2 Alhamdu lillahi rabbil a lameen	All the praises and thanks be to Allah, the Lord of the 'Alamin (mankind, jinns and all that exists).
3 Ar rahman nir raheem	The Most Beneficent, the Most Merciful.
4 Maliki yawmid deen	The Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection)
5 Iyyaka na'a budu wa-iybaka nasta aeen	You (Alone) we worship, and You (Alone) we ask for help (for each and everything).
6 Ih dinas sirataal mustaqeem	Guide us to the Straight Way
7 Siratal latheena an a'ama alayhim ghayril maghdoobi alayhim walad daalleen	The Way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger (such as the Jews), nor of those who went astray (such as the Christians).
After reciting Surah Fatiha one says Ameen	

Listen to the whole of **Surah Fatiha** 

After reciting Surah Fatiha one says
Ameen

Then Recite another Surah from the Quran such as Surah Ikhlas:
Recite one verse at a time

Bismillah hir rahman nir raheem	In the Name of Allah, the Most Beneficent, the Most Merciful.
1 Qul Huwal lahu Ahad	Say (O Muhammad (Peace be upon him): He is Allah, (the) One.
2 Allaahus-Samad	Allah-us-Samad (The

	Self-Sufficient Master, Whom all creatures need, He neither eats nor drinks).
3 Lam yalid walam yoolad	He begets not, nor was He begotten;
4 Wa lam yakul-lahuu kufuwan ahad	And there is none co- equal or comparable unto Him.

Listen to the whole of **Surah Ikhlas**



5



After completing the recitation pause for a moment,
then saying "Allah hu 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



Place hands firmly on the knees as if grasping them, and space the fingers out
Keep elbows away from the side and arms straight.
Spread the back and make it level (In Ruku your back should be flat so much so much that if someone place a glass of water on it the water is not likely to spill.)
Do not drop head or raise it higher than the level of the back; keep it in between the two

Ruku

6

In ruku recite:

"Subhana rab-bi yal adheem"	("Glory be to my Lord who is the very greatest") (i.e. three times).
"Subhana rab-bi yal adheem"	
"Subhana rab-bi yal adheem"	

7



Next, straighten up the back from the ruku saying:

Sami Allaah hu liman hamidah,	(Allah hears the one who praises Him)
-------------------------------	---

(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

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

8



"Rabbanaa wa la kal-hamd"

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

9



Then Saying "Allah hu Akbar" (Allah is Great), separate hands from the side go down for sajdah as in picture below

This position is called *sujood or sajdah*.

Place your hands on the ground before your knees

Support yourself on the palms, put the fingers together, and point them towards the qiblah

Either put the palms level to the shoulders or Level with the ears

Place nose and forehead firmly on the ground

Put the knees and toes on the ground firmly, and point the front of the toes towards the qiblah

Put the heels together, and keep feet upright

Raise forearms above the ground and keep them away from the side enough for someone too see your arm pits from behind

Straighten the spine in sujuud

10



Sajdah

Once in this position, recite:

"Subhana rubbiyal a'ala"

"Subhana rubbiyal a'ala"

"Subhana rubbiyal a'ala"

*("Glory be to my Lord, the Most High"
) (three times).*

11



Next, raise the head from prostration while saying

"Allah hu 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 ighfirlee wa irhamnee

**(O my Lord! Forgive me,
and have mercy on me)**

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

Next, saying

"Allah hu Akbar" ("Allah is Great")



12

prostrate for the second time.

Perform the sajdah exactly the same way as described in the first sajdah

And again whilst in Sajdah say:

***"Subhana rubbiyal a'ala"
"Subhana rubbiyal a'ala"
"Subhana rubbiyal a'ala"***

***("Glory be to my Lord, the Most
High") (three times)***

Next, raise the head from prostration while saying

"Allah hu Akbar" ("Allah is Great")

Then assume the sitting position



13

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 First Rakah**

Next, get up for the second 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 First Rakah

Start of Second Rakah

2.1 Place right hand on the back of the left palm, wrist, and forearm

or Grasp the left arm with the right hand

Place the hands on the chest



Whilst in this position and looking at place of prostration recite Surah Fatiha one verse at a time::

1 Bismillah hir rahman nir raheem	In the Name of Allah, the Most Beneficent, the Most Merciful.
2 Alhamdu lillahi rabbil a lameen	All the praises and thanks be to Allah, the Lord of the 'Alamin (mankind, jinns and all that exists).
3 Ar rahman nir raheem	. The Most Beneficent, the Most Merciful.
4 Maliki yawmid deen	The Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection)
5 Iyyaka na'a budu wa-iybaka nasta aeen	You (Alone) we worship, and You (Alone) we ask for help (for each and everything).
6 Ih dinas sirataal mustaqeem	Guide us to the Straight Way
7 Siratal latheena an a' amta alayhim ghayril maghdoobi alayhim walad daalleen	The Way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger (such as the Jews), nor of those who went astray (such as the Christians).
After reciting Surah Fatiha one says Ameen	

Listen to the whole of **Surah Fatiha**



Then Recite another Surah from the Quran such as Surah An-Nas,

Bismillah hir rahman nir raheem	In the Name of Allah, the Most Beneficent, the Most Merciful
1 Qul a'uuthu bi rubbin- naas	Say: "I seek refuge with (Allah) the Lord of mankind,
2 Malikin-naas	"The King of mankind,
3 illahin-naas	"The Ilah (God) of mankind,

4 Min sharril waswassil kha-naas	"From the evil of the whisper (devil who whispers evil in the hearts of men) who withdraws (from his whispering in one's heart after one remembers Allah),
5 Allathi yuwaswisu fee suduurin-naas	"Who whispers in the breasts of mankind,
6 Minal jin-nati wan-naas	"Of jinns and men."

