

7. **Intention** : Having intention in the mind, which may also be expressed with the tongue, to offer a particular Fard Prayer at a prescribed time or a particular missed Prayer afterwards. For the Sunnah or Nafl Prayers, however, the mention of the time is not necessary. If one is going to offer a Prayer under the leadership of an Imam, one has to express intention to that effect, too.

Inside 6: The insides six, called the pillars of the Prayer, have to be observed during the Prayer.

1. **Takbir Tahrimah:** To began the Prayer with Allaahu Akber, expressing the greatness and glory of Allah. This is called Takbir Tahrimah because after one has pronounced it, one is forbidden to move about talk, eat or drink, etc.
2. **Qiyam:** To stand upright in a Fard or Wazib Prayer at least for so long that one may complete recitation of that much portion it, one is forbidden to move has to recite as an imperative duty. In the sunnah/ Nafl Prayer, however, Qiyam is not necessary.
3. **Qira`at :** To recite by heart one verse of the Al-Qur`aan, consisting of at least one short or long surah with surah Fatiha every Rakat Salah.
4. **Ruku :** To bend down to the extent that the hands reach the knees is obligatory once in each Rak'ah.
5. **Sijdah :** To prostrate oneself twice in every raka'ah.
6. **Qa'dah Akhirah :** To sit the prescribed way at the end of the last Rak'ah of the Prayer for so long that one may complete recitation of Tahsahud & Durud-e-Ibraheem.