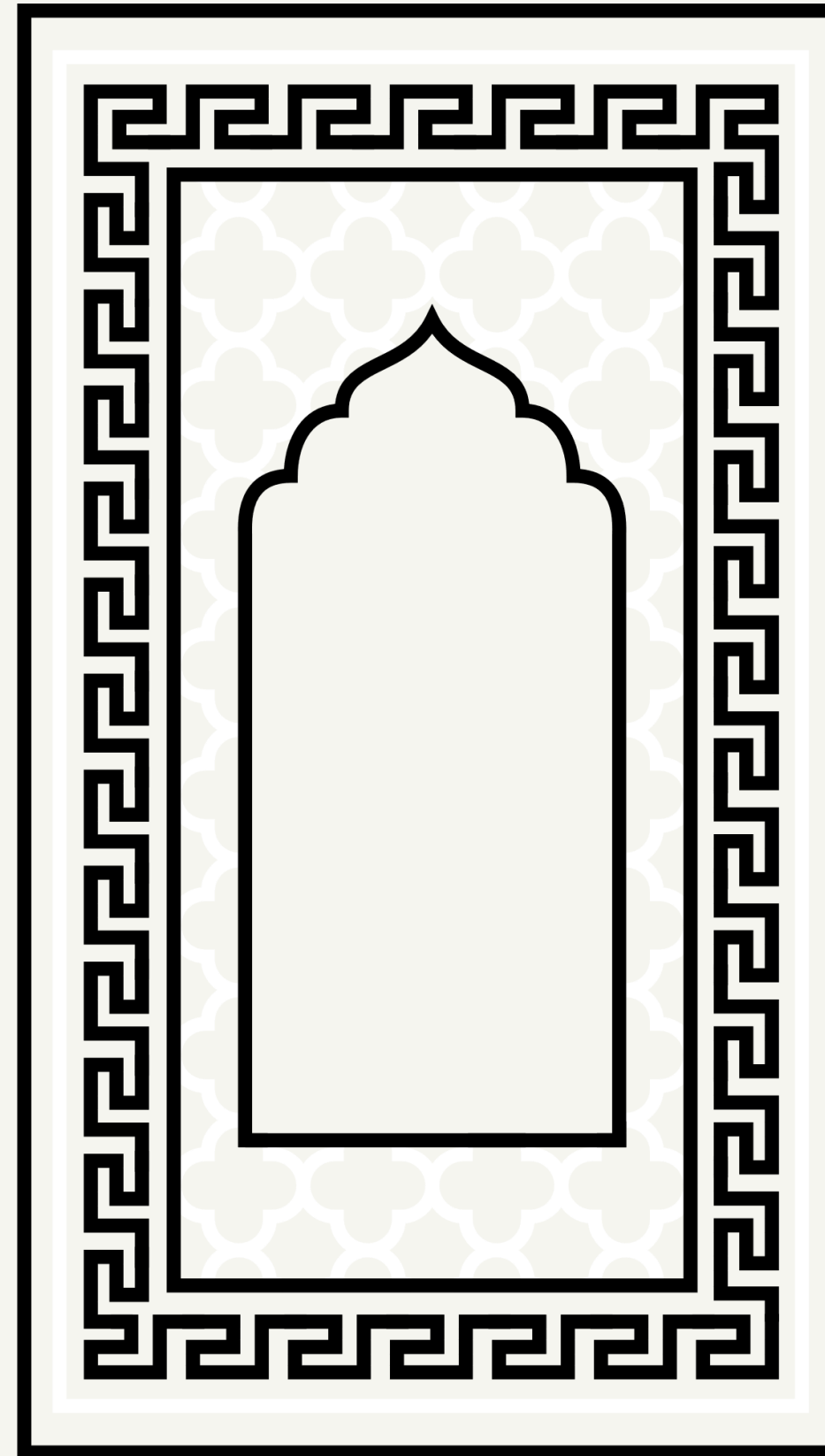


المركز الثقافي الإسلامي في لندن  
The London Central Mosque

**The London Central Mosque  
Presents...**

# Connecting to your Creator

The Islamic Prayer. For New Muslims.



