

Allah and His blessings. Peace be upon us and the righteous servants of Allah, I testify that there is none worthy of worship except Allah, alone without partners. And I testify that Muhammad is His servant and His Messenger.)

If you are praying fajr perform final tashahhud instead of the first tashahhud. If praying maghrib rise for the third unit and say the final tashahhud afterward. If praying dhuhr, asr or 'isha, perform the third and fourth units and then say the final tashahhud.



### J. Final tashahhud

1. Sit for the final tashahhud with your left thigh on the ground and both feet protruding from the right side.
2. Say the tashahhud while pointing your finger as described in section I.
3. After the tashahhud, say the supplication for the Prophet "Allaahumma salli 'alaa Muhammadin wa 'alaa aali Muhammadin, kamaa sallayta 'alaa Ibraaheema wa 'alaa aali Ibraheem. Wa baarik 'alaa Muhammadin wa 'alaa aali Muhammadin, kamaa baarakta 'alaa Ibraaheema wa 'alaa aali Ibraheem, innaka Hameedun Majeed" (O Allah! Shower Your Mercy on Muhammad and on the kinsfolk of Muhammad; as You showered Your Mercy on Ibrahim and the kinsfolk of Ibrahim. And bless Muhammad and the kinsfolk of Muhammad, as You blessed Ibrahim and the kinsfolk of Ibrahim. You are the Praiseworthy and the Glorious).
4. Make du'aa (supplication). The preferred routine supplication is: "O Allaah, I seek refuge with You from the torment of Hell and from the torment of the grave and from the trials of life and death and from the evil of the trial of the Dajjaal."
5. After this supplication, you may ask Allah for whatever you desire.

### K. Tasleem

1. Say the salaam: "as-salaamu 'alaykum wa rahmat Allaah"-(Peace be upon you and the mercy of Allah) while turning your head to the right.
2. Say the salaam a second time while turning your head to the left.

### Number of rakats (units) per prayer:

Fajr (morning):	2
Dhuhr (midday):	4
Asr (afternoon):	4
Maghrib (sunset):	3
'Isha (evening):	4

### Note:

There are four main schools of Fiqh (Islamic jurisprudence), and there are some minor variances in the prayer between them.

This description is predominantly according to the Hanbali School. If one prays according to any of the main schools, his/her prayer is considered valid by consensus.

Once the sunnah of our most beloved Prophet Muhammad (Peace and blessings of Allah upon him) is explicitly clear to us, we all have an obligation to follow it.

If you have any questions or need clarification, please contact us or visit our website for useful links.



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## Prayer for Beginners



The purpose of this guide is to walk you through the basic steps of prayer in Islam. Going to the masjid (mosque) to pray with other Muslims is another good way to learn how to pray.

The PILLARS of the prayer (in red) make up the foundation of the prayer; these acts must be performed for your prayer to be valid.

The MANDATORY ACTS (in purple) are crucial aspects of the prayer. Neglecting them will compromise (but not void) your prayer.

The parts in green are recommended. Adding them will improve your prayer.

The Fatihah, the other verses of Quran, and the opening takbeer must be recited in Arabic. You may say all other portions of the prayer in your native language until you learn them in Arabic.

As a new Muslim, you may start with the pillars and then focus on the mandatory acts, and then the preferable. During the entire prayer, you must have tranquility in standing, bowing, prostration and sitting positions. You also must perform the pillars in the correct sequence for your prayer to be valid.

### A. Prerequisites

These conditions for prayer must be present in order to begin the prayer.

- Ensure you have wudhu. Also, your body, garment and place should be clean.
- Cover your nakedness ('awrah).
- Be sure it is time for the particular prayer.
- Have the intention, which is the determination in the heart, to perform the particular prayer.
- Stand facing the Qibla (direction of Mecca)

