The Teachings of Islam

Workbook of Islamic Beliefs and Teachings
For Beginners and Children

PART 1

English Version of
Ta’leemul-Islaam
by
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Who is better in religion than the one who surrenders his purpose to Allah, does
good, and follows the tradition of Ibraheem the Upright (haneef)?

(4:125)
Note on Transliteration

An effort has been made to transliterate Arabic words as intuitively and correctly as possible. However, because of the lack of direct correspondence between the English and Arabic alphabets, the transliterated words are only approximations of the Arabic originals. As far as possible, the Arabic letters have been transliterated as indicated in the table below.

Guide to Transliteration

\begin{tabular}{|l|l|}
\hline
a & ١ \hline
b & ۰ \hline
t & ۰ \hline
th & ۹ \hline
j & ۹ \hline
h & ۸ \hline
kh & ۰ \hline
dh & ۰ \hline
r & ۵ \hline
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s & ا \hline
sh & ۹ \hline
s & ء \hline
d & ض \hline
t & ط \hline
z & ؤ \hline
‘a & ع \hline
\end{tabular}

Earnest Appeal

An earnest appeal is made to the reader to please inform the publishers if any errors or shortcomings are discovered in this publication so that further editions may be improved. Your cooperation is much appreciated.

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Q. How to offer salaah of 3 or 4 rak’aat?
A. The first two rak’aat should be said in the same way as explained above. And in the qa’ada (sitting), darood shareef should not be recited after tashah-hud. Instead, stand up saying takbeer.

If the salaah is wajib, sunnah or nafl then in the following rak’ah recite tasmiyah, al-Faatihah and another surah. If it is a fard salaah, then in the third and fourth rak’aat only al-Faatihah but not another surah should be recited.

Complete the three or four rak’aat and then sit in the qa’dah and recite tashah-hud, darood and du’a and then say salaam, ending the three or four rak’aat.

Q. Can we say three rak’aat of sunnah or nafl prayer?
A. No. Sunnah and nafl salaah are said in units of two or four rak’aat, never three.

Q. What is the correct way of doing ruku’?
A. For ruku’, the head and waist should be on the same level. The head should neither be higher nor lower than the waist-line and both the hands should be kept away from the ribs and the knees be held tightly.

Q. What is the correct way of doing sajdah?
A. Sajdah should be done in such a way that the palms rest on the ground, the wrist and elbows are raised from the ground. The abdomen should not touch the thighs. The hands should be kept away from the ribs also.

Q. What is counted on the fingers after saying the prayers?
A. Subhaanallaah 33 times; Al-hamdu lil-laah 33 times; and Allaahu akbar 34 times. There is great reward in doing so.
Allaahum-ma an-tas-salaamu wa min-kas-salaamu, tabaaraka-ta yaa dhal-jalaali wal-ikraam
O Allah! You are the bestower of peace, and from You comes peace.
Blessed are You, O Lord of Glory and Honor.

Our Lord! Grant us the good of this world and the good of the Hereafter and save us from the torment of the hell-fire.\(^\text{12}\)

For du'a, raise your hands up, but do not raise them too high. They should not be above the shoulders. After finishing du'a, rub both hands over your face.

Q. **How to sit between the two sajdah, or when reciting tashah-hud?**

A. Have your right foot upright with its toes facing qiblah and lay down the left foot and sit on it. Both the hands should rest on the knees while sitting so.

Q. **Is there any difference between the salah of the imaam, munfarid (one praying alone) or muqtadi (one following the imaam)?**

A. Yes, there is a little difference. That is that the imaam and munfarid recite thana, ta'awwudh, tasmiyah and do qiraa’at in the first rak’ah. In the second rak’ah, they recite tasmiyah, al-Faatihah and another surah.

But the muqtadi says only thana in the first rak’ah and after that he stands silent in all the rest.

Another difference is that after ruku’ the imaam and munfarid say “Sami ‘al-laahu li man hamidah.” While the munfarid can also say the tahmeed as well, the muqtadi only says the tahmeed.