# Course Outline

## Lesson 1

- Importance of Prayer
- Conditions/Prerequisites of Prayer

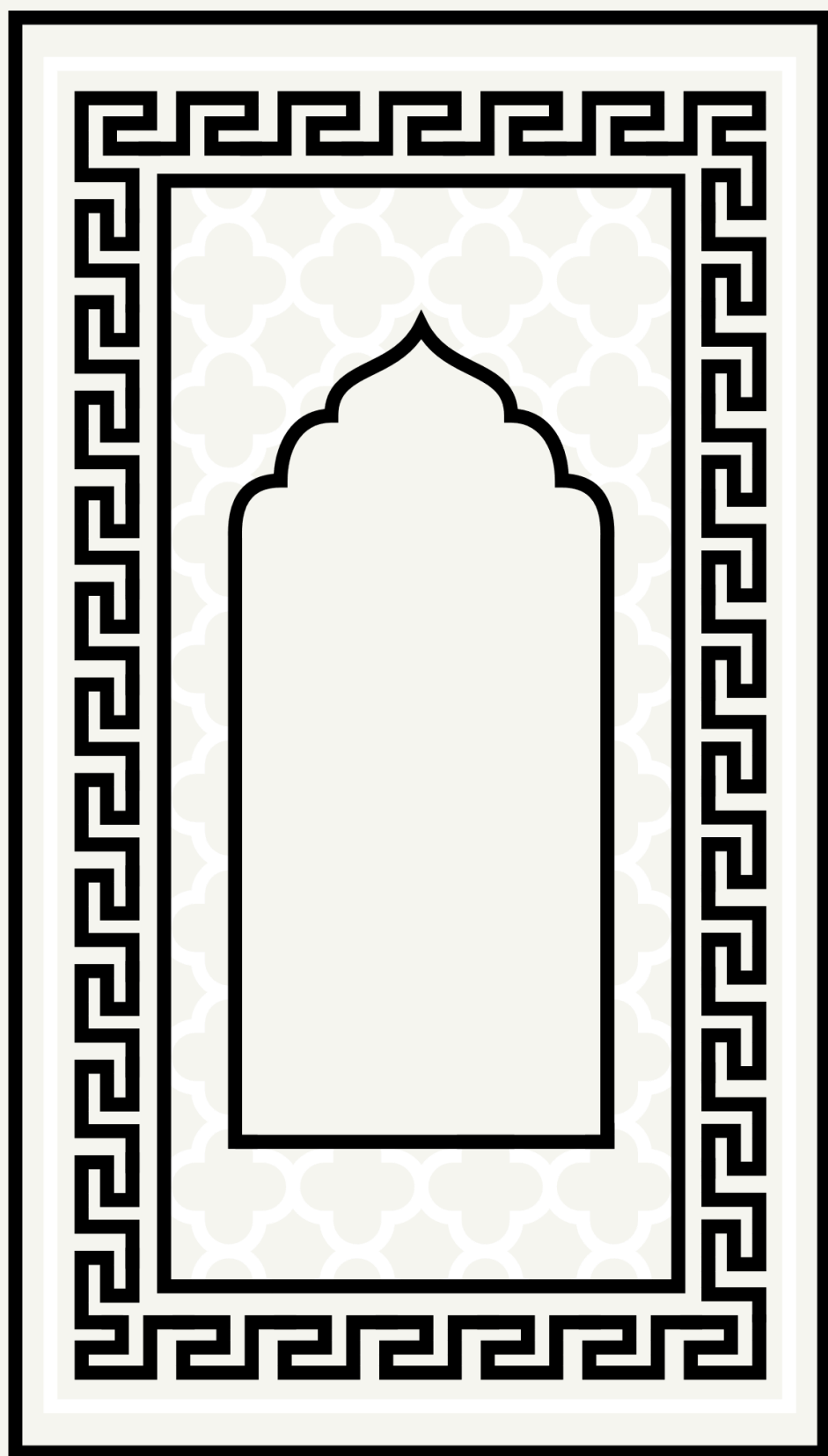
## Lesson 2

- Pillars of Prayer
- Obligatory Acts of Prayer
- Prayer Demonstrated

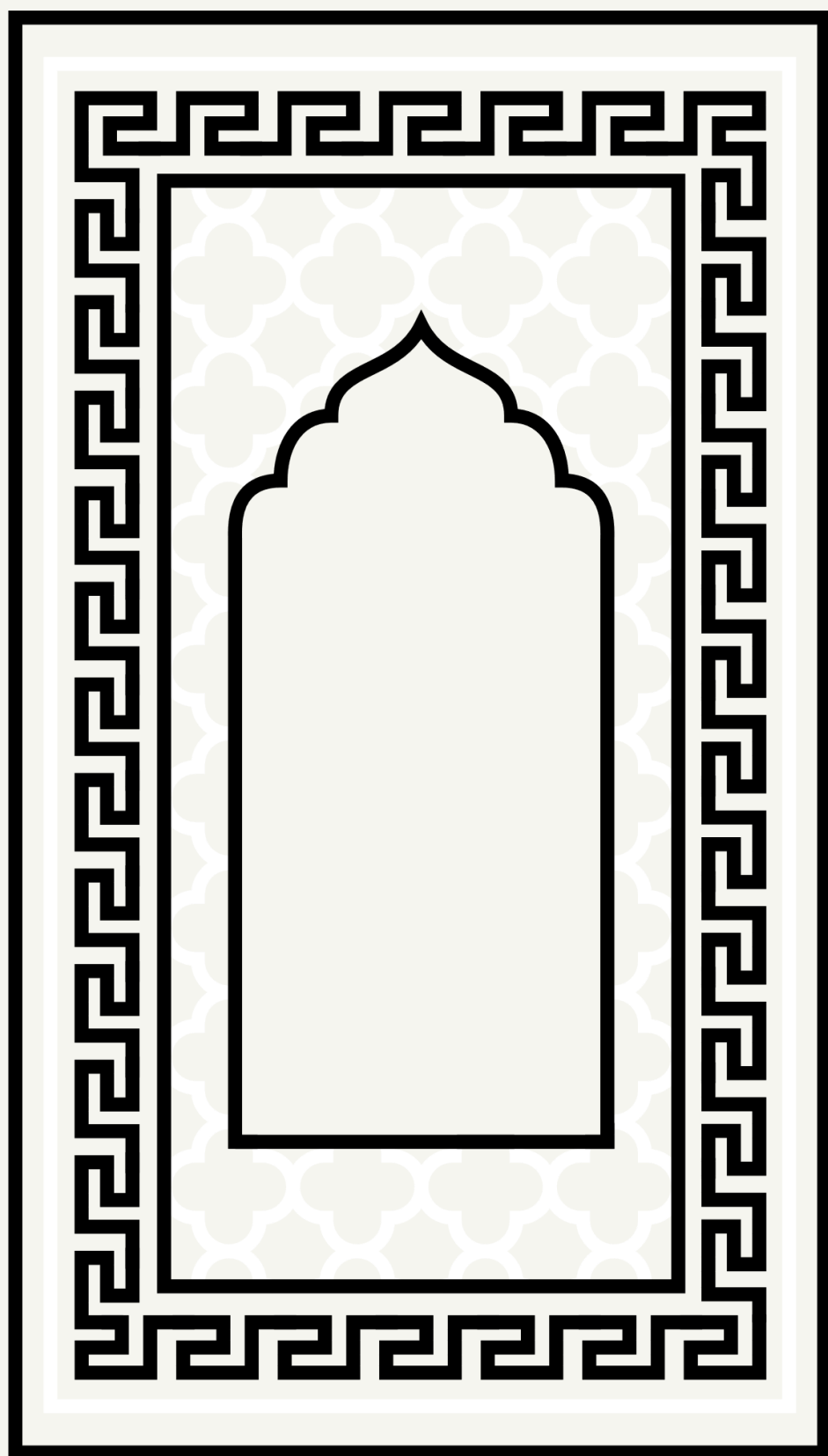
## Lesson 3

- Rulings related to Prayer
- Recommended Actions
- Sources for further study
- Questions





# Lesson One



# Importance of Prayer

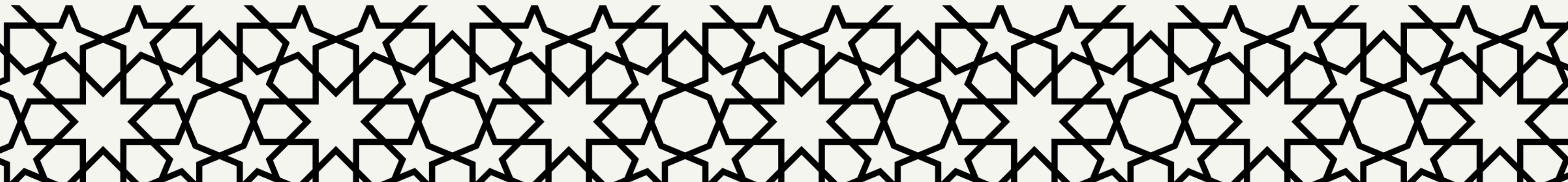
# Prayer is a connection with your Creator

- As Muslims, our relationship with Allah is our top priority.
- At the heart of that relationship are the five daily prayers.
- When you pray, you are in a conversation with your Creator!
- The second pillar of Islam and the only worship made obligatory in the seventh heaven.

Build your life around good communication with your Creator,  
and your life will change for the better!

# How prayer impacts you

- Removes evil and immorality from your life [29:45].
- Washes away your sins [Sahih Bukhari 528, Muslim 667]
- Calms your anxieties [70:19-23].
- A source of peace, tranquility and comfort [13:28] [Abu-Dawood, 4985]

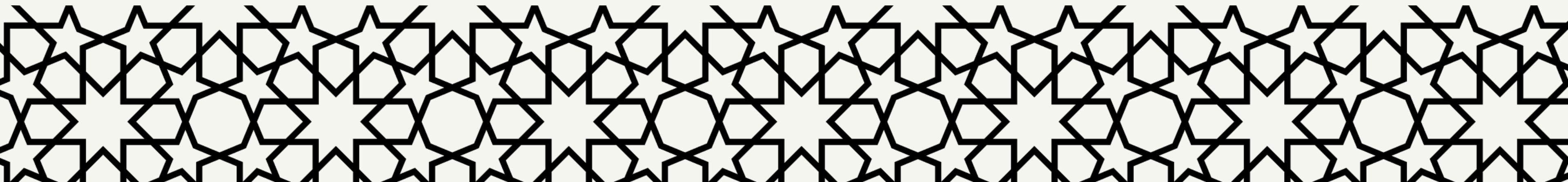


# Removes evil and immorality from your life

أَنْتَ مَا أَوْحَىٰ إِلَيْكَ مِنَ الْكِتَابِ وَأَقِمِ الصَّلَاةَ ۖ إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ ۗ وَلَذِكْرُ اللَّهِ أَكْبَرُ ۗ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ ٤٥

Recite [O Muhammad], what has been revealed to you of the Book and establish prayer. Indeed, **prayer prohibits immorality and wrongdoing**, and the remembrance of Allah is greater. And Allah knows that which you do.

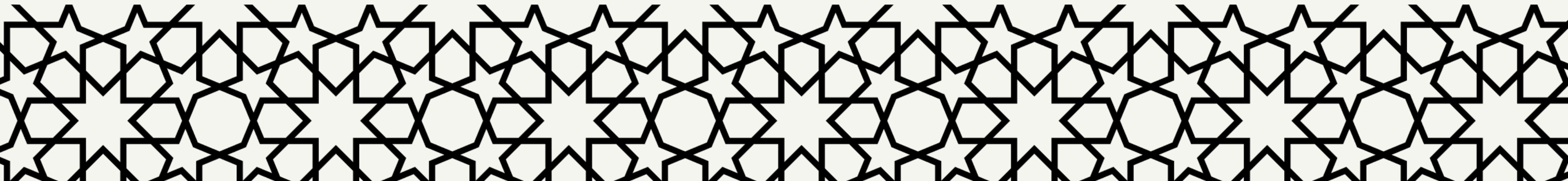
*Surah al-'Ankaboot (The Spider), Verse 45*



# Washes away your sins

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "If there was a river at your door and he took a bath in it five times a day, would you notice any dirt on him?" They said, "Not a trace of dirt would be left." The Prophet said, **"That is the parable of the five prayers by which Allah removes sins."**

*Sahih Bukhari, 528, Muslim 667*

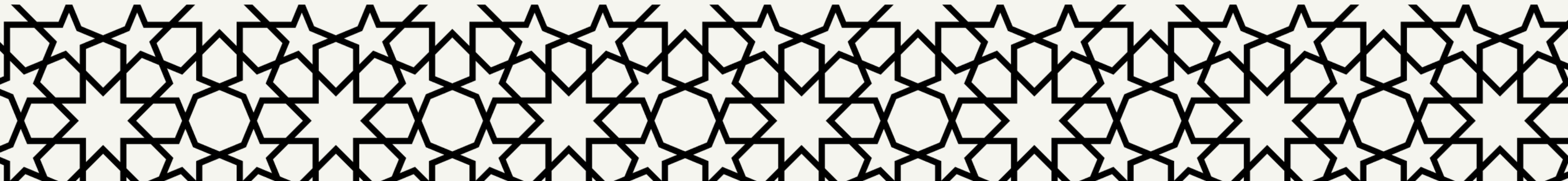


# Calms your anxieties

﴿ إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا ۝ ١٩ إِذَا مَسَّهُ الشَّرُّ جَزُوعًا ۝ ٢٠ وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا ۝ ٢١ إِلَّا الْمُصَلِّينَ ۝ ٢٢ الَّذِينَ هُمْ عَلَى صَلَاتِهِمْ  
دَائِمُونَ ۝ ٢٣ ﴾

