

The Ultimate



Salah

Cheat-Sheet

created by:
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@lulushahin

The 5 prayers

rakat

when

Fajr

2

before
sunrise

Duhr

4

mid - day

Asr

4

afternoon

maghreb

3

sunset

Isha

4

night

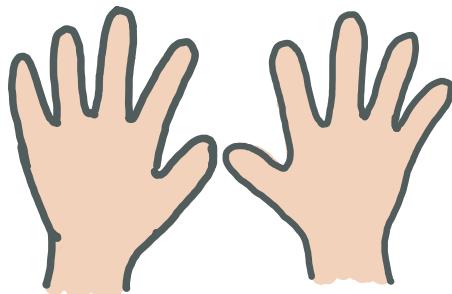
How to do Wudu

@lulu shahin

1. Set Intention



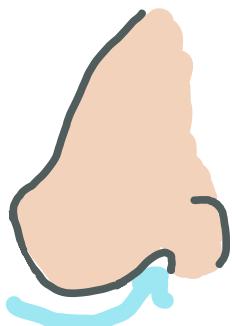
2. Hands $\times 3$



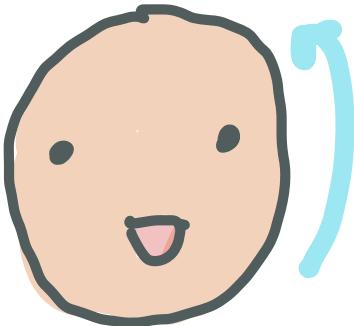
3. Mouth $\times 3$



4. Nose $\times 3$



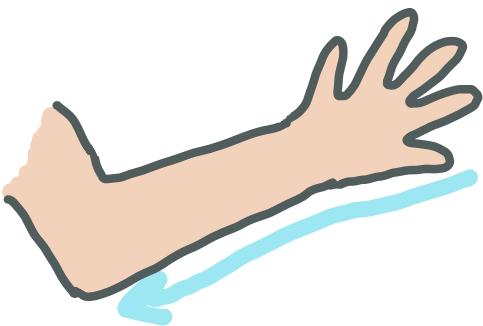
5. Face $\times 3$



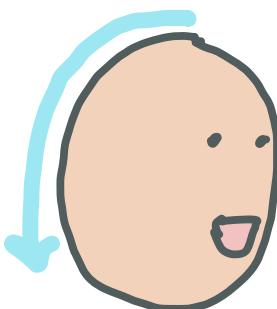
6. Right arm $\times 3$



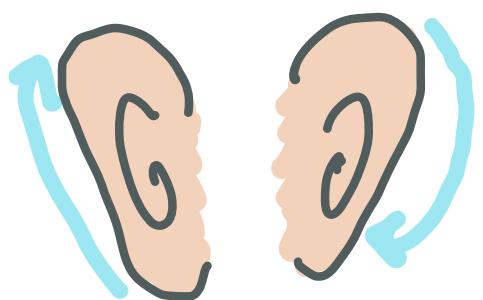
7. Left arm $\times 3$



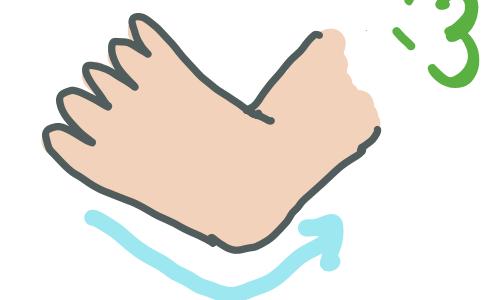
8. Head $\times 1$



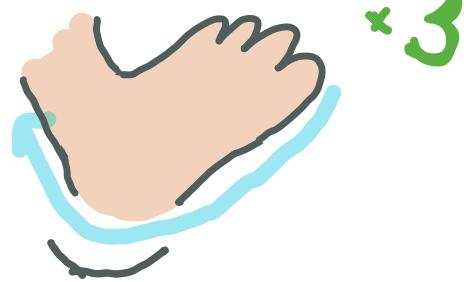
9. Ears $\times 1$



10. Right foot $\times 3$



11. Left foot $\times 3$



Optional Duaa:

"Ash-hadu an laa
ilaaha illallahu
wahdahu laa shareeku
laahu wa ash-hadu
'anna Muhammadaan
'abdruhu wa Rasooluhu"

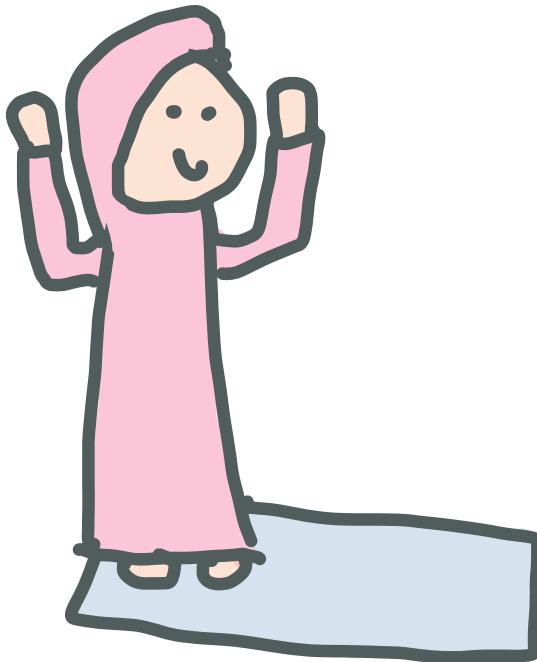
Fajr

2 rakat

Raka'a 1 of 2

Stand (takbeer)

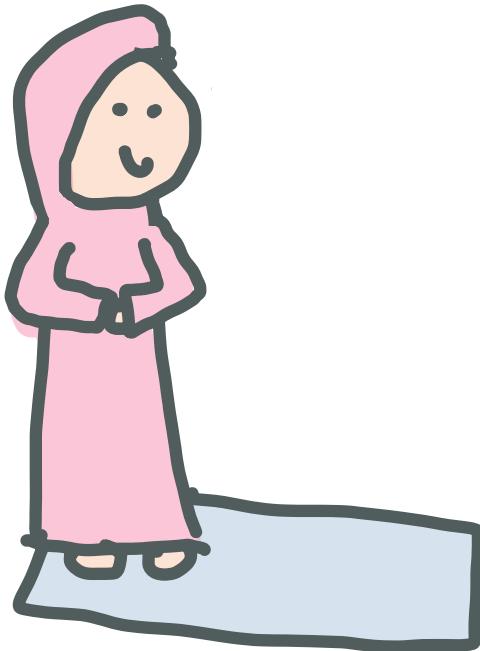
Hands to ears



“Allahu
Akbar”

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

“Allahu Akbar”

Raka'a 1 of 2

Bend down (ruku)

