

BASIC STEPS OF MUSLIM PRAYER (Salat)

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The actual prayer must be done in Arabic.

*This translation is only to give the meaning of the prayer in English.
Some details may vary slightly, depending on the Madhab being followed,
and which prayer during the day is being performed.*

- Make sure to have gone through the proper steps of purification.
- Make sure to be wearing the appropriate clothing, and that it is clean.
- Make sure it is the right time.
- Make sure to have a clean area, mat or rug to pray on.
- Make sure to be facing towards the Ka'aba in Mecca.

*There should be something in front of your mat that marks your area of prayer
and no one should pass between that marker and you as you pray.*

*In this beginning standing posture, make sure your body and feet are in the proper position.
Mentally prepare your heart to begin your prayer (state the intention of which prayer and how many rak'at).
Once the prayer begins there should be no interruptions or distractions, except in an emergency.*

THE FIVE DAILY OBLIGATORY PRAYERS and the number of rak'ats to be offered for each.

(1) Fajr - after dawn and before sunrise. **(2 rak'ats)**

(2) Zuhr - begins after the sun begins to decline, and lasts till it is about midway on its course to setting. **(4 rak'ats)**

(3) 'Asr - after the sun is about midway on its course to setting, until it actually begins to set. **(4 rak'ats)**

(4) Maghrib - between the sunset and the disappearance of the light from the horizon. **(3 rak'ats)**

(5) 'Isha' - any time after the time for Maghrib comes to an end, and before the break of dawn, but it should preferably be offered before midnight. **(4 rak'ats)**

BASIC PROCEDURE FOR OBLIGATORY PRAYERS

Raise your hands to a level that is between the shoulders and the ears, saying
"God is the greatest" (out loud).

Place your right hand over your left hand on the chest (women) or below the navel (men).
(Some say men can also place the hands on the chest.)

(silently say)

"Praise and glory is to God. Blessed is your name. Exalted is your Majesty and Glory. There is no God except you." Your eyes should be focused on the place where you will place your forehead to the ground.

(silently say)

"I seek protection of God against the accursed Satan".

(silently, or, if in the morning. out loud)

Recite Sura 1

"In the name of God, the Most Compassionate, the Most Merciful. Praise be to God, the Cherisher and Sustainer of the worlds. Most Gracious, Most Merciful, Master of the Day of Judgment. You do we worship, and your aid do we seek. Show us the Straight Path, the way of those on whom you have bestowed your grace, those whose portion is not wrath and who have not gone astray. Amen.

Then, recite some other passage.

Raise your hands as before, saying, **"God is the greatest."**

Then bow with the hands on the knees, saying (back and head straight, parallel to the floor)
“Glory is to my Lord, the Almighty” (3 times).

Assume an upright position again, saying
“God listens to him who praises Him.”
Continue in the standing position, saying,
“Our Lord, all praise is for you alone.”

Raise hands again and say, **“God is the greatest,”** as you now bow to the ground touching hands, knees and forehead to the mat (feet together). Do not allow your arms to be on the ground like a dog sits.

Say **“Glorified is my Lord, the Exalted”** (3 times).

While in this position of prostration, personal prayers can be offered to God.

Assume a sitting position, saying **“God is the greatest,”** sitting on left foot, hands on thighs and knees.

Say, **“Oh my Lord, forgive me, have mercy on me.”** (pause)

Say again, **“God is the greatest”** as you again move to the prostrated position.

Say **“Glorified is my Lord, the Exalted”** (3 times).

Say **“God is the greatest,”** rising to a sitting position for a moment and then arising again to a standing position.

That is the end of the first full rak'at. Then proceed to repeat the entire process again.

At the end of the second rak'at (sometimes there are more than two rak'ats, and in that case the following procedure will be repeated again after the additional one or two rak'ats) do the following:

Remain seated, instead of standing again, and point the index finger toward Mecca, saying, **“Reverence, prayers, and the good things of life belong to God. Peace, mercy and Blessing be on you, o Prophet. May peace be upon us and on the righteous servants of God. I testify that there is no god but Allah and I testify that Muhammad is His servant and messenger. O God, bless Muhammad and his family as you blessed Abraham and his family. You are the Most Praised, the Most Glorious. O God, bestow your grace on Muhammad and his family as you bestowed it on Abraham and his family. You are the Most Praised, the Most Glorious.”**

After the last rak'at (whether 2, 3, or 4) some say,

“My Lord, I ask your protection from the torment of hell, the torment of the grave, the trials of this life and after death, and from the impostor, the antichrist.”

Others say,

“O God! I have been extremely unjust to myself, and no one grants forgiveness against sins but You alone; therefore forgive me with the forgiveness that comes only from You, and have mercy on me. Truly, You are the Forgiver, the Merciful.”

Then turn your face to the right and say, **“The peace and mercy of God be upon you.”**
(This greeting is for the angel writing down your good deeds.)

Then turn your face to the left and say, **“The peace and mercy of God be upon you.”**
(This greeting is for the angel writing down your bad deeds.)