Indeed, humankind was created impatient: distressed when touched with evil, and withholding when touched with good—**except those who pray, consistently performing their prayers**

*Surah al-Ma'aarij (The Pathways of Heavenly Ascent), Verses 19-23*

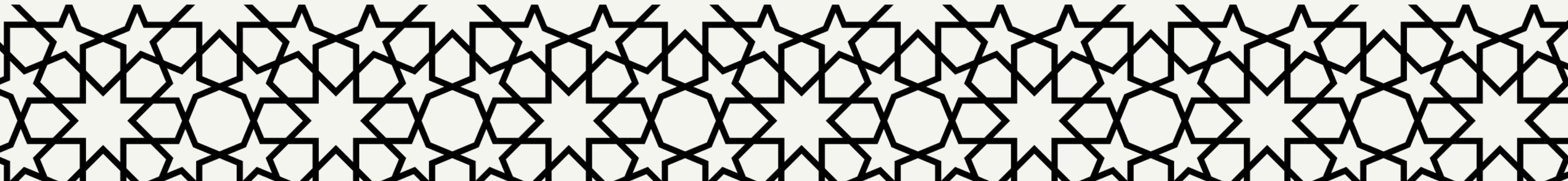


# A source of peace and comfort (1)

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ ٱللَّهِ ۗ ۙ أَلَا بِذِكْرِ ٱللَّهِ تَطْمَئِنُّ الْقُلُوبُ ۚ ٢٨

those who believe and whose hearts find comfort in the remembrance of Allah. **Surely in the remembrance of Allah do hearts find comfort.**

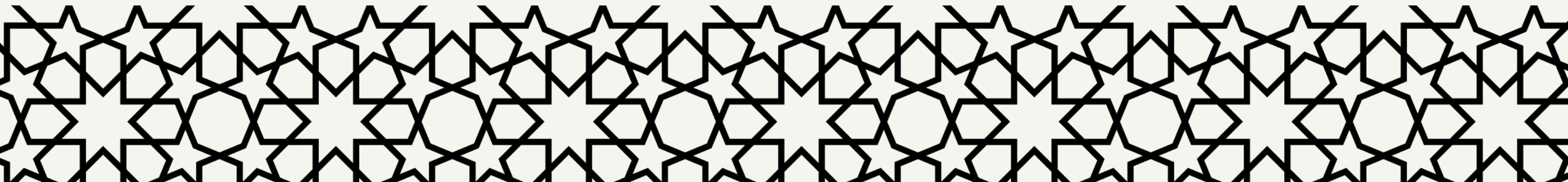
*Surah ar-Ra'd (Thunder), Verse 28*



# A source of peace and comfort (2)

In prayer, a person feels **inner happiness, peace, and comfort**, and that God is pleased with him or her. The Prophet Muhammad said: {Bilal, call (the people) to prayer, let us be comforted by it.}

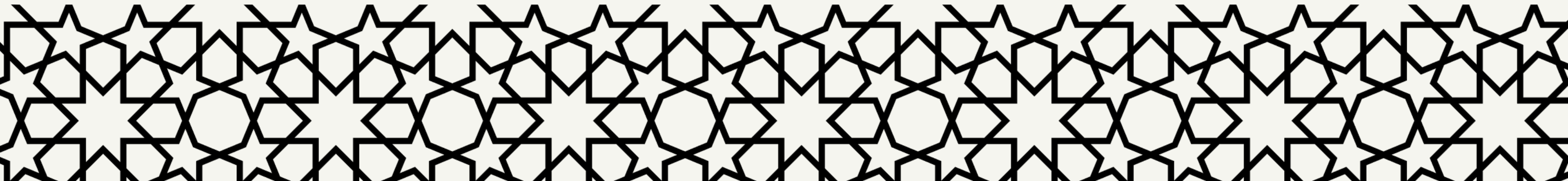
*Narrated in Abu-Dawood, #4985*

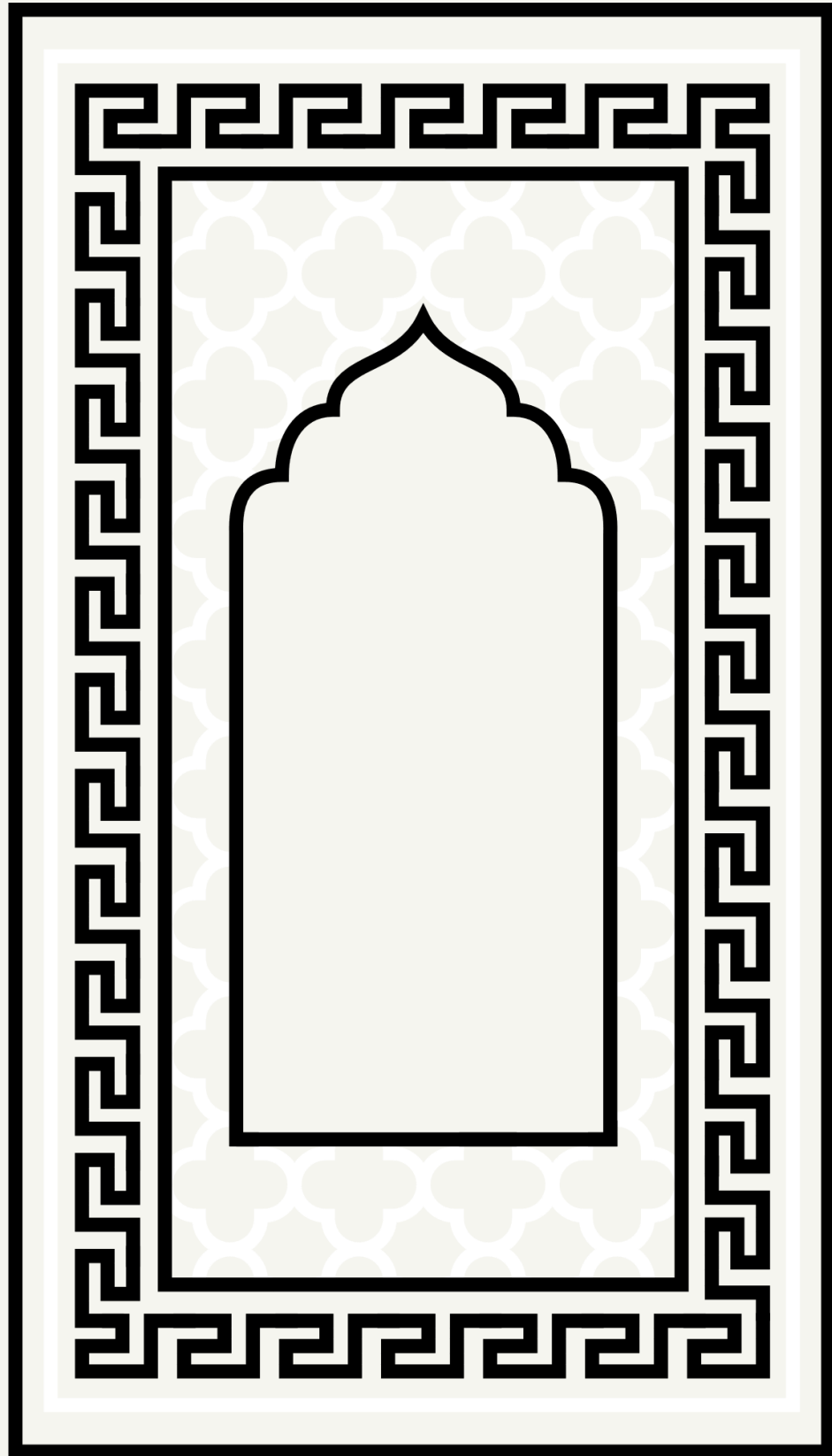


# A source of peace and comfort (3)

Whenever something troubled the Prophet peace be upon him, he  
would hasten to prayer.

*Narrated in Abu-Dawood, #1319*





# Conditions/ Prerequisites of Prayer

# Conditions for Acceptance of Deeds by Allah

- Acts of worship should be devoted to Allah Alone.
- Acts of worship must align with the way Allah prescribed, following the guidance of the Prophet (peace and blessings be upon him).



# Prerequisites of Prayer

1. Being Muslim
2. Being of Sound Mind (Sane)
3. Being an Adult (for it to be obligatory)
4. Being free of ritual impurity
5. Removal of physical impurity
6. Covering the awrah (correct clothing)
7. The entrance of the time of prayer
8. Facing the Qiblah (Mecca)
9. Making a correct intention



A Pillar is an action that cannot be omitted for the act of worship to be valid



Both ritual purification  
(wudu and ghusl) and  
prayer have pillars

# Ritual Purification

There are two types of impurity and two ways of washing ourselves so that we can be in a state of purification for prayer.

## Minor Impurity (invalidators)

- Sleep.
- Loss of sanity or mental awareness.
- Loss of consciousness.
- Anything exiting from either private part.
- Touching the private parts without a barrier.

