INSTRUCTIONS FOR 5 DAILY PRAYERS

Morning: Steps 1-16
Early Afternoon: Steps 1-14 & continue with steps 2-16
Mid Afternoon: Steps 1-14 & continue with steps 2-16
Sunset: Steps 1-14 & continue steps 8-16
Night: Steps 1-14 & continue with steps 2-16

Reciting Al-Fatihah
Recite Al-Fatihah
Recite a verse/verses from the Qur’an

Making Ruku*
Say: Allahu Akbar, before you prostrate.
Say: Subhāna rab-biya al-A‘laa (3 times)

Rising from Ruku*
Say: Sami’ Allahu liman hamidah
Rab-bana wa laka al hamd

Making 1st Sujud*
Say: Allahu Akbar, before you prostrate.
Say: Subhāna rab-biya al-A‘laa (3 times)

Sitting after 1st Sujud*
Say: Allahu Akbar, when you sit.
Say: Rab-bi ighfir lee. (2 times)

Making 2nd Sujud*
Say: Allahu Akbar, before you prostrate.
Say: Subhāna rab-biya al-A‘laa (3 times)

Rising from 1st Rak’ah
Stand up, and Say: Allahu Akbar.
Recite Al-Fatihah.
Recite a verse/verses from the Qur’an

Making the 2 Taslimahs
Turn right and say: Assalamu Aleikum wa rahmatu Allah
Turn left and say: Assalamu Aleikum wa rahmatu Allah
How To Perform Ablution

Ablution: Required procedure before prayer.

When intending to perform ablution, silently say:
In the name of Allah, Most Gracious, Most Merciful.

1. Then wash both hands up to the wrists three times
2. Put a handful of water into the mouth and rinse it thoroughly three times.
3. Wash the right arm, and then left arm, thoroughly from hand to elbow three times.
4. Move the wet palms of both hands over the head, starting from the top of the forehead to the neck.
5. Wash the face three times from right ear to left ear and from forehead to throat.
6. Wash the right arm and then left arm, thoroughly from hand to elbow three times.
7. Wash both feet to the ankles starting from the right foot and making sure that water has washed between the toes and all other parts of the feet.
8. Wash the back of the wet hands over the rope.
9. Wash both hands up to the wrists three times making sure that water has washed between the fingers.

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Glossary

- **Alahhu akbar**: God is the greatest
- **Al-hamdu lilah**: Thanks/praise be to Allah
- **Allah akbar**: God is the greatest
- **Assalaamu Aleikum**: Peace be upon you, it is also the official greeting for Muslims.
- **Al-Fatihah**: The opening chapter of the Holy Qur’an
- **BismillahirRahmanirRaheem**: In the name of Allah, Most Gracious, Most Merciful.
- **Bismillah**: In the name of Allah.
- **Kaaba**: First house of worship, built by Prophet Abraham and his son Ismael. As a symbol of unity, Muslims face Kaaba when praying.
- **Makka**: Holy city located near the Red Sea, in Saudi Arabia.
- **Kaaba is located in Makka, a reference point for Qibla.
- **Pbuh**: Peace be upon him, referring to Prophet Muhammad (pbuh)
- **Qibla**: Direction to face when praying.
- **Rabbana wa la ka alhamd**: Our God, to You is the praise.
- **Rabbi aghfir lee**: My God, forgive me.
- **Rak’ah**: Unit of a prayer. See steps 1-7 in our guide for a full rak’ah.
- **Ruku**: Bowing
- **Salat**: The Prayer
- **Samii Allah iman hamidah**: Allah listens to the one who praise Him.
- **Subhana Rabbi Al-Azeem**: Glory to my God, The Greatest.
- **Subhana Rabbi Al-Alaa**: Glory to my God, The Highest.
- **SubhanaAllah**: Glory to Allah.
- **Sujud**: Prostrating.
- **Tasleem/Salam**: Greeting/saying Assalaamu Aleikum
- **Tashahhud**: A prayer Prophet Muhammad (pbuh), Prophet Abraham, and the rest of prophets and all the believers.

Al-Fatiha (The Opener)
Translation: In the name of Allah, Most Gracious, Most Merciful, Praise be to Allah, the Cherisher and Sustainer of the worlds, Most Gracious, Most Merciful; Master of the Day of Judgment; You do we worship and Your aid we seek; Show us the straight way; The way of those on whom You have bestowed Your Grace, those whose portion is not wrath, and who go not astray.

Al-Ikhlas (Sincerity)
Translation: In the name of Allah, Most Gracious, Most Merciful. Say, He is Allah, the One and only; Allah, the Eternal, Absolute; He begets not, neither is He begotten; And there is none like unto Him.

1st Tashahhud (A Prayer)
Translation: “All worships are for Allah. Allah’s peace be upon you, O Prophet, and His mercy and blessings, Peace be on us and on all righteous servants of Allah; I bear witness that there is none worthy of worship except Allah, and I bear witness that Muhammad is His servant and messenger.”

2nd Tashahhud (A Prayer)
Translation: O Allah, let Your blessings come on Muhammad and the family of Muhammad as You blessed Ibrahim; truly You are Praiseworthy and Glorious; O Allah, bless Muhammad and the family of Muhammad as You blessed Ibrahim and the family of Ibrahim; truly You are Praiseworthy and Glorious.

FIVE DAILY PRAYERS

- **Morning Prayer (Fajr)** consisting of two units (each unit of prayer is called a rak’ah)
- **Early Afternoon Prayer (Zuhr)** consisting of four units
- **Mid Afternoon Prayer (Asr)** consisting of four units
- **Sunset Prayer (Maghrib)** consisting of three units
- **Night Prayer (Isha)** consisting of four units

Refer to pages 2-4 for a step by step prayer illustrations.

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