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\(^{12}\) *Surah 2, Ayaah 201.*
Q. What does Islam teach?
A. Islam teaches that:
- Allah is one, and He alone should be worshipped, Hadrat Muhammad Mustafa (peace be upon him) is Allah’s worshipper and His Messenger, and the Noble Qur’aan is the Book of Allah.
- Islam is the true religion. It teaches all good things about the here and the hereafter.

Imaan

Q. What is the kalimah of Islam?
A. The kalimah of Islam is:

La ilaa-ha il-lal-laa-hu muhhammadur-rasoolul-laah

There is no god except Allah; Muhammad (peace be upon him) is His Messenger.

This kalimah is also called kalimah tauheed or kalimah tayyibah.

Q. What is kalimah shahaadah?
A. Kalimah shahaadah (kalimah of bearing witness) is:

Ash-hadu an-la ilaaha il-lal-laa-hu wa ash-hadu an-na
Muhammadan ‘ab-duhoo wa rasooluh

I bear witness that there is no god except Allah and I bear witness that Muhammad (peace be upon him) is Allah’s worshipper and His Messenger.

Q. What is imaan (faith)?
A. Imaan is to have faith in something and to proclaim it.

10 For women, they should cross their hands upon their chest.
11 Your eyes should be fixed upon the place where your forehead touches during sajdah.
prostrate. And to Thee to we turn in haste. And we hope for Thy blessings and fear Thy punishment. Truly Thy punishment is for the disbelievers unavoidable.

**Wud’u**

Q. **How to do wud’u?**
A. Sit at a high place. Take clean water in a clean pot. It is better to face the Qiblah but if there is no possibility of it, there is no harm. Roll up your sleeves to your elbows; then recite Bismillaah and wash both the hands up to the wrists, three times.

Then gargle three times and brush your teeth. If you do not have a brush or miswaak, rub your teeth with your (right index) finger.

Then put water into your nostrils three times and clean them with your left little finger, then wash your face three times. Do not splash water on your face with force but run water on the forehead softly and wash from the forehead down to the chin and on either side of the face up to the ears.

Then wash the right arm up to the elbow three times, and do the same with the left arm.

Then wet your hands and pass them over the head, ears and neck. This is called masah. Masah should be done on each part only once.

Then wash each foot three times up to the ankle, first the right foot, then the left.

**Method of Prayer**

Q. **How to perform the salaah?**
A. The method of performing salaah is:

After performing wud’u, stand upright facing the Qiblah at a clean place, dressed in neat and clean clothes.

Q. **What is our imaan mujmal (faith in a nutshell)?**
A. Imaan mujmal is:

_امّـنّـتُ بــاللهٰ كــمَا هــوُ بــاـسـمـٰـه وَ صــفــاـهـ وَ قــبــلـتُ جــمـعـٰ أـحـكـاـمـٰهِ_

_Efرار باليسآن و تصريف بالقلوب_

_amantu bil-laahi kamaa huwa bi as-samaa-ee haa wa sa-fat-ah qabiltu jamee’aa ahkaamih_. ‘Iqraarum bil-lisaani wa tasdeequm bil-qalb.

I believe in Allah as He is with all His names and attributes and I accept all of His orders. It is said with the tongue and confirmed in the heart.

Q. **What is our imaan mufas-sal (elaborated faith)?**
A. Imaan mufas-sal is:

_امّـنّـتُ بــاللهٰ و مــلـسـٰـيـكـهـ و كــنـبــهـ و رـســلـه و الـيـوـم الـأخـر و الـقـدر_

_Efrrar-wa rasuul-haa wa ayumul-akhiri_

_amantu bil-laahi wa ma-laa-i-katihi wa kutubih wa rasulihi wal-yaumul-ahkiri wal-qamal laahi ta‘ala wal-ba’th ba’dal-maut._

I believe in Allah, in His angels, in His books, in His messengers, in the Day of Judgement, and (I believe) that all good and evil is decreed by Allah, and in the life after death.

Q. **Who created you?**
A. Allah created us, our fathers and mothers, the skies and the earth, this universe and everything in it.