**Requires Wudu  
(minor purification)**

## Major Impurity (Janabah)

- Sexual intercourse.
- Release of semen (including in a wet dream).
- Menstruating.

**Requires Ghusl  
(major purification)**

# Pillars of Wudu (minor purification)

- Washing the face, including mouth and nose.
- Washing the arms up to the elbows.
- Wiping the head and ears.
- Washing the feet up to the ankles.
- Washing these parts of the body in the proper order.
- Doing these actions consecutively (that is, washing one after the other, with no lengthy gap in between).



# Pillars of Ghusl (major purification)

- Form the intention to purify oneself from impurity.
- Wash the entire body with water once.
- Make sure that the water reaches the roots of the hair and the places that it cannot reach easily, such as the armpits, as well as rinsing the mouth and nose.



# What if I do not have water for Wudu or Ghusl?

- You can do **Tayammum (dry ablution)**.
- **How to do Tayammum:**
  - Find a solid item that comes directly from the earth.
  - Say “*Bismillah*” with the intention of doing *Tayammum*.
  - Lightly tap the solid item with both hands.
  - Wipe the back of the right hand with the palm of the left, and the back of the left hand with the palm of the right.
  - Wipe the face.

# When to do Tayammum

- If you don't have access to water.
- If you don't have enough water to make complete Wudu or Ghusl.
- If you are unable to use water, or you are worried that by using water, you are going to get ill or your current illness is going to get worse, or if the water will slow down your recovery.
- If by using water, you would expend time that would cause you to miss the prayer.

# Important notes about Tayammum

- It must be done when the time for prayer has begun.
- It must be done immediately before the prayer.
- It is only valid for one act of worship and then it expires.
- Anything that breaks Wudu or Ghusl also breaks Tayammum.
- If you find water before or during the prayer, the Tayammum breaks and the prayer is invalidated. If you find it afterwards, you do not need to repeat the prayer.

# Can I wipe my socks to complete my Wudu?

Yes! If you fulfill the following conditions:

- You put the socks on when in a state of purity.
- The socks themselves are free from impurity.
- You only require Wudu and not Ghusl
- The wiping is done within one day and one night for non-travellers, and three days and three nights for travellers.
- The socks must cover your ankles; otherwise they are not valid for wiping.

# Prerequisites of Prayer

## *Removal of physical impurity*

Three things must be free from impurities:

1. Body

2. Clothing

3. Place

**Note:** Substances like coffee, mud, etc., are not considered impurities.

# Prerequisites of Prayer

## *Covering the Awrah*

- *The awrah is everything of the body that it is impermissible to reveal.*
- *Women must cover the entire body except the face and hands and should wear loose clothing.*
- *Men must cover the area between the navel and the knees.*
- *Clothing must be not transparent.*

# Prerequisites of Prayer

## *The Times of Prayer*

إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا ۝ ١٠٣

Indeed, prayer has been decreed upon the believers a decree of **specified times**.

*Surah an-Nisa (The Women), Verse 103*

# Prerequisites of Prayer

## *The Times of Prayer*

- **Fajr:** The dawn prayer before sunrise.
- **Dhuhr:** The midday prayer at noon.
- **Asr:** The late afternoon prayer before sunset.
- **Maghrib:** The prayer after sunset.
- **Isha:** The prayer between full sunset and midnight.

### **Note:**

one can pray the relevant prayer at any time within the time slot assigned for that prayer.

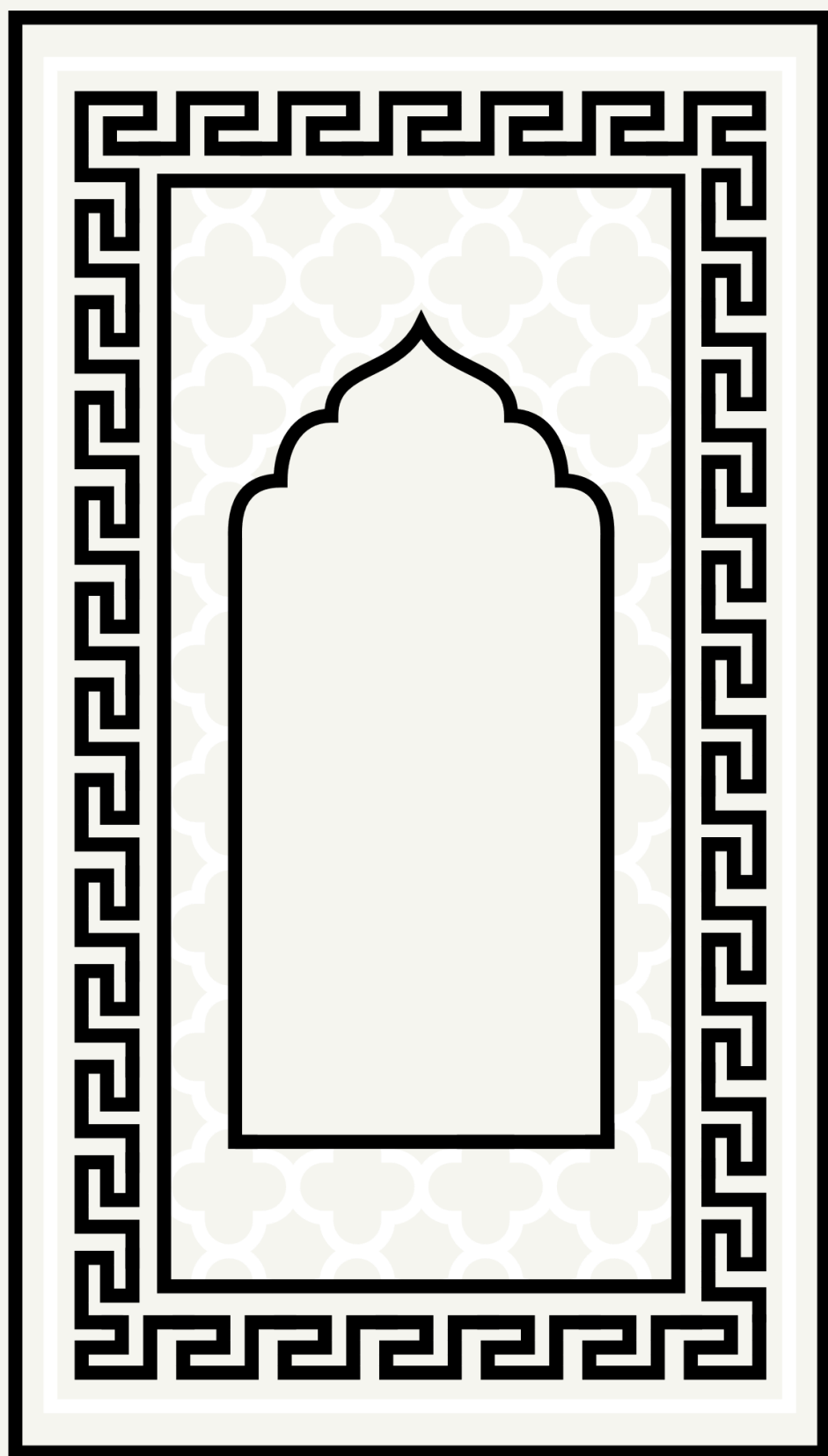
If you forgot a prayer or overslept, you have to perform that prayer.

