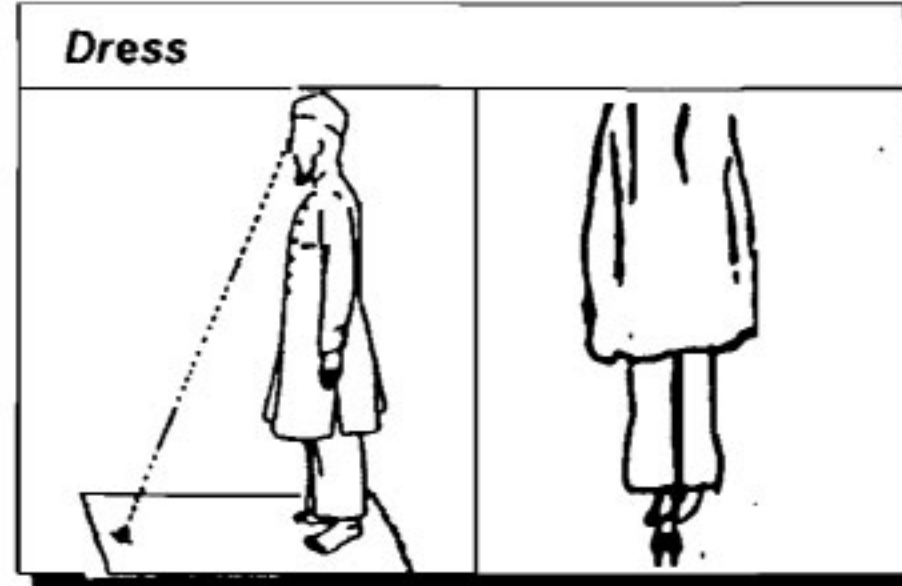


# How to Pray

## Salat/Prayer

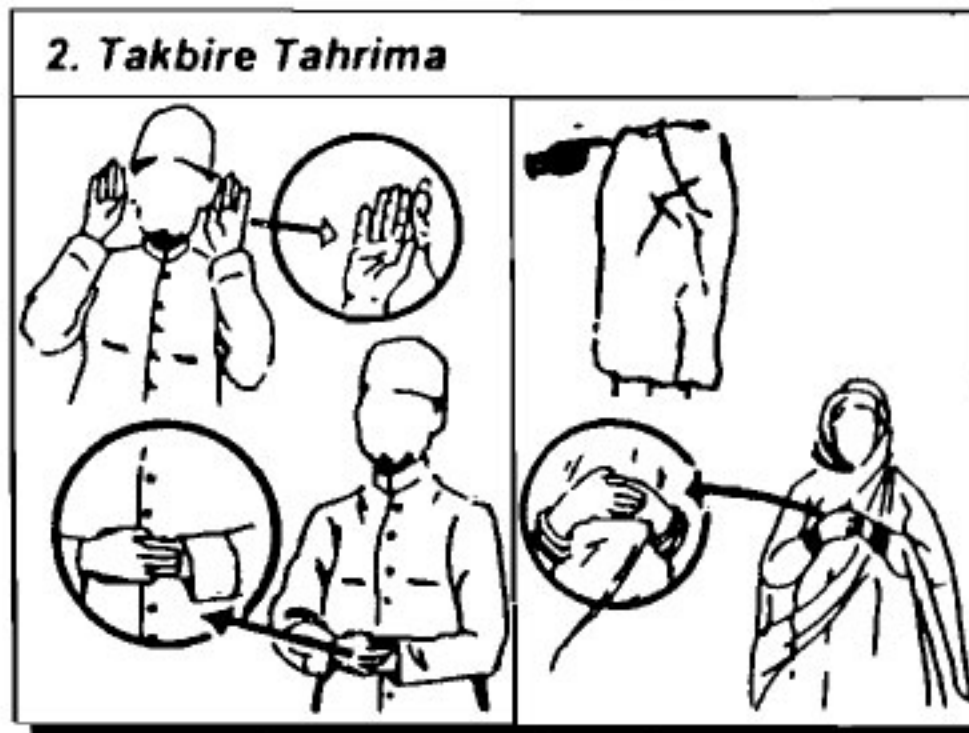
- After Iman/faith, most important order of Allah is Salat. On the day of Judgement, first thing will be asked is about Salat. If someone took good care of salat, Allah will relax judgement for that person. That is why it is very important that Salat is performed correctly & on time.
- Before salat ensure clothes are clean, make wudu, stand respectfully on clean place, face qibla, keep feet parallel, submit to Allah.