Q. **How did Allah create the universe?**
A. By His power and command.

Q. **What are the people called who do not believe in Allah?**
A. They are called kaafir (unbelievers).
The Teachings of Islam

Q. What are the people called who do not worship Allah but worship other things, or those who believe in two or three gods?
A. Such people are called kaafir and mushrik.

Q. Will Allah pardon or forgive the mushrik or the kaafir?
A. Kaafir and mushrik will never be pardoned. They will always be kept in great pain and trouble in the hereafter.

Prophet Muhammad (ﷺ)

Q. Who was Hadrat Muhammad (ﷺ) ?
A. Hadrat Muhammad (ﷺ) was Allah’s worshipper and a Prophet and a Messenger of Allah. We belong to his ummah.

Q. Where was our Prophet Muhammad (ﷺ) born?
A. He was born in Makkah, a city in Arabia.

Q. What were the names of his father and grandfather?
A. ‘Abdullah was the name of his father and ‘Abdul-Muttalib was the name of his grandfather.

Q. Was our Prophet Muhammad (ﷺ) greater or lesser in position than the other prophets?
A. Our Prophet (ﷺ) was the greatest of all prophets. He is the holiest of all creation.

Q. Where did the Prophet Muhammad (ﷺ) live all his life?
A. He remained in the city of his birth, Makkah, for 53 years. Then he went to the Holy City of Madinah in obedience to the

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5 After the name of the Prophet Muhammad (ﷺ), Muslims must say: Sal-lal-laahu ‘alaikum wa alaihi wa sal-lam.

“Peace and blessings of Allah be upon him.” 

“Hadrat” is a title of respect.

O Allah, let Your blessing come upon Muhammad and the family of Muhammad as You blessed Ibrahim and his family. Truly You are the Praiseworthy, the Glorious.

O Allah, bless Muhammad and the family of Muhammad as You blessed Ibrahim and his family. Truly You are the Praiseworthy, the Glorious.

Du’a after darood:

اللَّهُمَّ إِنِّي طَلَّمْتُ نَفْسِي وَلَا يُغْفِرُ الدُّنْوِيۡبَ إِلاَّ أَنتَ فَأَغْفِرْ لِي مَعْفِرَةً مِنْ عَنْدِكَ وَأَرْحَمْيِ إِنَّكَ أَنتَ الْعُفَّوُ الرَّحِيمُ

Allaahum-ma in-ni zalamtu nafsiy zulman kathera(n)w-wa laa yaghfirudh-dhuunoba il-laan ta faghfir-ly maghfiaratam-min ‘indika war-‘ham-niy in-naka antal-ghafoorur-raheem.

O Allah! I have been unjust to myself and no one grants pardon for sins except You. Therefore, forgive me with Your forgiveness and have mercy on me. Surely, You are the Forgiver, the Merciful.

Q. What about a person who does not believe in Prophet Muhammad (ﷺ)?

A. One who does not accept Hadrat Muhammad (ﷺ) as Allah’s prophet is a kaafir.

Q. What is meant by believing in Hadrat Muhammad (ﷺ)?

A. To believe in Hadrat Muhammad (ﷺ) means that we accept him as the Prophet and Messenger of Allah, and that we should love him more than everything except Allah, and that we should obey his orders.

Q. How do we know that Hadrat Muhammad (ﷺ) is Allah’s Prophet and Messenger?

A. It is because the Holy Book, the Qur’aan, bears witness to his prophethood and he (ﷺ), in his words and actions, maintained a standard of life to which only prophets can rise. Hadrat Muhammad (ﷺ) bore witness to his prophethood and he never lied in his entire life.

Q. How do we know that the Holy Qur’aan is Allah’s book?

A. Because Hadrat Muhammad (ﷺ) said it is a Book of Allah and it was revealed to him by Allah. Its teachings and its style of expression are unmatched and it surpasses and eludes human skill and wisdom.

The Qur’aan

Q. Was the Holy Qur’aan revealed to Hadrat Muhammad (ﷺ) all at once or in parts?

A. The Holy Book was revealed to Prophet Muhammad (ﷺ) in parts. Sometimes one aayah (verse) and sometimes two or
Q. How long did the Qur’aan take for its complete revelation?
A. Twenty-three years.