# Prerequisites of Prayer

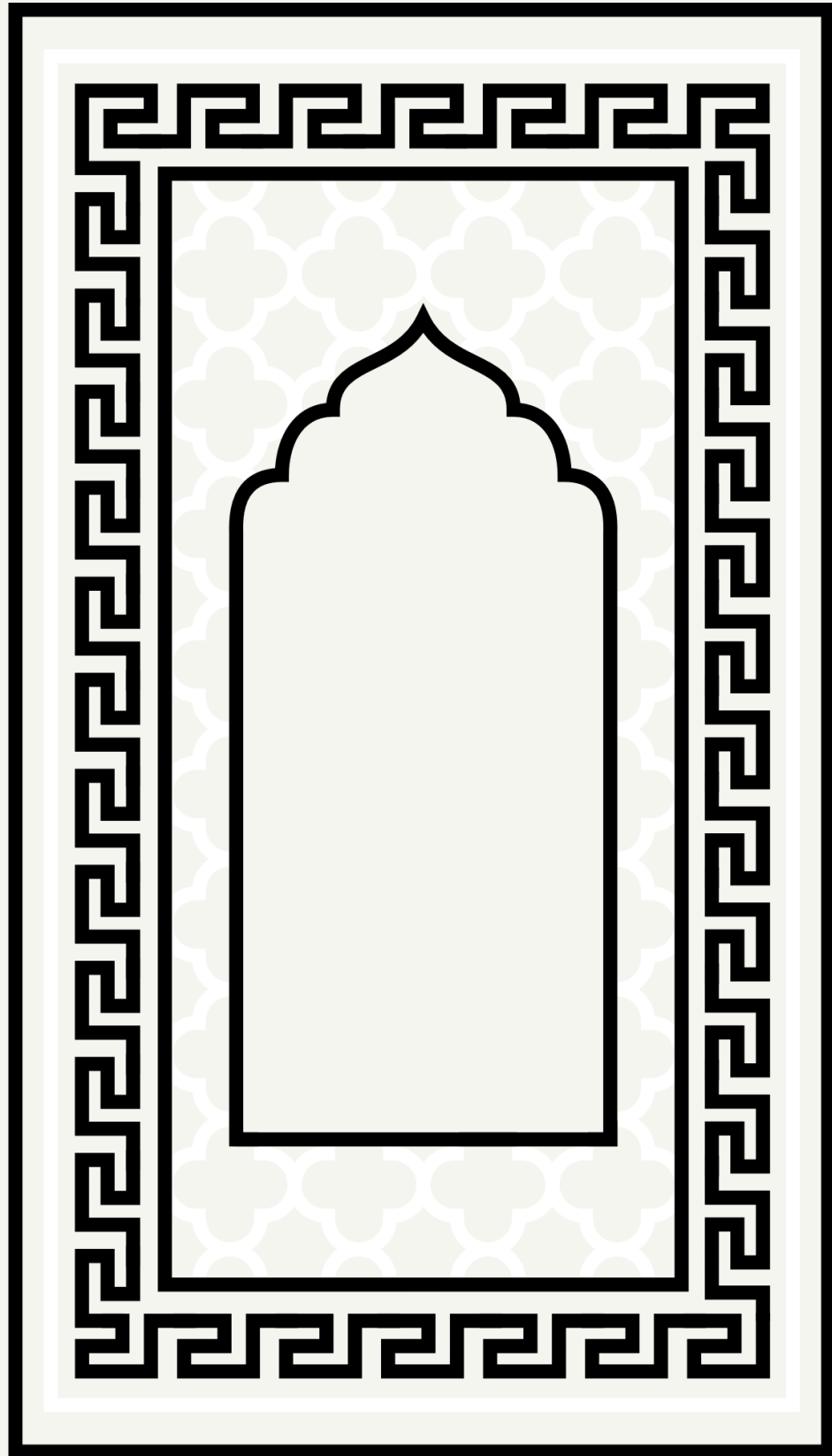
## *Qibla and Intention*

- The person must face the direction of Mecca.
- If a person knows what he is doing, then he has made an intention (i.e. he knows he is going to pray the midday prayer). the intention is not verbalised.

**Q: What I do if I do not know where is the Qibla?**



# Lesson Two

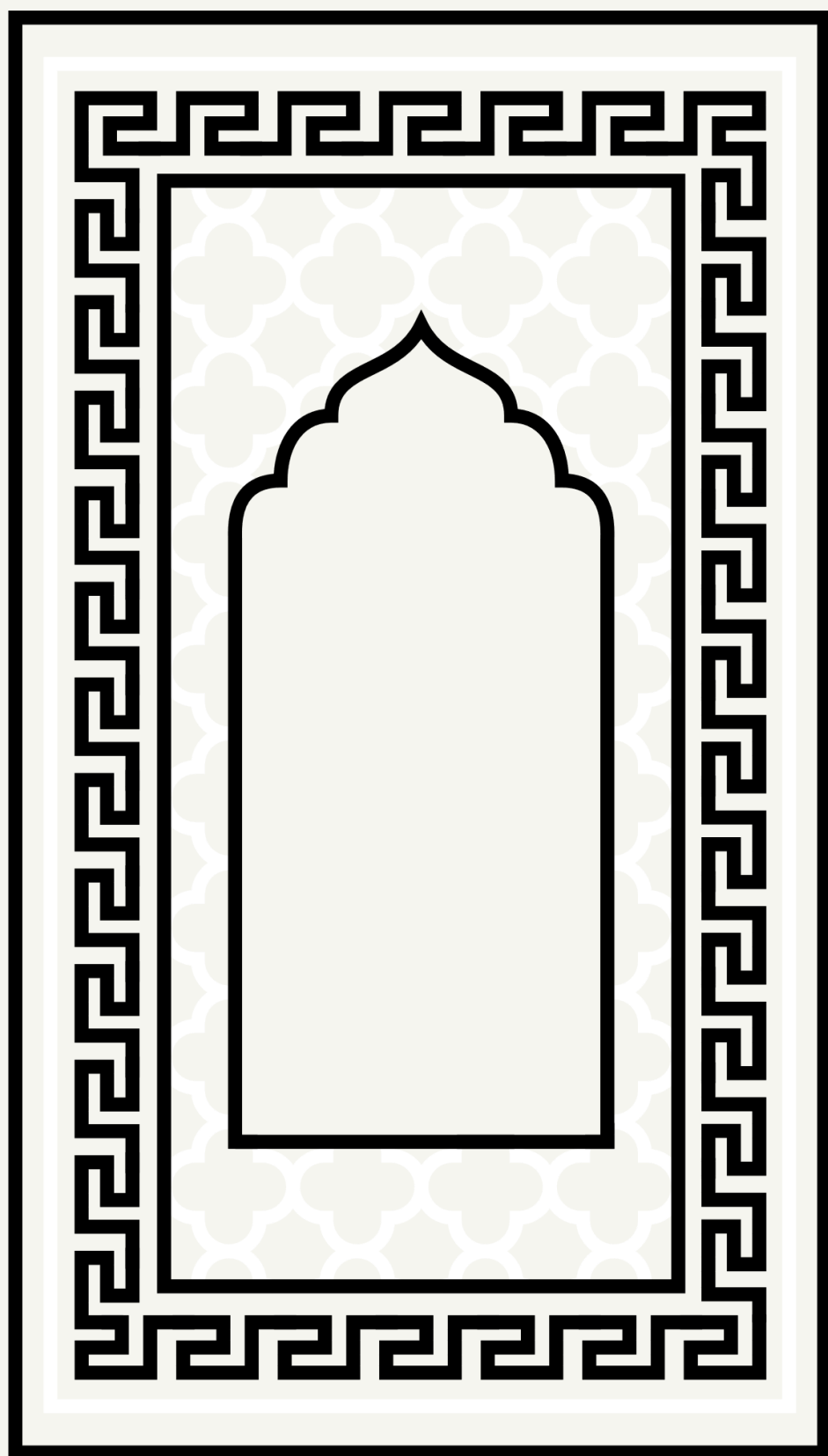


# Pillars of Prayer

# Pillars of Prayer

- Standing during obligatory prayers (if you are able).
- The opening *Takbir* ('*Allahu Akbar*').
- Reciting *Surah al-Fatihah*.
- *Ruku* (bowing).
- Rising from bowing.
- Standing up straight.
- Sujood (prostration).
- Rising from prostration.
- Sitting between the two prostrations.
- Saying the final *tashahhud*.
- Sitting for the final *tashahhud* and the *salams*.
- The two *salams*.
- Doing these pillars in order.
- Being at ease in each of the physical pillars.