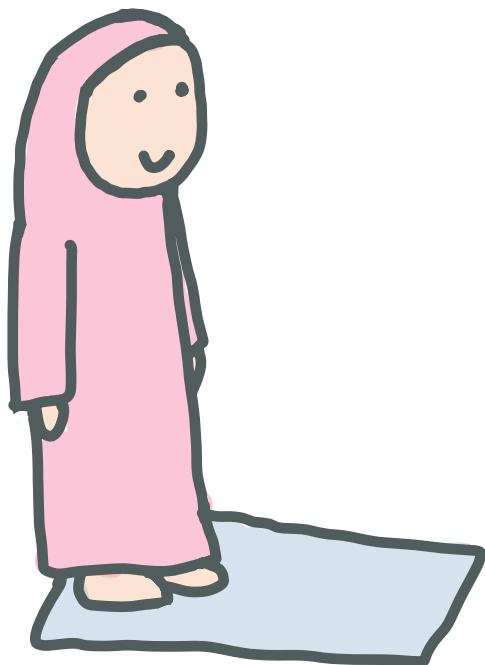
* put hands on knees*



"Subhana
rabbee ya I
atheem"
x 3

"Allahu AKbar"

Stand up



"Sami' Allahu
liman hamidah"

* pause *

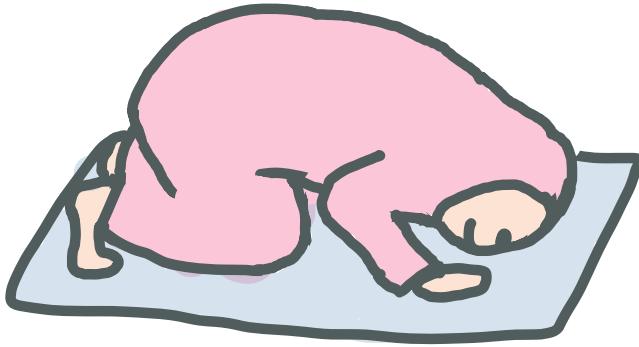
"Rabbana
walakal hamd"

"Allahu AKbar"

Raka'a 1 of 2

Go down (sujood)

forehead, hands, knees,
& toes touching floor



Sit up

hands on knees



Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu AKbar"

"Rabb
ighfirli"

(God forgive me)

"Allahu AKbar"

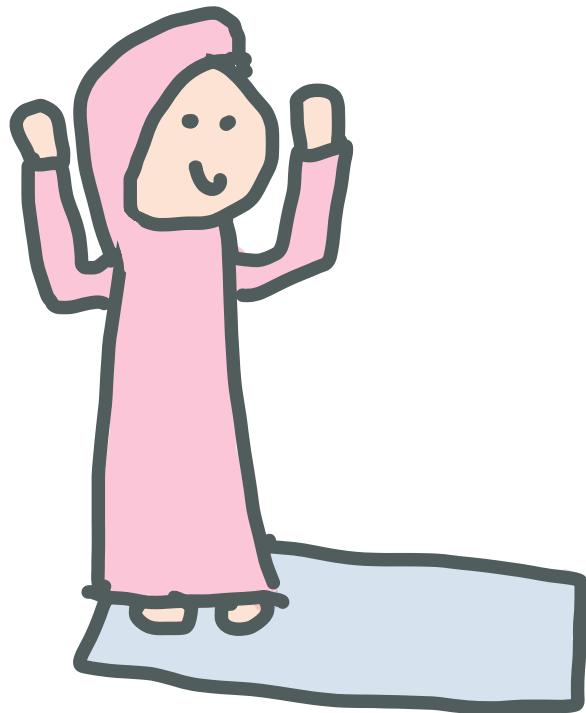
"Subhanna
Rabeeyal 'ala'a

x 3

Raka'a 2 of 2

Stand (takbeer)

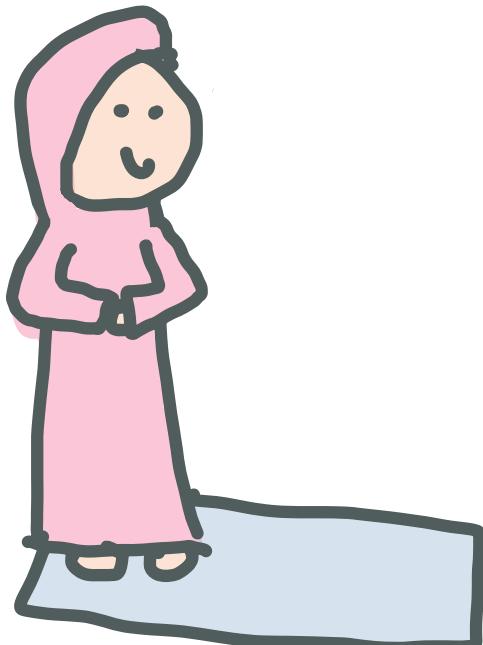
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

Raka'a 2 of 2

Bend down (ruku)

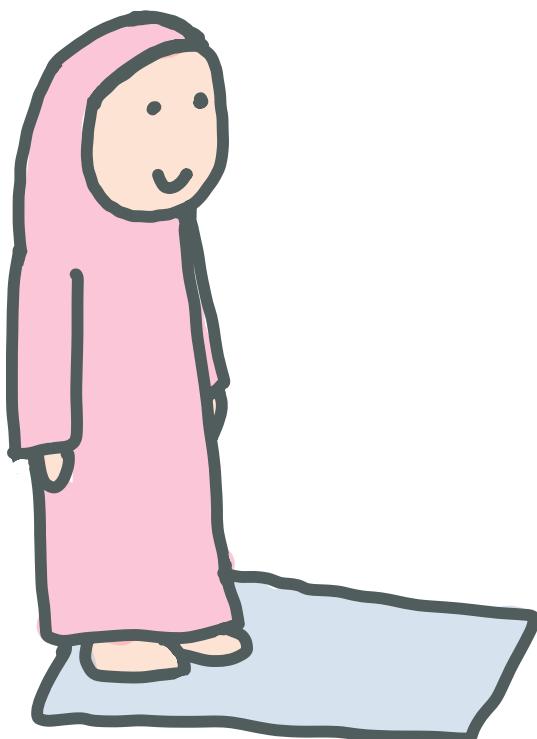
* put hands on knees*



"Subhana
rabbee ya I
atheem"
x 3

"Allahu AKbar"

Stand up



"Sami' Allahu
liman hamidah"

* pause *

"Rabbana
walakal hamd"

"Allahu AKbar"

Raka'a 2 of 2

Go down (sujood)
forehead, hands, knees,
& toes touching floor



Sit up
hands on knees



Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu AKbar"

"Rabb
ighfirli"

(God forgive me)

"Allahu AKbar"

"Subhanna
Rabeeyal 'ala'a

x 3

Raka'a 2 of 2

Sit (tashahud)

hands on knees



put right
index finger
up

Part 1

At-Tahiyyatu lilaahi
was-Salawaatu wat-tayibaat

Assalaamu 'alaika ayyuhan
nabiyyu wa rahmatu Allahi
wa barakaatuh

Assalaamu 'alaynaa wa 'alaa
'ebaad illahisaaliheen,

Ash-hadu anna
la-ilaha-ill-Allah

Wa ash-hadu anna
Muhammadan 'abduhuu wa
rasuuluh

Raka'a 2 of 2

Part 2

Still sitting



Allah-humma salli 'ala
Muhammadin
wa 'ala aali Muhammad

Kamaa salayta 'ala Ibreaheema
wa 'ala aali Ibrahim

Innaka Hameedun Majeed

Wa baarik 'ala Muhamadin
wa 'ala aali Muhammad

Kamaa baarakta 'ala Ibreaheema
wa 'ala aali Ibrahim

Innaka Hameedun Majeed

Raka'a 2 of 2

LOOK right (tasleem)



"Assalamu
alaykum wa
rahmatu Allah"