Listen to the whole of **Surah An-Nas**



2.2



After completing the recitation pause for a moment, then saying "Allah hu 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

Place hands firmly on the knees as if grasping them, and space the fingers out Keep elbows away from the side and arms straight. Spread the back and make it level (In Ruku your back should be flat so much so much that if someone place a glass of water on it the water is not likely to spill.) Do not drop head or raise it higher than the level of the back; keep it in between the two In ruku recite:

2.3



In ruku recite:

"Subhana rab-bi yal adheem"	("Glory be to my Lord who is the very greatest") (i.e. three times).
"Subhana rab-bi yal adheem"	
"Subhana rab-bi yal adheem"	

Ruku

2.4



Next, straighten up the back from the ruku saying:

Sami Allaah hu 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

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

2.5



"Rabbanaa wa la kal-hamd"

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

2.6



Then Saying "Allah hu Akbar" (Allah is Great), separate hands from the side go down for sajdah as in picture below

This position is called sujood or sajdah.

Place your hands on the ground before your knees

Support yourself on the palms, put the fingers together, and point them towards the qiblah

Either put the palms level to the shoulders or Level with the ears

Place nose and forehead firmly on the ground

Put the knees and toes on the ground firmly, and point the front of the toes towards the qiblah

2.7



Put the heels together, and keep feet upright

Raise forearms above the ground and keep them away from the side enough for someone too see your arm pits from behind

Straighten the spine in sujuud

Once in this position, recite:

"Subhana rubbiyal a'ala"

"Subhana rubbiyal a'ala"

"Subhana rubbiyal a'ala"

*("Glory be to my Lord,
the Most High")(three
times).*

2.8



Next, raise the head from prostration while saying:

"Allah hu 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 ighfirlee wa irhamnee

("O my Lord,

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

Next, saying

"Allah hu Akbar"

(Allah is Great)

2.9



Sajdah

Prostrate for the second time.

Perform the sajdah exactly the same way as described in the first sajdah

And again whilst in Sajdah say:

"Subhana rubbiyal a'ala"
"Subhana rubbiyal a'ala"
"Subhana rubbiyal a'ala"

***(" Glory be to my Lord,
the Most High")(three
times).***

2.10



Next, raise the head from prostration while saying

"Allah hu 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

Tashahud

"At-tahiyyaatu lillaahi was-salawaatu wat-tayyibaatu; As-salaamu alaika ayyuhan-Nabiyyu wa Rahmatullaahi wa Barakaatuh; As-salaamu alainaa wa alaa ibaadillahis-saliheen.	(All salutations, prayers and pure words are due to Allah, Peace and blessings of Allah be upon you Oh Prophet, and also the mercy of Allah and his blessings. Peace be upon us, and upon the righteous slaves of Allah)
--	---

Ash-hadu allaa ilaaha illaallaah, wa ash-hadu anna Muhammadan abduhu wa Rasooluh.	(I bear witness that none has the right to be worshiped except Allah and I bear witness that Muhammad is His slave and Messenger).
--	---

Then recite As- Salaah alaa An-Nabi (sending prayers on the Prophet) :

"Allaahumma salli alaa Muhammadin wa alaa aali Muhummadin, kamaa sallaita alaa Ibraaheema, wa alaa aali Ibraaheema, innaka hameedum -Majeed. (Oh Allah send prayers on Muhammad and on the family of Muhammad as you sent prayers on Abraham and the family of Abraham; verily You are Worthy of praise, full of Glory.) "Allaahumma baarik alaa Muhammadin wa alaa aali Muhummadin, kamaa baarakta alaa Ibraaheema, wa alaa aali Ibraaheema, innaka hameedum -Majeed. (Oh Allah send blessings on Muhammad and on the family of Muhammad as you sent blessings on Abraham and the family of Abraham; verily You are Worthy of praise, full of Glory.)	
---	--

After this recite a short prayer

The Prophet Muhammad (sallallaahu 'alaihi wa sallam) used to use different supplications in his prayer, supplicating with different ones at different times; he also endorsed other supplications, and "ordered the worshipper to select of them what he wishes."

Here are two of them

1. "Allah Humma Inni A'uudhu bika min Adhaabi Jahanam wa min adhaabil qabar wa min fitnatil mahyaa wa mamaat , wa min sharra fitnatil Masih Ad-Dajjal" (from Muslim, Abu 'Awaanah, Nasaa'i & Ibn al-Jaarood in al-Muntaqaa (27). It is given in Irwaa' (350). .	(O Allaah! I truly seek refuge with You] from the punishment of Hell fire, and from the punishment of the grave, and from the trials of living and dying, and from the evil [trials] of the False Christ.)
---	--

2. "Allah humma innee Auzubika min azabil qabri wa Auzubika min fitna tid daj-jali, wa Auzubika min fitna til mahya wal mamat. Allah humma inee Auzubika minal Ma'thami wal maghrami".	(O Allaah! truly I seek refuge with You from the punishment of the grave, and I seek refuge with you from the trials of the False Christ, and I seek refuge with You from the trials of living and dying. O Allaah! truly I seek refuge with You from sin and burden) (From Bukhari and Muslim).
--	---

(End of Tashahud.)

You can now lower your Right hand index finger and spread your fingers on your left thigh/knee.

2.11



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).
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--	--

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



2.12

"Assalamu alaikum wa rahmatullah "

*Peace and mercy of
Allah be on you).*

This completes the Morning Fajr prayer

- [1 Morning \(Fajr\) Prayer](#)
- [2 Noon \(Dhuhr Prayer](#)
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