# Obligatory Acts of Prayer

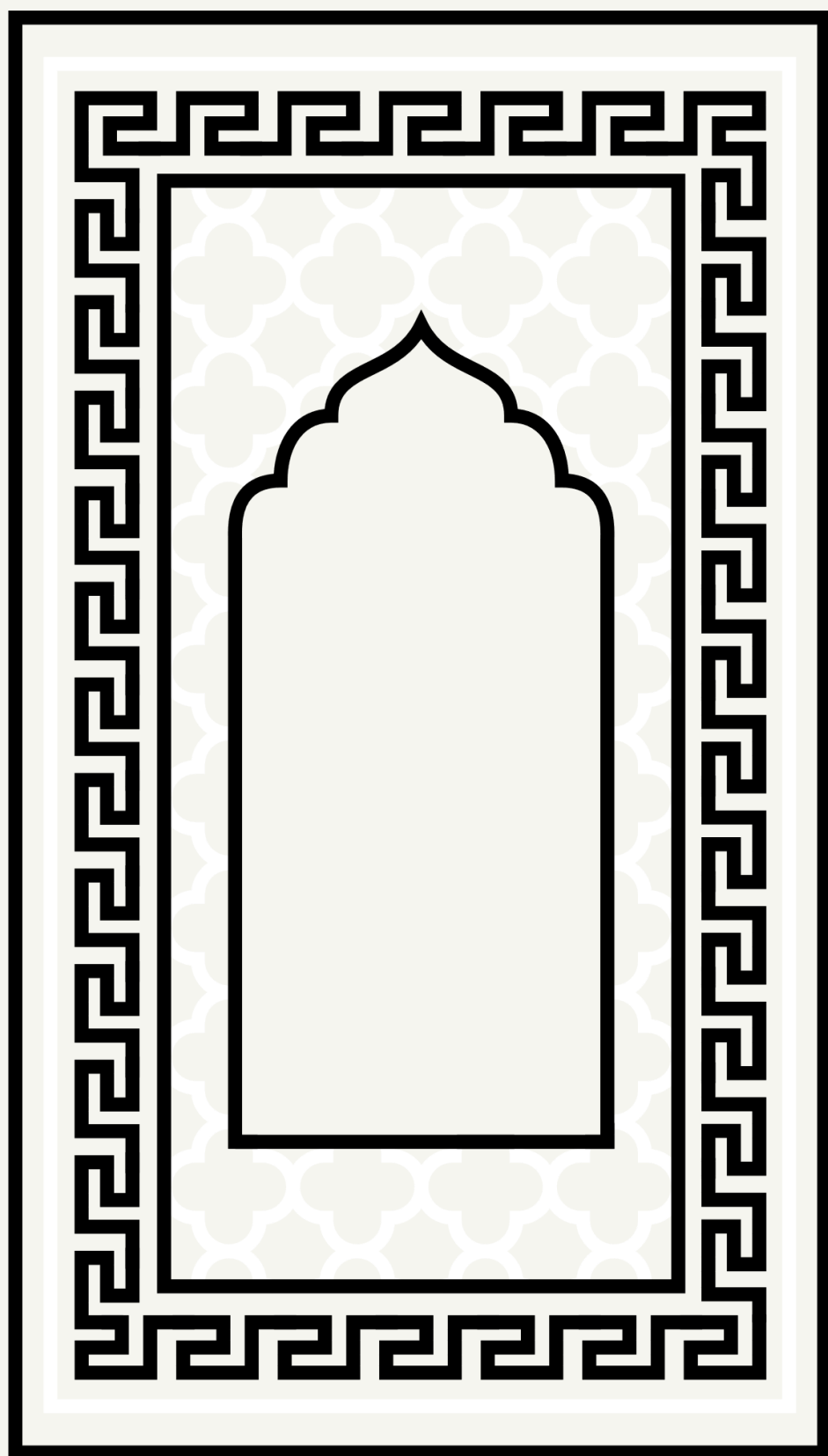


An Obligatory act of the prayer is waived if one forgets, and can be compensated for by the prostration of forgetfulness

# Obligatory Acts of Prayer

- Takbirs other than the opening Takbir. 🔊
- Saying “Sami’a Allahu liman hamidah (Allah hears those who praise Him)”. 🔊
- Saying “Rabbana wa laka’l-hamd (Our Lord, to You be praise)”. 🔊
- Saying “Subhaana rabbiy al-‘adheem (Glory be to my Lord Almighty)” once when bowing. 🔊
- Saying “Subhaana rabbiy al-a’laa (Glory be to my Lord most High)” once when prostrating. 🔊
- Saying “Rabbighfir li (Lord forgive me)” between the two prostrations. 🔊
- Saying the first tashahhud.
- Sitting for the first tashahhud.





# Prayer Demonstrated

# Prayer Demonstrated

- The following slides describe how a **two-unit prayer** is performed.
- The description includes both the pillars and the obligatory parts of the prayer.
- This will form the basic structure that you can apply to longer prayers.

Allah's Messenger peace be upon him said:

"Pray as you have seen me praying."

[Reported by al-Bukhari].



# Prayer Demonstrated



**Standing**

- **1.1** Start in the standing position.
- **1.2** Say ‘*Allahu Akbar*’. 🔊
- **1.3** Whilst standing, recite *Surah al-Fatihah*.
  - *If you do not know it, say “Alhamdulillah, Allahu Akbar, Wa La Ilaha Illa Allah”.* 🔊
- **1.4** As you bow, say ‘*Allahu Akbar*’.
- **1.5** Whilst bowing, say “*Subhaana rabbiy al-‘adheem*” once. 🔊
- *If you do not know it, say “Subhaana Allah”.* 🔊



**Bowing**

# Prayer Demonstrated

- **1.6** Return to the standing position. As you rise from bowing, say “*Sami’a Allahu liman hamidah; Rabbana wa laka’l-hamd*”. 🔊 🔊
- *If you do not know it, say “Alhamdulillah”.* 🔊
- **1.7** As you prostrate, say ‘*Allahu Akbar*’.
- **1.8** Whilst prostrating, say “*Subhaana rabbiy al-a’laa*” once. 🔊
- *If you do not know it, say “Subhaana Allah”.*
- **1.9** When rising from the prostration to the sitting position, say ‘*Allahu Akbar*’.



***Prostrating***



***Sitting***



# Prayer Demonstrated

- **1.10** Sit and say “Rabbighfir li (Lord forgive me)” then prostrate, saying ‘*Allahu Akbar*’ as you descend. 🔊
- **1.11** Whilst prostrating, say “*Subhaana rabbiy al-a’laa*” once.
- **1.12** Return to the standing position, whilst saying ‘*Allahu Akbar*’.
- **2.1** Whilst standing, recite *Surah al-Fatihah*.
  - *If you do not know it, say “Alhamdulillah, Allahu Akbar, Wa La Ilaha Illa Allah”.*
- **2.2** As you bow, say ‘*Allahu Akbar*’.
- **2.3** Whilst bowing, say “*Subhaana rabbiy al-‘adheem*” once.
- **2.4** Return to the standing position. As you rise from bowing, say “*Sami’a Allahu liman hamidah; Rabbana wa laka’l-hamd*”

# Prayer Demonstrated

- **2.5** As you prostrate, say '*Allahu Akbar*'.
- **2.6** Whilst prostrating, say "*Subhaana rabbiy al-a'laa*" once.
- **2.7** When rising from the prostration to the sitting position, say '*Allahu Akbar*'.
- **2.8** Sit and say "Rabbighfir li (Lord forgive me)" then prostrate, saying '*Allahu Akbar*' as you descend.
- **2.9** Whilst prostrating, say "*Subhaana rabbiy al-a'laa*" once.
- **2.10** As you rise from the second prostration, say '*Allahu Akbar*'.

# Prayer Demonstrated

- **2.11** As you sit after the second prostration, say the *Tashahhud*.
  - If you do not know it, say “*Ash-hadu 'an lā 'ilāha 'illallāh wa 'ash-hadu 'anna Muḥammadan `abduhu wa rasūluh*”. 
- **2.12** Turning the head to the right, say “*Assalam Alaykum wa rahmatullah*”. 
- **2.13** Turning the head to the left, say “*Assalam Alaykum wa rahmatullah*”.

# Prayer Demonstrated

The number of units (**Raka'at**) in each prayer is as follows:

- Fajr (Dawn)                    **2 Rak'ah**
- Dhuhr (Midday)                **4 Rak'ah**
- Asr (Afternoon)                **4 Rak'ah**
- Maghrib (Sunset)              **3 Rak'ah**
- Isha (Night)                    **4 Rak'ah**

# 3 Unit Prayers

- After you have completed two Raka'at:
- **2.13** As you sit after the second prostration, say the *Tashahhud*.
  - *If you do not know it, say “'Ash-hadu 'an lā 'ilāha 'illallāh wa 'ash-hadu 'anna Muḥammadan `abduhu wa rasūluh”.*
- **3.2** Complete one unit of prayer.
- **3.3** As you sit after the second prostration, say the *Tashahhud*.
  - *If you do not know it, say “'Ash-hadu 'an lā 'ilāha 'illallāh wa 'ash-hadu 'anna Muḥammadan `abduhu wa rasūluh”.*
- **3.4** Turning the head to the right, say “*Assalam Alaykum wa rahmatullah*”.
- **3.5** Turning the head to the left, say “*Assalam Alaykumwa rahmatullah*”.