LOOK left



"Assalamu
alaykum wa
rahmatu Allah"

prayer done

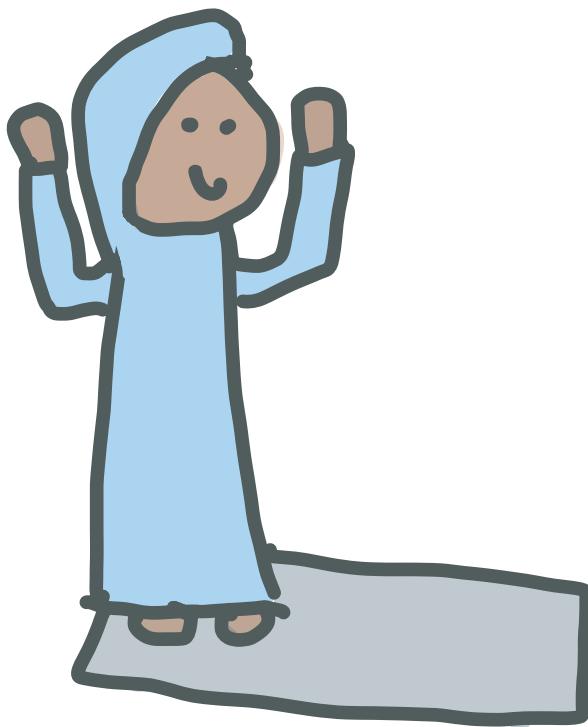
Duhr / Asr / Isha

4 rakat

Raka'a 1 of 4

Stand (takbeer)

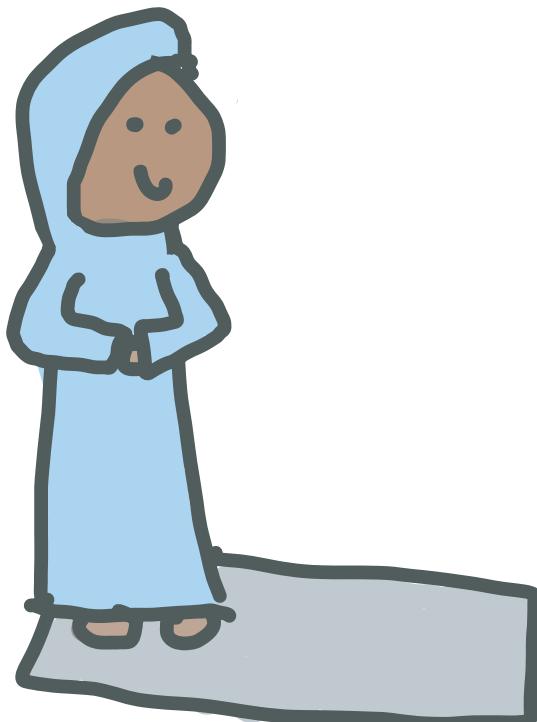
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

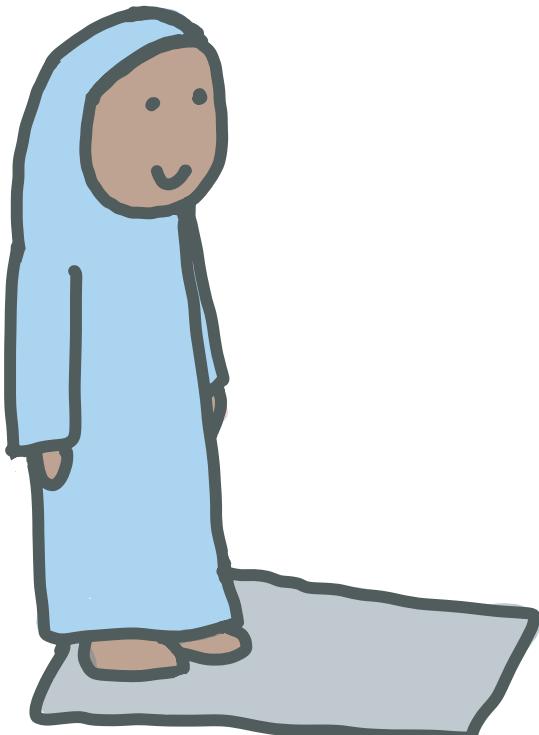
Raka'a 1 of 4

Bend down (ruku)

* put hands on knees*



Stand up



"Subhana
rabbee ya I
atheem"
x 3

"Allahu Akbar"

"Sami' Allahu
liman hamidah"

* pause *

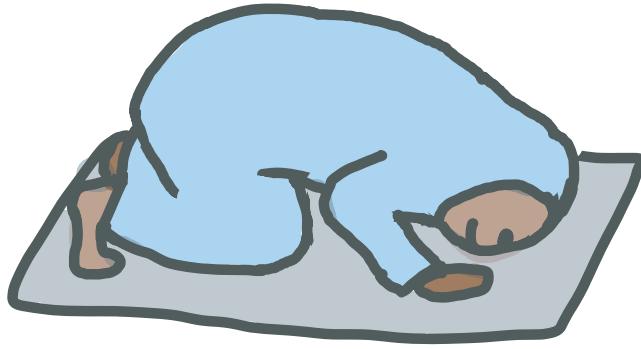
"Rabbana
walakal hamd"

"Allahu Akbar"

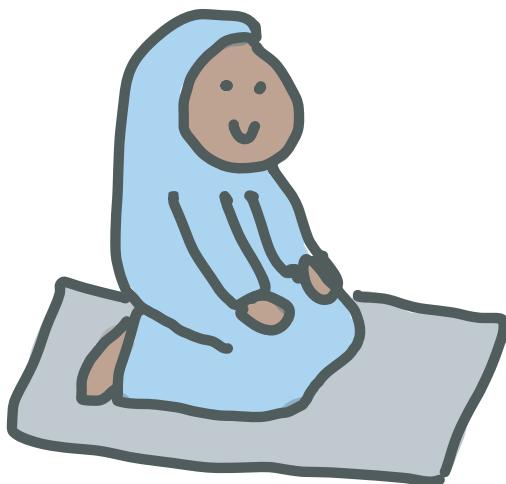
Raka'a 1 of 4

Go down (sujood)

forehead, hands, knees,
& toes touching floor



Sit up *hands on Knees*



Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu Akbar"

"Rabb
ighfirli"

(God forgive me)

"Allahu Akbar"

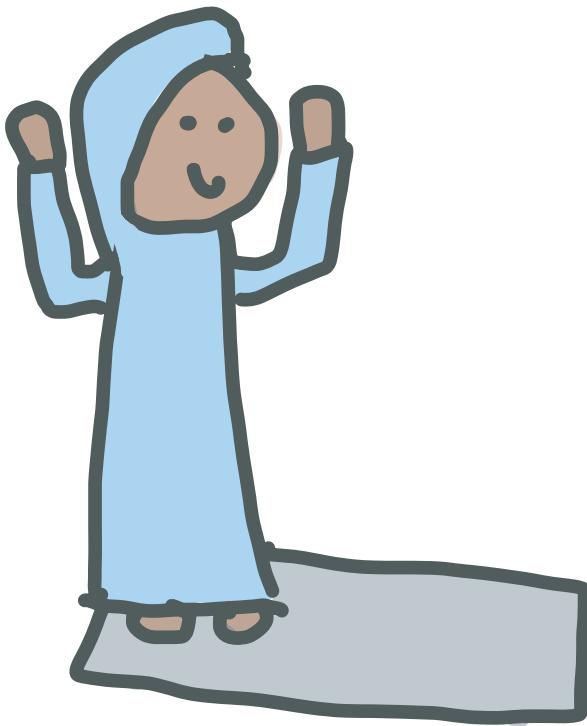
"Subhanna
Rabeeyal 'ala'a

x 3

Raka'a 2 of 4

Stand (takbeer)