Q. How was the Holy Qur’aan revealed to the Prophet Muhammad (ﷺ) ?
A. The Holy Qur’aan was revealed through the angel Jibreel (peace be upon him). He would come to the Prophet (ﷺ) and recite before him one aayah or one surah which the Prophet (ﷺ) would remember and then get it written down by someone while many others memorized it.

Q. Why did the Prophet (ﷺ) not write himself?
A. Because the Noble Prophet (ﷺ) was ummiy.

Q. What is ummiy?
A. A person who did not learn to read and write from any human being is called ummiy. Although the Prophet (ﷺ) did not receive any customary schooling, Allah bestowed upon him knowledge, the like of which is not found anywhere else in the world.

Q. Who is angel Jibreel (peace be upon him) ?
A. An angel who brought Allah’s orders to His prophets and messengers.

The Teachings of Islam

Ta-shah-hud:
الْتَحَجَّيَّاتُ لِلَّهِ وَ الصَّلَاوَاتُ وَ الطَّبِيعَتُ
السَّلَامُ عَلَيْكَ أَيْنَاءِ النَّبِيُّ وَ رَحْمَتُ اللَّهِ وَ بَرَكَانِهُ
السَّلَامُ عَلَيْنَا وَ عَلَيْ عِبَادَ اللَّهِ الصَّالِحِينَ
أَشْهَدُ أَنِّي لَا إِلَهَ إِلَّا اللَّهُ وَ أَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَ رَسُولُهُ

All prayer is for Allah and worship and goodness. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah. I bear witness that there is no god except Allah, and I bear witness that Muhammad is His servant and messenger.

Darood shareef:
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ عَلَى الِ مُحَمَّدٌ كَمَا صَلِّيْتَ عَلَى
إِبْرَاهِيمَ وَ عَلَى الِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارْكَ عَلَى مُحَمَّدٍ وَ عَلَى الِ مُحَمَّدٌ كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ وَ عَلَى الِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
Salaah

Q. How do Muslims adore and worship Allah?
A. They say salaah (namaaz), keep fasts (saum), give zakaat and perform hajj.

Q. What is salaah or namaaz?
A. Salaah is a special way of worship and prayer taught by Allah in the Holy Qur’aan, elucidated and explained practically by His apostle, Muhammad (saw), in ahadeeth (traditions).

Q. How is salaah performed?
A. Salaah is performed by standing before Allah facing the Qiblah, with hands crossed on the belly, in the mosque or at home, reciting the Qur’aan, praising Allah’s greatness, bowing to Him in respect and putting the forehead on the ground to show humility to Him.

Q. Observing prayer – is it done in the masjid (mosque) or in the home?
A. Allah is Omnipresent (present everywhere and at all times)- whether a man or woman present themselves before Allah in the vicinity of a masjid or within the four walls of their house. You can say your prayers at home or in a mosque- Allah is everywhere. But for men there is greater reward in observing the prayers in a masjid.

Q. One has to wash the face, hands and feet before the salaah: what is that called?
A. It is called wudu’ (ablution). Salaah done without wudu’ is not acceptable and not valid.

Q. To which direction should a Muslim turn his or her face while offering prayer?
A. Towards Makkah.

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8 Surah 114.
Q. Why has it been ordered to turn one’s face to Makkah?
A. Since it is in Makkah that the sacred house of Allah is located. It is called the Ka’bah. One must turn one’s face towards the Ka’bah while offering namaaz.

Q. What name do we give to the direction of our prayer?
A. It is called Qiblah.

Q. How many times is the salaah offered during the whole day and night?
A. It is compulsory (obligatory) to say salaah five times during the day and night.

Q. What are the names of those five salaat?
A. They are:
- The first one, which is said before the sunrise, is called Fajr.
- The second one, offered in the afternoon, is called Zuhr.
- The third one, said in the late afternoon before sunset, is ‘Asr.
- The fourth, said just after sunset, is Maghrib.
- The fifth, said one and a half or two hours after sunset, is called ‘Isha.