# 4 Unit Prayers

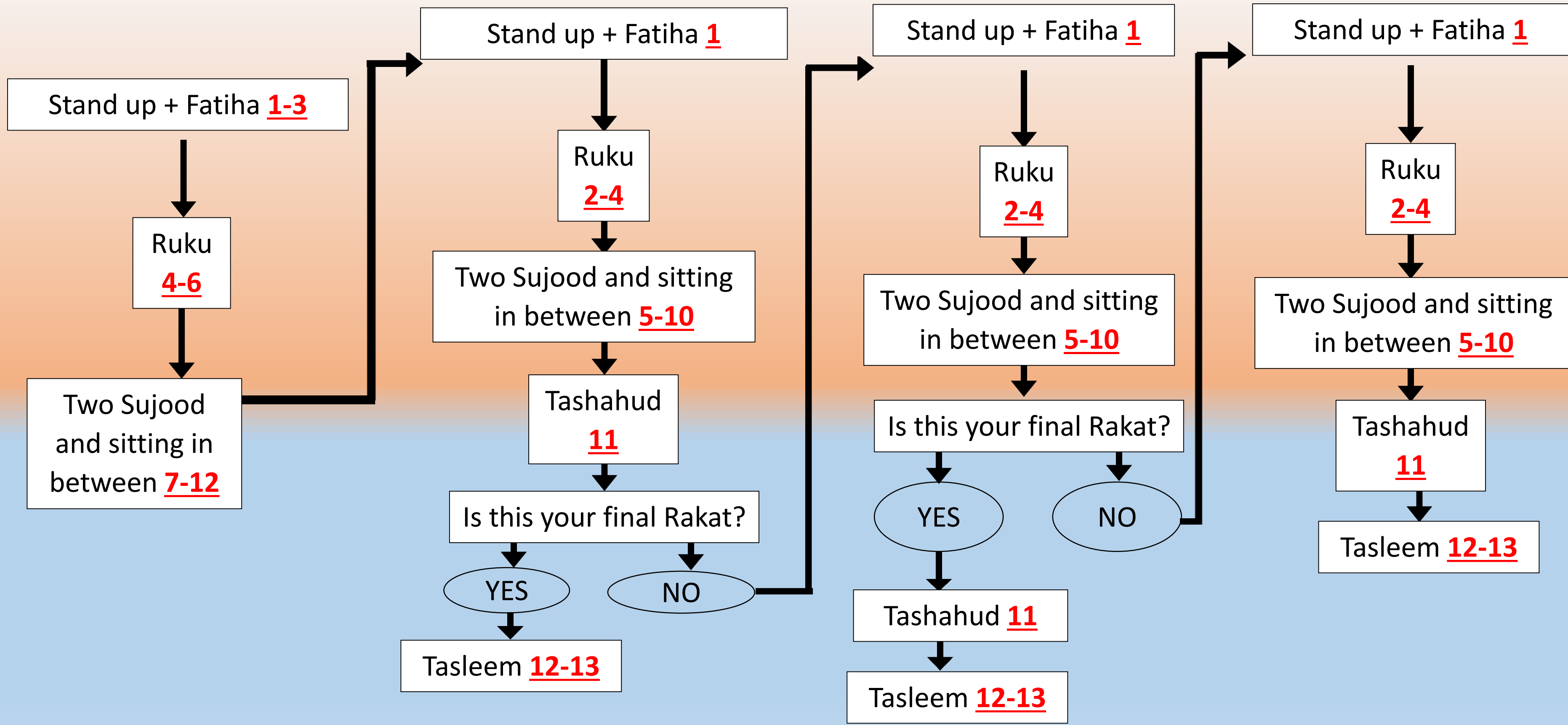
- After you have completed two Raka'at:
  - **2.13** As you sit after the second prostration, say the *Tashahhud*.
  - **3.1** As you stand again, say “*Allahu Akbar*”.
  - **3.2** Complete one unit of prayer.
  - **4.1** After the second prostration in the third unit, return to the standing position and complete one unit of prayer.
  - **4.2** After the second prostration in the fourth unit, sit and say the *Tashahhud*.
    - *If you do not know it, say “'Ash-hadu 'an lā 'ilāha 'illallāh wa 'ash-hadu 'anna Muḥammadan `abduhu wa rasūluh”.*
  - **4.3** Turning the head to the right, say “*Assalam Alaykum wa rahmatullah*”.
  - **4.4** Turning the head to the left, say “*Assalam Alaykum wa rahmatullah*”.

**1<sup>st</sup> Rakat**

**2<sup>nd</sup> Rakat**

**3<sup>rd</sup> Rakat**

**4<sup>th</sup> Rakat**



# Surah al-Fatihah

*Surah Al-Fatiha (The Opener) Verse 1*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Beneficent, the Merciful.

Bismi Allahi arrahmani arraheem

## Arabic Transliteration

Bismillah hir rahman nir raheem. al-ham-du lil-la-hi rab-bil a-la-min. ar-rah-ma-nir ra-him. ma-li-ki yaw-middin. iy-ya-ka na-bu-du wa iy-ya-ka nas-ta-in. ih- di-nas si-ra-tal mus- ta-qim. si-ra-tal la- dhi-na an-am-ta a-lay-him, ghay-ril magh-du-bi a-lay-him wa lad dallin.

## English Translation

In the Name of Allah—the Most Compassionate, Most Merciful. Praise belongs to God, Lord of the Worlds. The Most Kind and Merciful. Master of the Day of Judgment. It is You we worship; it is You we ask for help. Guide us on the straight path: the path of those you have blessed, those who incur no anger and who have not gone astray.

Learn more about Al-Fatihah

<https://www.youtube.com/watch?v= bJK1bQFXkl>

# Surah al-Fatihah: A Divine Conversation in Prayer

## Hadith Qudsi – Sahih Muslim

The Prophet ﷺ said:

### Allah most high said:

*“I have divided the prayer (Al-Fatiha) between **Me** and My **servant** into two halves, and My **servant** shall have what he asks for.”*

– When the **servant** says: ‘**All praise is due to Allah, Lord of the worlds**’,

➤ **Allah** says: ‘*My **servant** has praised Me.*’

– When he says: ‘**The Most Gracious, the Most Merciful**’,

➤ **Allah** says: ‘*My **servant** has glorified Me.*’

– When he says: ‘**Master of the Day of Judgment**’,

➤ **Allah** says: ‘*My **servant** has magnified Me.*’

– When he says: ‘**You alone we worship and You alone we ask for help**’,

➤ **Allah** says: ‘*This is between Me and My **servant**, and My **servant** shall have what he asks for.*’

– When he says: ‘**Guide us to the Straight Path... nor of those who have gone astray**’,

➤ **Allah** says: ‘*This is for My **servant**, and My **servant** shall have what he asks for.*’