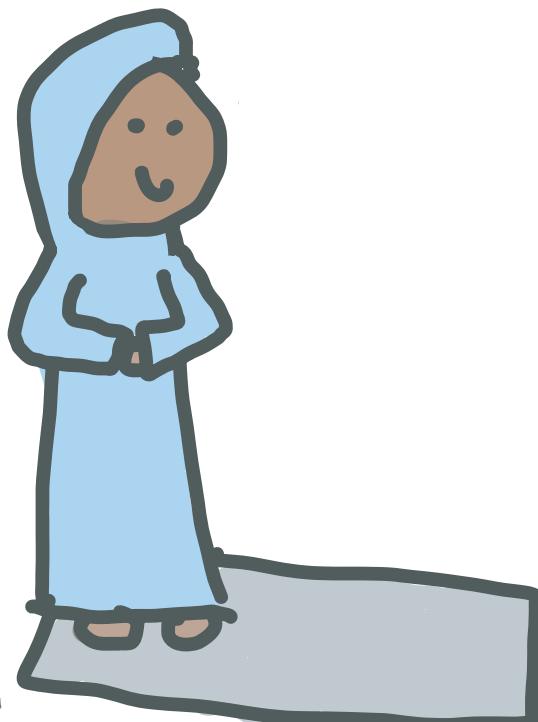
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

Raka'a 2 of 4

Bend down (ruku)

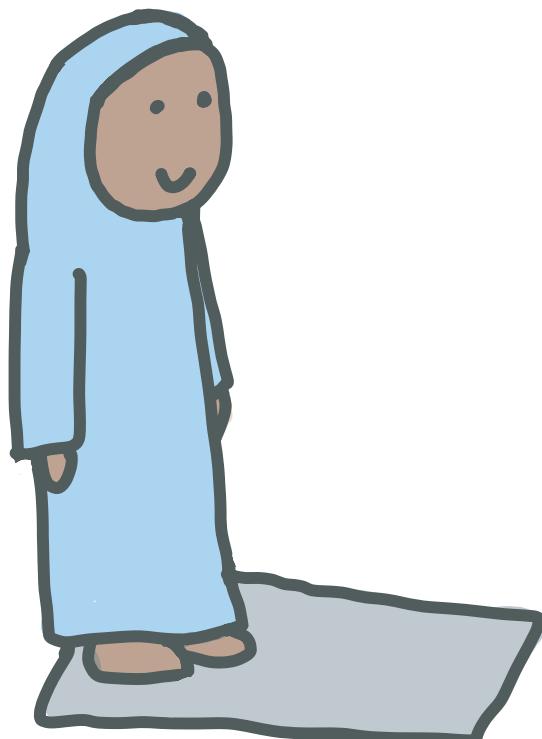
* put hands on knees*



"Subhana
rabbee ya I
atheem"
x 3

"Allahu Akbar"

Stand up



"Sami' Allahu
liman hamidah"

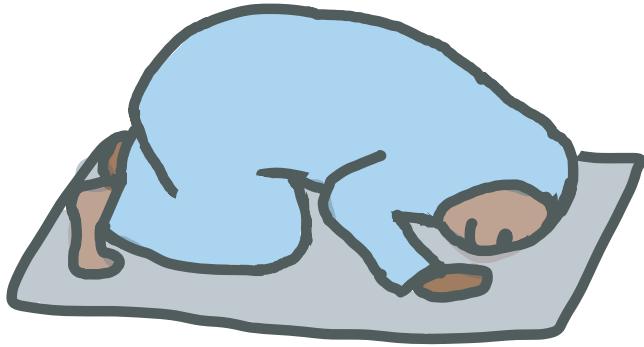
* pause *

"Rabbana
walakal hamd"

"Allahu Akbar"

Raka'a 2 of 4

Go down (sujood)
forehead, hands, knees,
& toes touching floor



"Subhanna
Rabeeyal 'ala'a"

x 3

Sit up *hands on Knees*



"Allahu Akbar"

"Rabb
ighfirli"

(God forgive me)

"Allahu Akbar"

Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

Raka'a 2 of 4

sit (tashahud)

hands on knees

Part 1

At-Tahiyyatu lilaahi
was-Salawaatu wat-tayibaat



put right
index finger
up

Assalaamu 'alaika ayyuhan
nabiyyu wa rahmatu Allahi
wa barakaatuh

Assalaamu 'alaynaa wa 'ala
'ebaad illahisaaliheen,

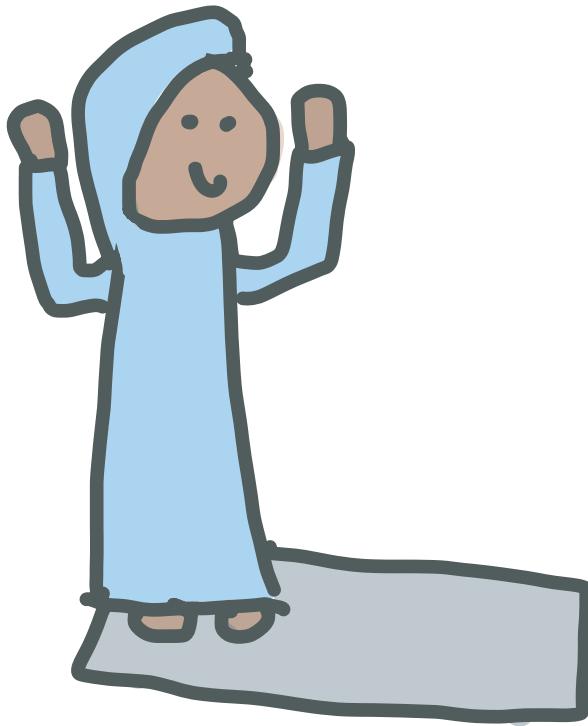
Ash-hadu anna
la-ilaha-ill-Allah

Wa ash-hadu anna
Muhammadan 'abduhuu wa
rasuuluh

Raka'a 3 of 4

Stand (takbeer)

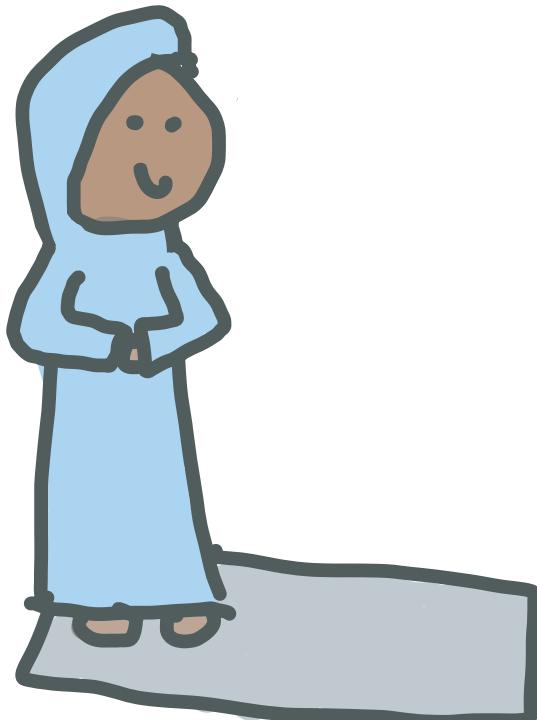
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