**Adhaan**

Q. What is Adhaan (call for prayer)?
A. When the time for salaah comes, a man stands up before the prayer and calls aloud these words⁴:

\[
	ext{Allahu akbar – Allah is the Greatest (4 times)}
\]

⁴ In order to summon all the Muslims in the neighborhood to the salaah.
Thana:

Subhaanakal-laahum ma wa bi hamdika wa tabaarakaas-muka wa ta’aalaa jad-duka wa laa ilaaha ghairuk

O Allah! Glory and Praise are for You, and blessed is Your name, and exalted is Your majesty; and there is no god except You.

Ta’awwudh:

A’oodhu bil-laahi min ash-shaitaanir-rajeem

I seek refuge with Allah from the condemned Shaitaan.

Tasmiyah:

Bismillaahir-rahmaanir-rahimeen

In the name of Allah, Most Gracious, Most Merciful

Qiraa’at:

Suratul-Faatihah

Ash-hadu an-laa ilaaha il-lal-laah – I bear witness that there is no god except Allah (2 times)

Ash-hadu an-na Muhammadar-rasoolul-laah – I declare that Muhammad is Allah’s Messenger (2 times)

Hay-ya ‘alas-salaah – Come for salaah (2 times, turning the head to the right both times)

Hay-ya ‘alal-falaah – Come to success (2 times, turning the head to the left both times)

Allaahu akbar – Allah is the Greatest (2 times)

Laa ilaaha il-lal-laah – There is no god except Allah.

These words are called adhaan. In the adhaan of Fajr after Hay-ya ‘alal-falaah, say 2 times:

As-salaatu khairum-minan-naum – Prayer is better than sleep.

Q. What is iqaamah or takbeer (magnification of the Lord)?

A. When people stand up for salaah, a person repeats the words of adhaan, this is called iqaamah or takbeer. The words of adhaan are repeated exactly the same in iqaamah but, after hay-ya ‘alal-falaah, one says 2 times:

Qad qaamatis-salaah – The prayer is ready.
Q. What name is given to the person who recites adhaan or takbeer?
A. The person who recites adhaan is called mu-adh-dhin and the one who recites takbeer is called mukab-bir.

Q. When many people assemble and say salaah together, what do we call it? What name do we give to the person who leads the salaah? And what are the persons who pray salaah behind him called?
A. Salaah which is offered, not individually, but along with other people is called salaah bil-jamaa’ah (namaaz ba jama’at or “prayer in congregation”). The person who leads the jamaa’ah is called the imaan. A person who says salaah behind the imaan is known as a muqtadi.

Q. What is the person called who says salaah alone?
A. He is called munfarid (“solitary” or “isolated”).

Q. What is the house called that is specially built for salaah and where the people pray salaah in jamaa’ah?
A. Such a place is called a masjid (mosque).

Q. What should one do in a masjid?
A. One should offer salaah, read the Holy Qur’aan or wazaefa or sit silently and respectfully. It is very bad to play, jump, make noise or talk of worldly affairs in a masjid.

Q. What are the benefits of salaah?
A. There are many benefits. Here we will tell you some of them:
♦ The body and clothes of a namaazi (musalli or one who prays salaah) are always neat and clean.
♦ Allah, the Almighty, is pleased with one who says salaah.
♦ Prophet Muhammad (ﷺ) is pleased with a musalli.
♦ Allah, the Almighty, favours those who pray salaah.
♦ Good men hold a musalli in high esteem.

Q. What are the names of the expressions or phrases said in salaah?
A. The names of the expressions said in salaah are:
- Takbeer
- Thana
- Ta ‘aw-wudh
- Tasmiyah
- Qiraa’at: Faatihah and another Surah or aayaat
- Tas-beeh of ruku
- Tas-mee’a of ruku
- Tahmeed of ruku
- Tasbeeh of sajdah
- Tash-hud
- Darood
- Du’a after darood
- Salaam

Q. What are the wordings of the above mentioned expressions? Please recite a few surah as well.
A. The wordings of the expressions are:

**Takbeer:**

أَلَلَّهُ أَكْبَرُ

Allahu akbar

Allah is the Greatest