



How to perform Salah

A Brief guide detailing what Muslims do during the prayers (Salah)



Pre requisites

Ensure the area is clean and free of impurities. This includes your body, your clothes, and the place of prayer itself.

Perform wudu if necessary. You must be ritually pure before you go about praying. If you're not, it's required to perform Wudhu before you do.

If you are praying in a masjid (mosque), which is preferred, enter quietly--other fellow Muslims might still be praying and you don't want to disturb them. Stand in a free space away from the entrance/exit.

If you are unsure of the cleanliness of your area, spread a mat or cloth on the floor for good measure.

Face the Qibla. This is the direction all Muslims face to pray. The Holy Mosque in Mecca is the most revered place of worship for Muslims around the entire world. At the center of the mosque is the Ka'ba. All Muslims are required to face the Ka'ba five times every day when offering their prayers.

Before initiating the salat, it is important that your intention be known and understood. Not necessarily aloud, but from within.

Raise your hands up to your ears and say in a moderate tone "Allahu Akbar" This translates to "Allah is the greatest." Do this while standing (or sitting if you can't stand).



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Place your right hand over your left hand on your navel and keep your eyes focused on the place you are standing. Do not let your eyes wander.

Recite the Isteftah Dua/opening prayer (optional)

subhanakal-lahumma
wabihamdika watabarakas-muka wataaaala
judduka wala ilaha ghayruk.
a'auodu billaahi minash-shaytaanir rajeem
bis-millaahir rahmaanir raheem

Follow it with the opening chapter of the Qu'ran, the Surah Al-Fatiha (this Surah is recited in each Rak'ah):

Bismillaahir Rahmaanir Raheem
Alhamdu lillaahi Rabbil 'aalameen
Ar-Rahmaanir-Raheem
Maaliki Yawmid-Deen
Iyyaaka na'budu wa iyyaaka nasta'een
Ihdinas-Siraatal-Mustaqeem
Siraatal-lazeena an'amta 'alaihim
Ghayril-maghdoobi 'alaihim wa lad-daaalleen

Recite any other surah or any part of the Qu'ran, such as Surah Ikhlas

Qul huwal laahu ahad
Allah hus-samad
Lam yalid wa lam yoolad
Wa lam yakul-lahu kufuwan ahad

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Say "allahu akbar" and bend down. Bend your body so that your back and neck are straight and level with the ground, keeping your eyes there. Your back and head should be in a 90 degree angle with your legs. You don't need to make a perfect angle; your body should be relaxed. This position is called ruku.

While bowing, say, "Subhanna Rabbiyal Adheem wa Bi haamdih" three times. This translates to, "Glorious is my Lord, the most great."



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Stand back up (raise from ruku'). While rising up recite "samiallah huliman hamidah" with your arms beside you. This means "Allah hears those who praise Him". While standing up, recite "Rabana Walakal Hamd" (Our Lord, all praise is for you) once. You can also add "hamdan katheeran tayyiban mubaarakan feeh" (praise which is abundant, excellent and blessed) after:

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Say "allahu akbar" and prostrate. Place your head, knees and hands on the floor. This is the position called "sajdah."

When you are positioned fully, say "Subhanna Rabbiyal a'laa wa bi haamdee" three times. Your forearms should not be on the floor:



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Rise from sajdah and sit on your knees. Place your left foot from ball to heel on the floor. Your right foot should be toes on the floor only. Place your hands flat on your knees. Recite "Allaahumma-ghfir lee warhamnee wajburnee, warfa'nee, wa 'aafinee war'zuqnee" (O Allaah, forgive me, have mercy on me, strengthen me, raise me in status, pardon me and grant me provision). Return to sajda and, just as before, say "Subhanna Rabbiyal a'laa wa bi haamdee" three times.



There are optional supplications that can be recited during the prostration as well as the ones mentioned here, please do ask your hosts for more information.



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Say "allahu akbar" and stand up. You have completed one Rakat. Depending on the salah, you may need to complete up to three more.

In every second rakaat, after the second sajda, sit on your knee again. Recite:

Tashahhud: "At-tahiyyaatu Lillaahi wa-salaawaatu wa-tayyibaat. As-salaamu 'alayka ayyuha-Nabiyyu wa rahmatullaahi wa barakaatuhu. As-salaamu 'alayna wa 'ala 'ibaad-il-laah-is-saaliheen. Ash-hadu al-aa ilaaha ill-Allaah wa ash-hadu anna Muhammadan 'abduhu wa rasooluhu."

"All compliments, prayers and pure words are due to Allaah. Peace be upon you, O Prophet, and the mercy of Allaah and His blessings. Peace be upon us and upon the righteous slaves of Allaah. I bear witness that there is no god except Allaah and I bear witness that Muhammad is His slave and Messenger".

Durood: "Allaahumma salli 'ala Muhammad, wa 'ala aali Muhammad, kama salayta 'ala Ibraaheem, wa 'ala aali Ibraaheem, innaka hameedun majeed. Allaahumma baarik 'ala Muhammad, wa 'ala aali Muhammad, kama baarakta 'ala Ibraaheem, wa 'ala aali Ibraaheem, innak hameedun majeed".

"O Allaah, send prayers upon Muhammad and upon the family of Muhammad, as You sent prayers upon Ibraaheem and the family of Ibraaheem, You are indeed Worthy of Praise, Full of Glory. O Allaah, bless Muhammad and the family of Muhammad as You blessed Ibraaheem and the family of Ibraaheem, You are indeed Worthy of Praise, Full of Glory".

"As-salamu alaykum wa Rahmatullahi wa Barakaatuhu."

"May The Peace, Blessings and mercy of God almighty be upon you all"

"As-salamu alaykum wa Rahmatullahi wa Barakaatuhu."

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Finish the prayer with tasleem. After the tashahhud, durood, and any du'a you wish to recite, end the prayer by:

Turning your head to the right and saying, "As-salamu alaykum wa Rahmatullahi wa Barakaatuhu." Turning your head to the left and saying, "As-salamu alaykum wa Rahmatullahi wa Barakaatuhu." The prayers have been completed.