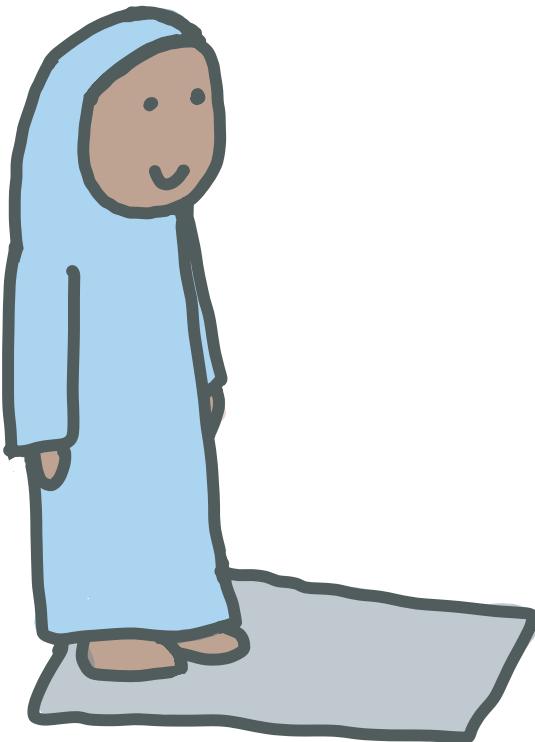
Raka'a 3 of 4

Bend down (ruku)

* put hands on knees*



Stand up



"Subhana
rabbee ya I
atheem"
x 3

"Allahu Akbar"

"Sami' Allahu
liman hamidah"

* pause *

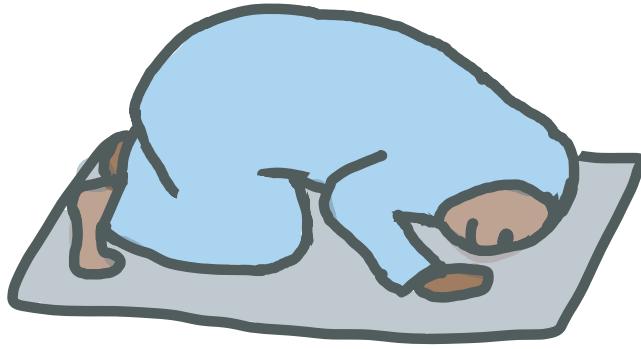
"Rabbana
walakal hamd"

"Allahu Akbar"

Raka'a 3 of 4

Go down (sujood)

forehead, hands, knees,
& toes touching floor



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu Akbar"

Sit up *hands on Knees*



"Rabb
ighfirli"

(God forgive me)

"Allahu Akbar"

Down again (sujood)



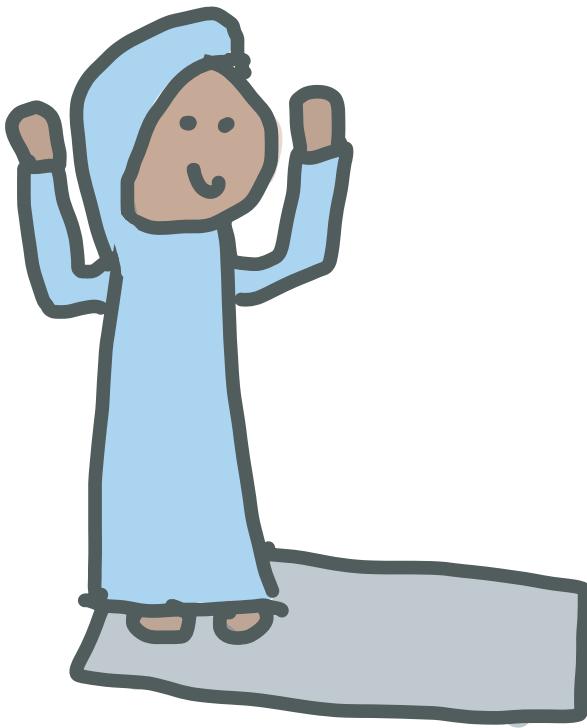
"Subhanna
Rabeeyal 'ala'a"

x 3

Raka'a 4 of 4

Stand (takbeer)

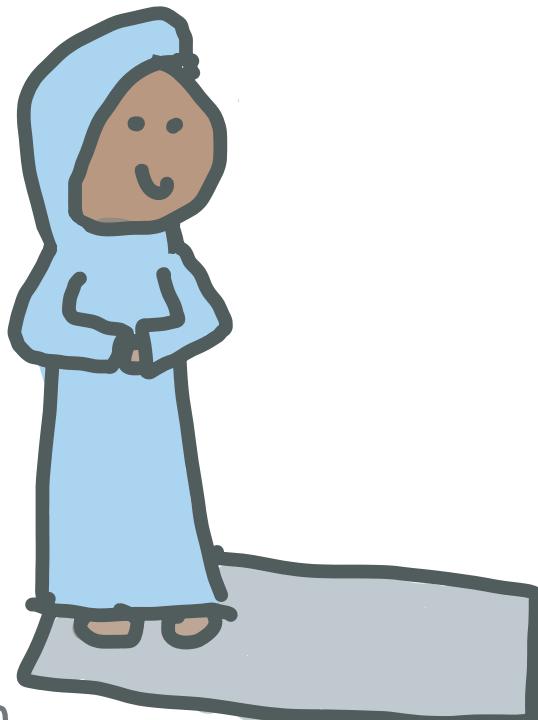
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

Raka'a 4 of 4

Bend down (ruku)

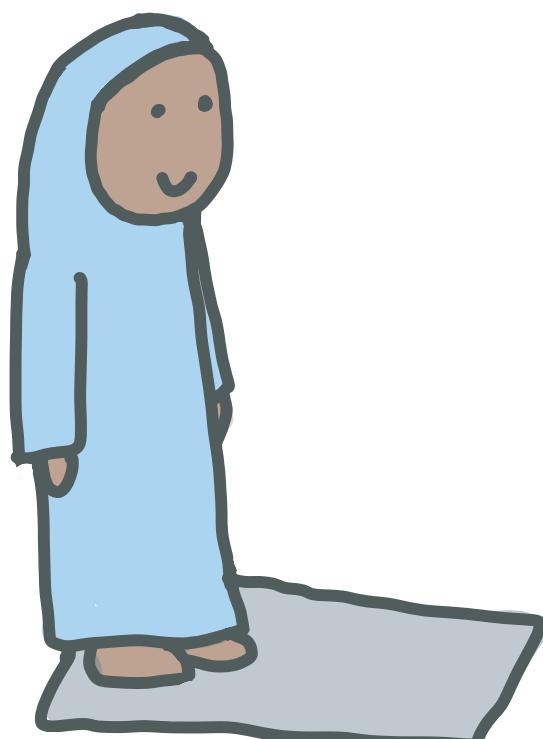
* put hands on knees*



"Subhana
rabbee ya I
atheem"
x 3

"Allahu Akbar"