1. Niat (INTENTION)

### Salat Steps:

1. **Niat:** Make niyat for whichever salat you are performing with number of rakats. If you pray in jamaat, say I follow imam. It is not necessary to say verbally.  
Niyat can be made in any language.



2. **Takbir Tahrima:** Lift two hands upto earlobes (for men) or upto shoulders (for women) with both palms face Qibla, say *Allahu Akbar*. Fold both palms with right hand over the back of left hand with right thumb & little finger holding the wrist of the left hand & three middle fingers of right hand kept straight & together. Both palms should be below the navel (for men) & over the chest (for women). Eyes during standing should be on a fixed point at sejda.

### 3. Thana+Tawaz+Tasmia

#### 3. Thana+Tawaz+Tasmia

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ إِلَّا أَنْتَ

**Thana:**  
*Subhanaka Allahumma Wabehumdeka Watabara Kasmuka Wataala Jadduka Walailaha Gairuka.*  
(All glory be to you O Allah! And praise is to you. Blessed is Your name and Exalted is Your Majesty, and there is none worthy of worship besides You).

**Tawaz:**  
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
*Auzubillaha Minas Saitaner Rajim.* (I seek refuge in Allah from Satan the Accused).

**Tasmia:**  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
*Bismiaalher Rahmaner Rahim.* (In the name of Allah, the Most Gracious, the Most Merciful).

### First Rakat Starts.....

4. Follow 4A, 4B, 4C depending on type of salat listed in Table.

4A. Sura Fateha + any Sura (loudly)

4B. Sura Fateha + any Sura (silently)

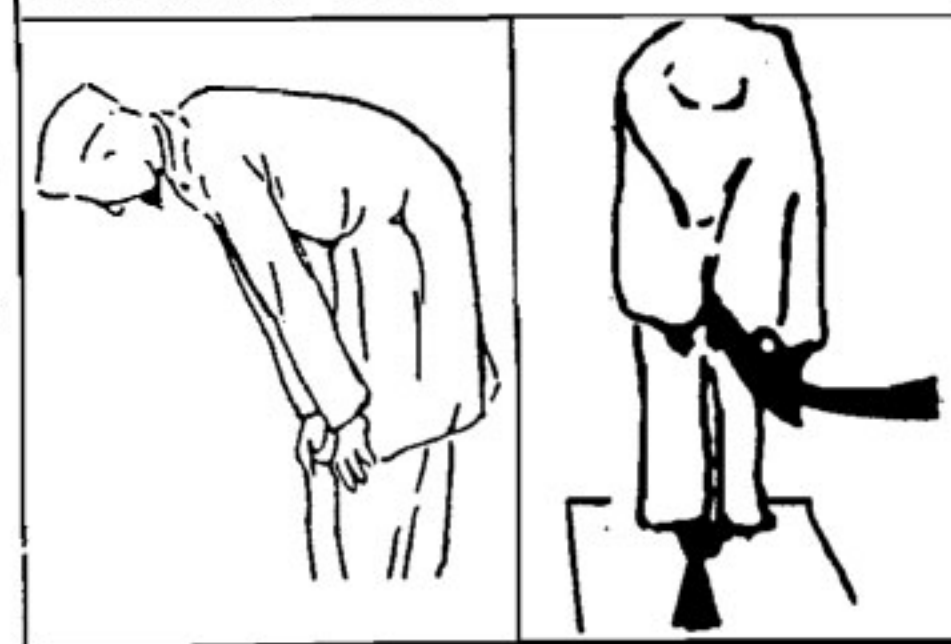
4C. Sura Fateha only (silently)

### 5. Ruku with Takbir: **اللَّهُ أَكْبَرُ**

Say *Allahu Akbar* (Allah is Great) & go to Ruku.  
**Men:** Hold both knees with fingers apart. Ensure that arms do not touch body. Keep back straight, head is neither lowered or raised.  
**Women:** Bend sufficiently to place hands on knees, Fingers kept together. Elbows should touch sides of body & feet kept together.