## B. First standing

1. Stand, if you are able, with your feet apart.
2. Raise your hands parallel to your shoulders while saying **Allahu Akbar** – (Allah is the Most Great).
3. Place right hand over left on your chest.
4. Look towards the place of prostration.
5. After the opening takbeer, say “Subhaanaka Allaahumma wa bi hamdika, wa tabaarakasmuka, wa ta’aala jadduka wa laa ilaaha ghayruk” -- (Glory and praise be to You, O Allah; blessed be Your name, exalted be Your Majesty, and there is no god but You).
6. Say **A’uthu billahi mina ash shaitan irrajeem’** – (I Seek refuge in Allah from Satan the cursed).
7. Say **‘Bismillahir rahmanir raheem’** – (In the name of Allah, the Most Gracious, the Most Merciful). (According to some scholars, it is part of al-Fatihah, thus must be said).
8. Recite Surah Al-Fatihah. “Bismillahir rahmanir rahim. Al-hamdulilahi rabbil`alamin Ar-Rahmanir Rahim. Maliki yawmidin. Iyyaka na`budu wa `iyyaka nasta`in. Ihdinassiratal mustaqim. Sirat alladhina `an `amta `alayhim. Ghayril maghdubi `alayhim wa lad dhaallin -(In the Name of Allaah, the Most Beneficent, the Most Merciful. All the praises and thanks are for Allaah the Lord of the Universe. The Most Beneficent, The Most Merciful. Master of the Day of Recompense. You Alone we worship, and You Alone we ask for help. Guide us to the Straight Path. The Path of those on whom You have bestowed your grace, not the Path of those who earned your Anger, nor of those that went astray. *If one cannot recite Al-Fatihah in Arabic, then they can recite other tasbeeh (glorifications of Allah) like “SubhanAllah (glory to Allah), Alhamdulillah (all praise is to Allah), Allahu Akbar (Allah is the Most Great” until they have learned Surah Al-Fatihah.*
9. Say **Ameen** - (O Allah grant our prayers)
10. Recite another Surah after Al-Fatihah, or any amount of the Quran, even if one or two verses.



## C. Bowing

1. Raise your hands parallel to your shoulders.
2. Say “Allahu Akbar” when moving from the standing position to bowing.
3. Bow so that your hands can touch your knees.
4. Hold your knees with fingers spread apart when bowing, keeping your back straight and your head parallel to the floor.
5. Say ‘Subhaana rabbiyal-`adheem’ – (Glory is to My Lord, the Magnificent.) at least once while bowing; Saying it three to ten times is preferable.



## D. Second standing

1. Rise from the bowing position and stand up straight, raising your two hands parallel to your shoulders.
2. Say ‘Sami’a Allahu liman Hamidah’ - (Allah hears those who praise Him) while rising from the bowing position.
3. Drop your hands next to the body or place them on your chest.
4. Say, ‘Rabbana wa lakal Hamd’ while standing – (Our Lord! And yours is the praise).
5. Say “Mil’ as-samawaati wa mil’ al-ard wa mil’ ma shi’ta min shay’in ba’d”- (Filling the heavens, filling the earth, and filling whatever else You wish).

## E. First Prostration

1. Say “Allahu Akbar” when moving from the standing position to prostration.
2. Prostrate by placing your forehead including nose, knees, part of hands (both palms) and feet (tips of toes) firmly on the floor.
3. Keep your elbows away from your sides, your stomach from your thighs, and your thighs from your calves; keep your knees apart; holding your feet upright; holding your toes apart and facing the qiblah. Place your hands level with your shoulders with your fingers held loosely together.
4. Say ‘Subhana rabbiyal-a’laa’ – (Glory is to My Lord, the Most High) at least once while prostrating. Saying it three to ten times is preferable.



## F. Sitting between the two prostrations

1. Say “Allahu Akbar” while moving from the prostration to the sitting position.
2. Sit on the left foot and hold your right foot upright with your toes pointing towards the qiblah.
3. Place your hands on your thighs or knees with your fingers together.
4. Say “Rabb ighfir li – (Lord forgive me) at least once. Saying it three times is preferable.



## G. Second prostration

1. Say “Allahu Akbar” while moving from the sitting position to the prostration.
2. Repeat steps 2-4 from the first prostration.

**You have now completed one rak’at (unit).**

## H. Rising to the next rak’at (unit)

1. Say “Allahu Akbar” while rising from the sitting position to the standing position.

**After repeating steps B-G, you will have completed two rak’ats, and you will now say the first tashahhud.**

## I. First tashahhud

1. Sit for the first tashahhud on your left foot and hold your right foot upright with your toes pointing towards the qiblah as in section F.
2. Place your hands on your thighs. Make a circle with the middle finger and thumb of your right hand, with your little and ring fingers held in. Point with your index finger when remembering Allah.
3. Say the tashahhud: “At-Tahiyyaatu lillahi was-salawaatu wat-tayyibaat. As-Salaamu `alayka ayyuhannabiyyu wa rahmatullaahi wa barakaatuhu. As-Salaamu `alayna wa `alaa `ibaadillaahis-saaliheen. Ash-hadu an laa ilaaha illallaahu, wa ash-hadu anna Muhammadan `abduhu wa rasooluh.” (All reverence, prayers and good are due to Allah. Peace be upon you, O Prophet, and the mercy of