Stand up



"Sami' Allahu
liman hamidah"

* pause *

"Rabbana
walakal hamd"

"Allahu Akbar"

Raka'a 4 of 4

Go down (sujood)
forehead, hands, knees,
& toes touching floor



"Subhanna
Rabeeyal 'ala'a"

x 3

Sit up *hands on Knees*



"Allahu Akbar"

"Rabb
ighfirli"

(God forgive me)

"Allahu Akbar"

Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

Raka'a 4 of 4

sit (tashahud)

hands on knees

Part 1

At-Tahiyyatu lilaahi
was-Salawaatu wat-tayibaat



put right
index finger
up

Assalaamu 'alaika ayyuhan
nabiyyu wa rahmatu Allahi
wa barakaatuh

Assalaamu 'alaynaa wa 'ala
'ebaad illahisaaliheen,

Ash-hadu anna
la-ilaha-ill-Allah

Wa ash-hadu anna
Muhammadan 'abduhuu wa
rasuuluh

Raka'a 4 of 4

Part 2

Still sitting

Allah-humma salli 'ala
Muhammadin
wa 'ala aali Muhammad



Kamaa salayta 'ala Ibreaheema
wa 'ala aali Ibrahim

Innaka Hameedun Majeed

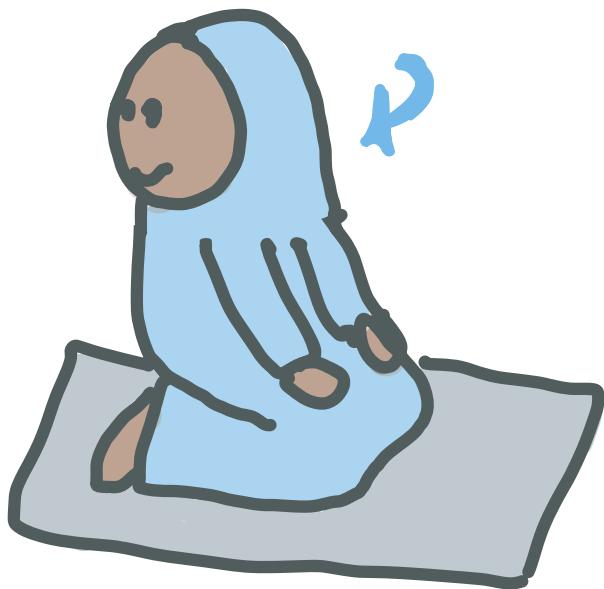
Wa baarik 'ala Muhamadin
wa 'ala aali Muhammad

Kamaa baarakta 'ala Ibreaheema
wa 'ala aali Ibrahim

Innaka Hameedun Majeed

Raka'a 4 of 4

LOOK right (tasleem)



"Assalamu
alaykum wa
rahmatu Allah"

LOOK left



"Assalamu
alaykum wa
rahmatu Allah"

prayer done

Maghreb

3 rakat

Raka'a 1 of 3

Stand (takbeer)

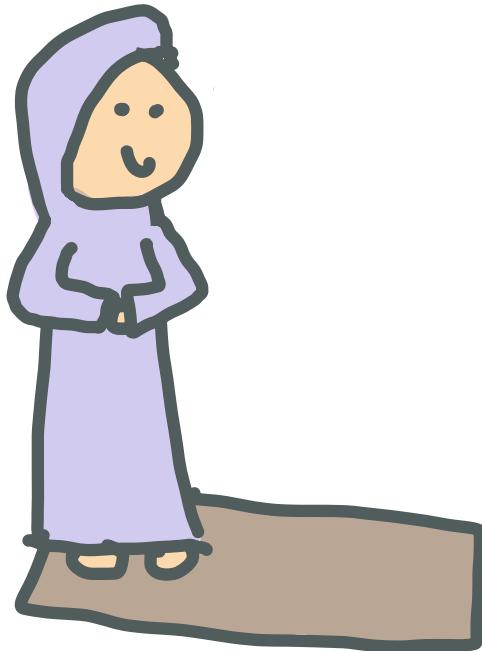
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

Raka'a 1 of 3

Bend down (ruku)

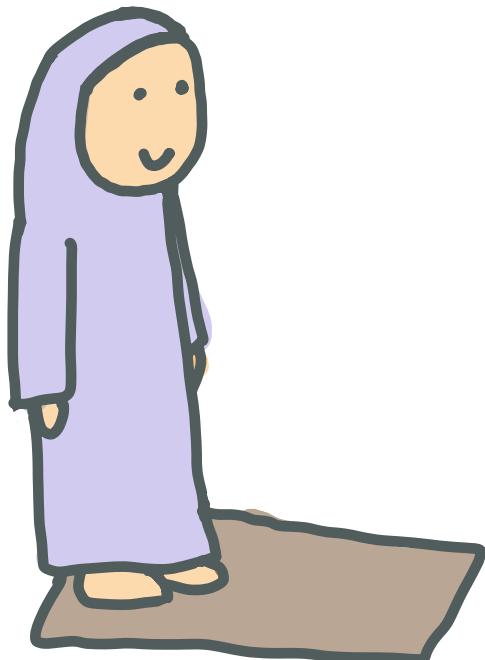
* put hands on knees*



"Subhana
rabbee ya I
atheem"
x 3

"Allahu Akbar"

Stand up



"Sami' Allahu
liman hamidah"

* Pause *

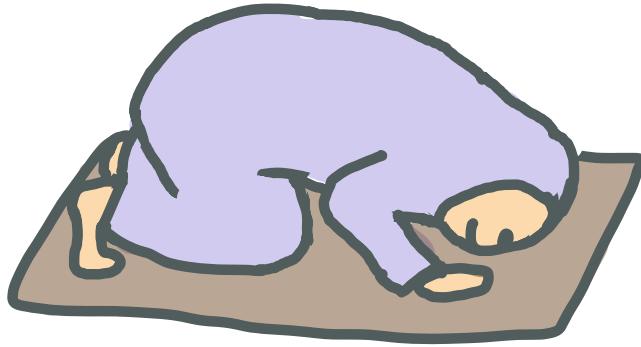
"Rabbana
walakal hamd"

"Allahu Akbar"

Raka'a 1 of 3

Go down (sujood)

forehead, hands, knees,
& toes touching floor

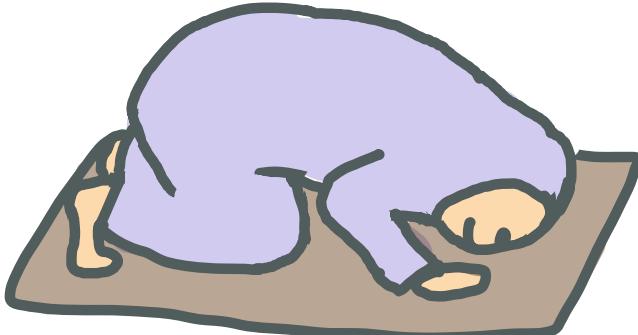


Sit up

hands on knees



Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu Akbar"

"Rabb
ighfirli"

(God forgive me)

"Allahu Akbar"

"Subhanna
Rabeeyal 'ala'a

x 3

Raka'a 2 of 3

Stand (takbeer)