During Ruku recite softly at least 3 or 5 times.....  
*Subhana Rabbial Azim* سُبْحَانَ رَبِّيَ الْعَظِيمِ  
(How Glorious is my Lord the Great)

### 5. Ruku with Takbir



### 6. Tasme+Qawma+Tahmid: **سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ**

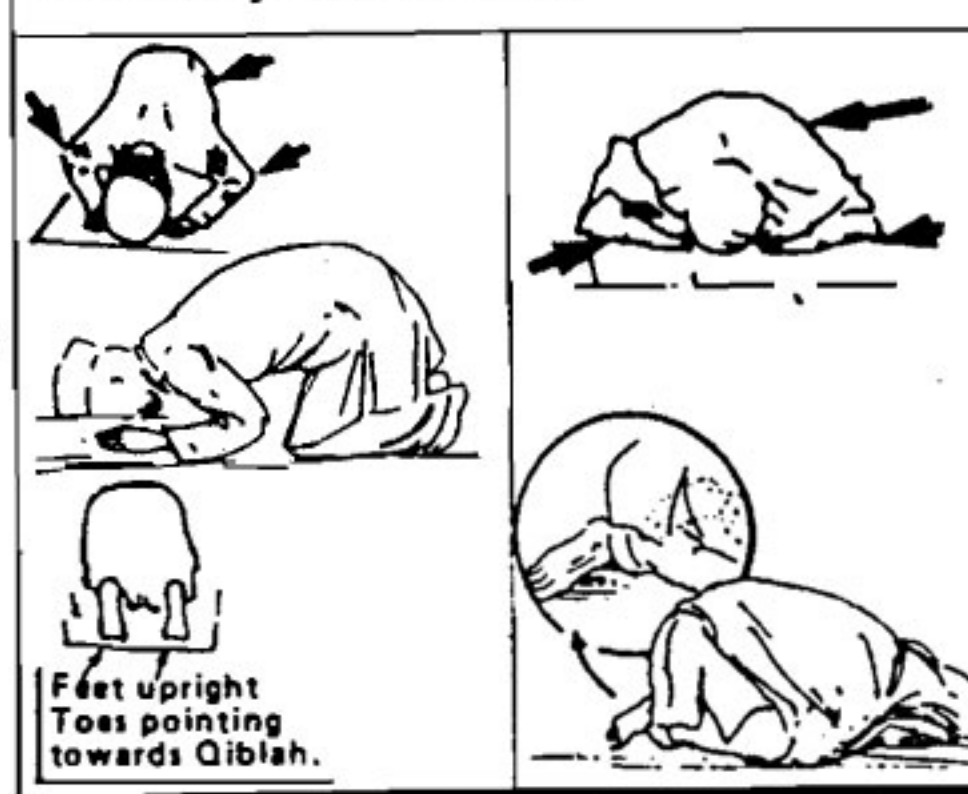
While standing up after Ruku, say  
**Tasme:** *Samiallahu Limun Hamida.* (Allah has listened to him who has praised Him).  
**Qawma:** To stand up Straight.  
*If one does not stand straight after Ruku & goes to Sejda, then Salat is void & must be repeated.*  
**Tahmid:** During upright position, say:  
*Rabbana Lakal Hamdu.* (O our Lord! Praise be to You).

### 6. Tasme+Qawma+Tahmid

### 7. First Sejda with Takbir:

Say *Allahu Akbar* (should be completed by Sejda). Place both hands on knees, first place knees on ground, then hands on ground, then nose & then forehead to go to Sejda. Follow reverse order when getting up from Sejda. Face should rest between two hands with fingers pointing towards qibla. Feet should be upright with toes pointing towards the Qibla & touching the ground. Feet should not be lifted. Arms should not touch sides of body nor the ground. Stomach should be away from thighs.  
**Women:** Thigh should be as flat position as possible, With feet spread towards the right. Stomach & thighs must be kept together. Forearms should be placed flat on the ground. Must not raise voice when reciting tasbih.  
During Sejda, recite softly at least 3 or 5 times.....  
*Subhana Rabbial Aala.* سُبْحَانَ رَبِّيَ الْأَعْلَى  
(All Glory be to my Lord: the Most High)

### 7. First Sejda with Takbir



### 8. Jalsa (sit between 2 Sejdas): **اللَّهُ أَكْبَرُ**

Say *Allahu Akbar* & sit up straight fully, pause after first Sejda.  
**Men:** Sit on left foot on ground in flat position with right foot upright, toe face Qibla. Hands are placed on thighs with finger tips close together towards Qibla. Eyes are fixed on the lap.  
**Women:** Sit on ground, both legs lay flat on side.

### 8. Jalsa with Takbir