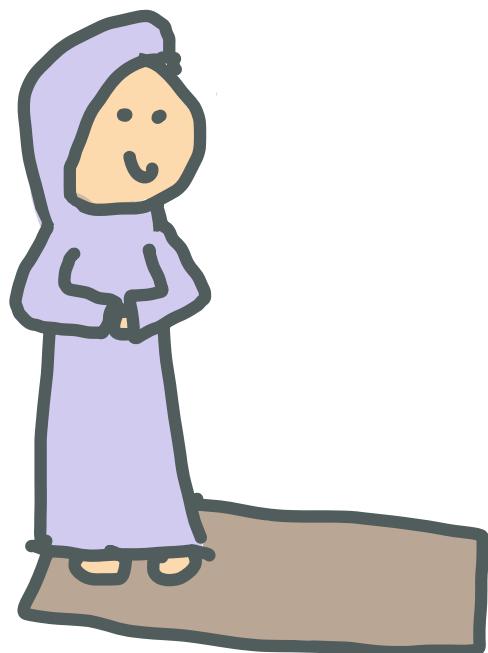
Hands to ears



"Allahu
Akbar"

Hands on chest

right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

Raka'a 2 of 3

Bend down (ruku)

* put hands on knees*

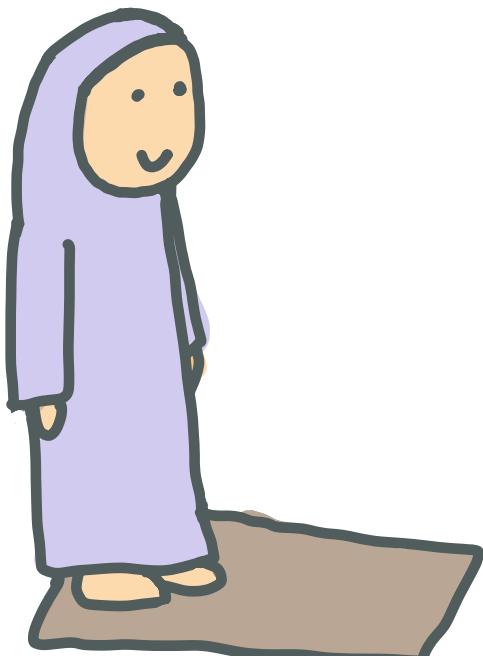


"Subhana
rabbeeyal
atheem"

x 3

"Allahu Akbar"

Stand up



"Sami' Allahu
liman hamidah"

* pause *

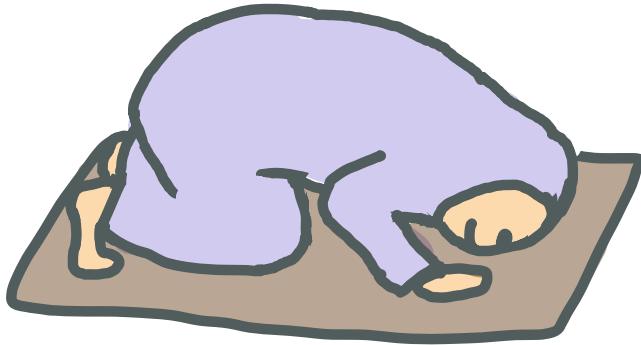
"Rabbana
walakal hamd"

"Allahu Akbar"

Raka'a 2 of 3

Go down (sujood)

forehead, hands, knees,
& toes touching floor

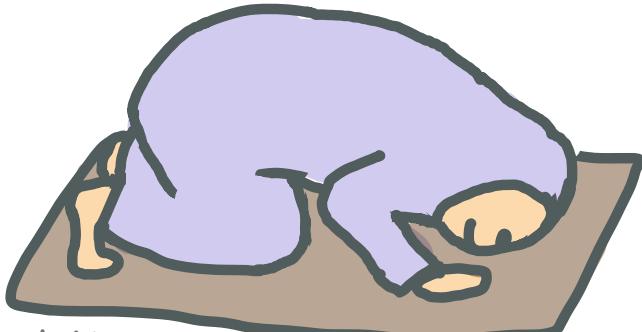


Sit up

hands on knees



Down again (sujood)



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu Akbar"

"Rabb
ighfirli "

(God forgive me)

"Allahu Akbar"

"Subhanna
Rabeeyal 'ala'a

x 3

Raka'a 2 of 3

sit (tashahud)

hands on knees



put right
index finger
up

Part 1

At-Tahiyyatu lilaahi
was-Salawaatu wat-tayibaat

Assalaamu 'alaika ayyuhan
nabiyyu wa rahmatu Allahi
wa barakaatuh

Assalaamu 'alaynaa wa 'ala
'ebaad illahisaaliheen,

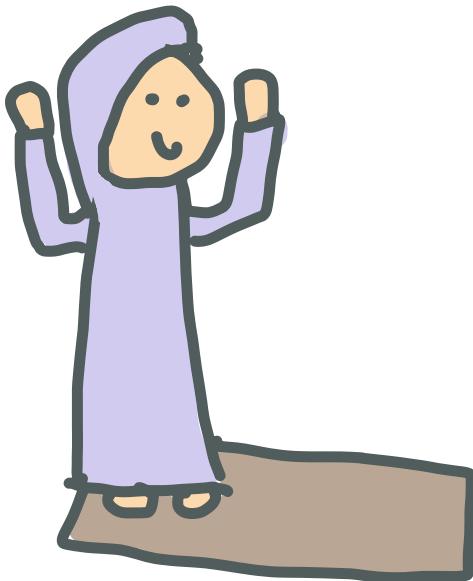
Ash-hadu anna
la-ilaha-ill-Allah

Wa ash-hadu anna
Muhammadan 'abduhuu wa
rasuuluh

Raka'a 3 of 3

Stand (takbeer)

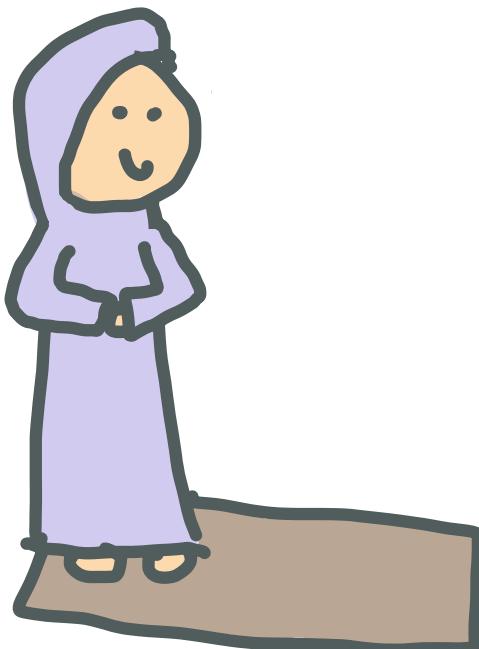
Hands to ears



"Allahu
Akbar"

Hands on Chest

Right hand over left



recite
Surat al-
Fatiha

+
another
surah

"Allahu Akbar"

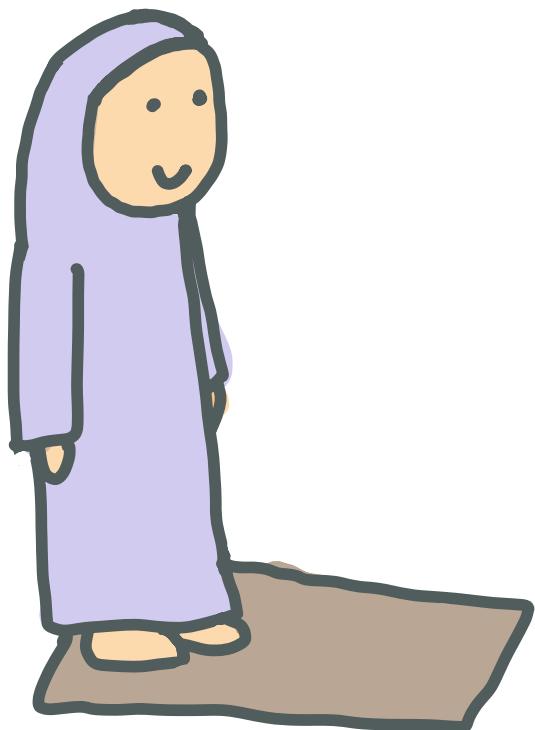
Raka'a 3 of 3

Bend down (ruku)

* put hands on knees*



Stand up



"Subhana
rabbeeyal
atheem"

x 3

"Allahu Akbar"

"Sami' Allahu
liman hamidah"

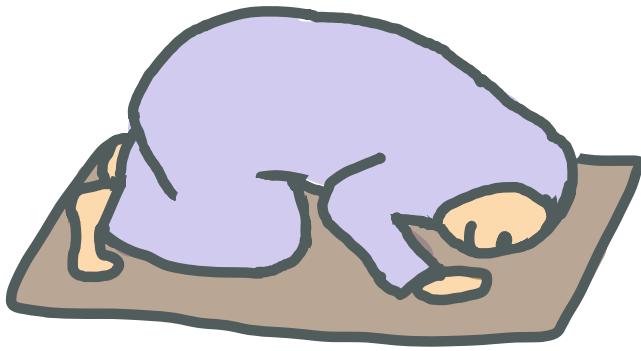
* Pause *

"Rabbana
walakal hamd"

"Allahu Akbar"

Raka'a 3 of 3

Go down (sujood)
forehead, hands, knees,
& toes touching floor



"Subhanna
Rabeeyal 'ala'a"

x 3

"Allahu Akbar"

Sit up

hands on Knees

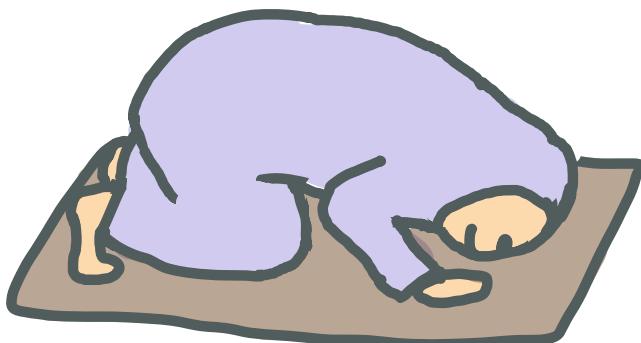


"Rabb
ighfirli "

(God forgive me)

"Allahu Akbar"

Down again (sujood)



"Subhanna
Rabeeyal 'ala'a

x 3

Raka'a 3 of 3

sit (tashahud)

hands on knees



put right
index finger
up

Part 1

At-Tahiyyatu lilaahi
was-Salawaatu wat-tayibaat

Assalaamu 'alaika ayyuhan
nabiyyu wa rahmatu Allahi
wa barakaatuh

Assalaamu 'alaynaa wa 'ala
'ebaad illahisaaliheen,

Ash-hadu anna
la-ilaha-ill-Allah

Wa ash-hadu anna
Muhammadan 'abduhuu wa
rasuuluh

Raka'a 3 of 3

Part 2

Still sitting

Allah-humma salli 'ala
Muhammadin
wa 'ala aali Muhammad



Kamaa salayta 'ala Ibreaheema wa
'ala aali Ibrahim

Innaka Hameedun Majeed

Wa baarik 'ala Muhamadin
wa 'ala aali Muhammad

Kamaa baarakta 'ala Ibreaheema
wa 'ala aali Ibrahim

Innaka Hameedun Majeed

Raka'a 3 of 3

LOOK right (tasleem)



"Assalamu
alaykum wa
rahmatu Allah"

LOOK left



"Assalamu
alaykum wa
rahmatu Allah"

prayer done

Translations



meaning

@lulusahin

Allahu Akbar

subhana
rabbeeyal
atheem

Sami' Allahu
liman hamidah

Rabbana
walakal hamd

Subhanna
Rabeeyal 'ala

Assalamu
alaykum wa
rahmatu Allah

Allah is the Greatest

How Perfect is
my Lord, the
Supreme

Allah hears those
who praise him

Our Lord, praise
be to You

How Perfect is
my Lord, the
Highest

Peace and the
mercy of Allah
be on you

tashahud Part 1

At-Tahiyyatu lilaahi
was-Salawaatu wat-tayibaat

All compliments, prayers
and pure words are
due to Allah

Assalaamu 'alaika ayyuhan
nabiyyu wa rahmatu Allahi
wa barakaatuh

Peace be on you,
O prophet
and the mercy of Allah
and His blessings

Assalaamu 'alaynaa wa 'ala
'ebaad illahisaaliheen,

Peace be upon us and
on the righteous
servants of Allah

Ash-hadu anna
la-ilaha-ill-Allah

I bear witness that
there is no god but
Allah

Wa ash-hadu anna
Muhammadan 'abduhuu wa
rasuuluh

and bear witness
that Muhammad
is His servant and
Messenger

meaning

@lulusahin

Tashahud - part 2

Allah-humma salli 'ala
Muhammadin
wa 'ala aali Muhammad

O Allah, let Your
mercy come upon
Muhammad
and the family
(or followers)
of Muhammad

Kamaa salayta 'ala Ibreaheema
wa 'ala aali Ibrahim

as You let it come upon
Ibrahim and the family
(or followers) of Ibrahim

Innaka Hameedun Majeed

Verily, You are full
of Praise and Majesty

Wa baarik 'ala Muhamadin
wa 'ala aali Muhammad

O Allah, bless Muhammad
and the family (or
followers) of Muhammad

Kamaa baarakta 'ala
Ibreaheema
wa 'ala aali Ibrahim

as you blessed
Ibrahim and the
family (or followers)
of Ibrahim

Innaka Hameedun Majeed

Verily, You are full of
Praise and Majesty.

After you pray, you can sit
and ask God for anything!

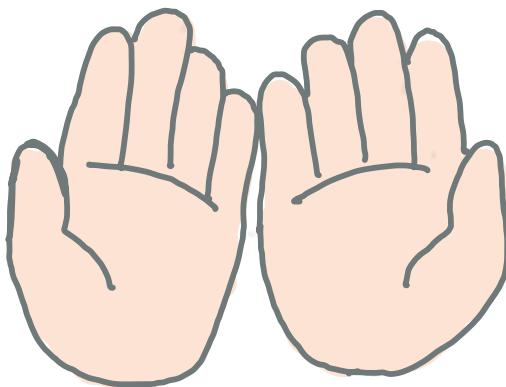
so, here's a short

Dua (prayer)

for Palestine

you can say after you pray!

Prayer for Palestine



"O Allah, help and protect the people of Palestine.

O Allah, ease their pain and suffering.

O Allah, bestower of Mercy, bestower your Mercy on them. Ameen."