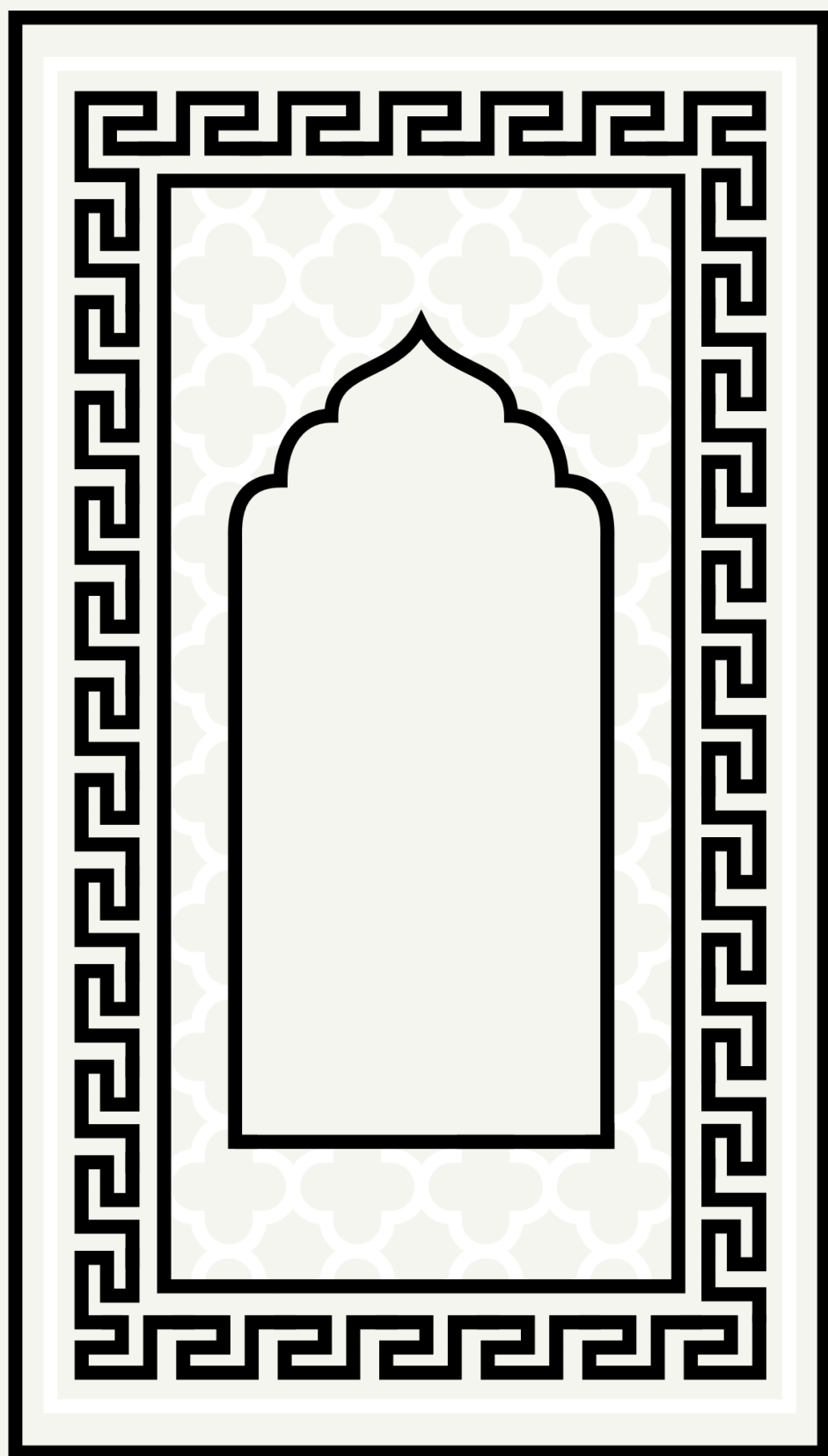
# Tashahhud



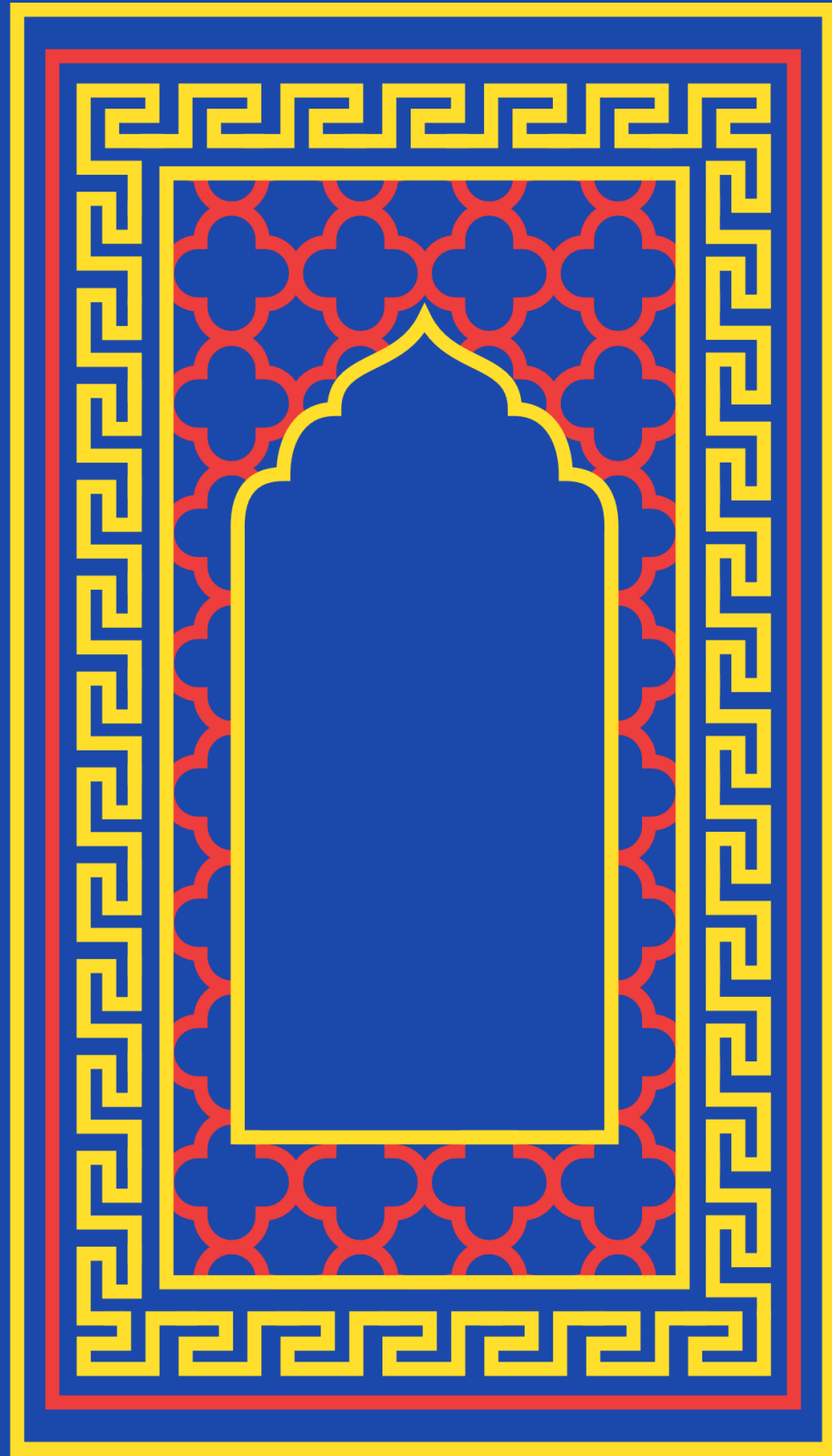
Arabic Transliteration	English Translation
Attaḥiyyātu lillāhi waṣṣalawātu, waṭṭayyibāt, assalāmu `alayka 'ayyuhan-Nabiyyu wa raḥmatullāhi wa barakātuh, assalāmu `alaynā wa `alā 'ibādillāhiṣ-ṣāliḥīn. 'Ash-hadu 'an lā 'ilāha 'illallāh wa 'ash-hadu 'anna Muḥammadan `abduhu wa rasūluh.	All greetings of humility are for Allah, and all prayers and goodness. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous slaves of Allah. I bear witness that there is none worthy of worship but Allah, and I bear witness that Muhammad is His slave and His Messenger.

# Remember!

Islam is a **lifestyle change**. It may take you some time to learn the prayer, but **persevere** for the sake of your Creator and in time the **prayer will become natural**, If Allah Wills!



# Lesson Three



# Rulings related to Prayer

# What if I forget a pillar or an obligatory action?

- If you forget a pillar, you must repeat your prayer.
- If you forget an obligatory action, you can make up for it at the end of the prayer by doing **prostrations of forgetfulness**.
  - Before you say “Assalamu Alaykum wa rahmatullah ”, make two prostrations, sitting in between.
  - *If you have added in an extra action, then you should do the prostrations after you say “assalamu alaykum wa rahmatullah ”.*

# How do I pray with others? (1)

- One person will be chosen to lead the prayer and will stand in front.
- The rest of the people following will form a line behind him.
- If there are only two people, they will stand next to each other.
- If there are women, they will form a line behind the line of men.



# How do I pray with others? (2)

- The prayer leader will say the following parts of the prayer out loud, while the followers can say these silently to themselves:
  - Every *'Allahu Akbar'*
  - After Imam saying "*Sami'allahu liman hamidah*" say "Rabbana walaka Al-hamd"
  - *Assalamu Alaykum wa rahmatu Allah* at the end of the prayer.
- The rest of the prayer will be whispered to yourself.
- Everyone will follow the leader in the movements of the prayer.



# What is the Friday Prayer?

- A special prayer during the time of Dhuhr on Fridays.
- All adult Muslim men must take time off from work and attend the prayer if there is a Mosque nearby.



# How to perform Friday Prayer

- Friday prayer is performed exactly like the two units of Fajr prayer.
- Friday prayer is prayed during the time of Dhuhr (midday).
- It must be performed in a group.
- Before the prayer, there are two speeches (known as the *Khutbah*). It is mandatory to listen attentively during the Khutbah, and you should avoid distractions.
- If you attend and perform the Friday prayer, it replaces the Dhuhr prayer.
- If you miss the Friday prayer, you must pray the regular four units of Dhuhr instead.



# What if I am late to a congregational prayer?

- A person is late for the congregational prayer when the person leading the prayer has already completed some or all of the units of the prayer.
- If you are late to the prayer, come in a calm and dignified manner and follow the instructions on the next slide.



# How to join a congregational prayer if you are late

- 1. Stand straight and recite the opening Takbir (“Allahu Akbar”).
- 2. Go into the position that the person leading is currently in.
- 3. If the person leading is bowing and the latecomer joins, then that unit is valid.
- 4. For all units that were missed, the latecomer makes them up on his own by standing and continuing when the person leading the prayer says the second “Assalamu Alaykum wa Rahmat Allah”.



# What happens when I travel?

- When travelling, the 4 unit prayers (Dhuhr, Asr and Isha) are shortened to **2 units**.
- It is also permissible for the travelling person to **combine prayers**.
  - Dhuhr and Asr can be completed in the time of either Dhuhr or Asr.
  - Maghrib and Isha can be completed in the time of either Maghrib or Isha.
  - Fajr must be prayed during Fajr time.
- **When is one considered to be travelling?**
  - The distance at which a traveler may shorten his prayers is **approximately 80 km** beyond the city boarder.

Travelling is an opportunity to witness the **Mercy of Allah** upon the Muslims.

# Ruling of Prayer for Women in Menstruation, Postnatal Bleeding, and Irregular Bleeding

- **Menstruating woman (Hayd):**
  - She is not allowed to perform Salah during her period.
  - She does not need to make up missed prayers.
- **Postnatal bleeding (Nifas):**
  - Same ruling as menstruation — no Salah is performed, and no make-up required.
- **Irregular bleeding (Istihadah):**
  - She is considered **pure** for Salah.
  - She must perform ablution (wudu) for each prayer time and can pray, fast, and touch the Qur'an.

## **Note:**

**If a woman becomes pure during the time of a specific prayer, she is required to make up that prayer even if she performs Ghusl after the prayer time has ended.**

# Important basic rules about prayer

- Excessive movement during prayer invalidates it.
- Look down to the spot of prostration.
- Speaking intentionally with words not part of the prayer breaks the prayer.
- If something happens (like someone knocking or danger), men should say “Subhanallah”, and women should clap to alert others.
- Prayer can be stopped in case of emergency or danger (e.g., fire, child in danger, etc.).
- Eating or drinking during prayer is not allowed.



# In places where performing Salah is difficult, such as on board a plane or at work, what should I do?

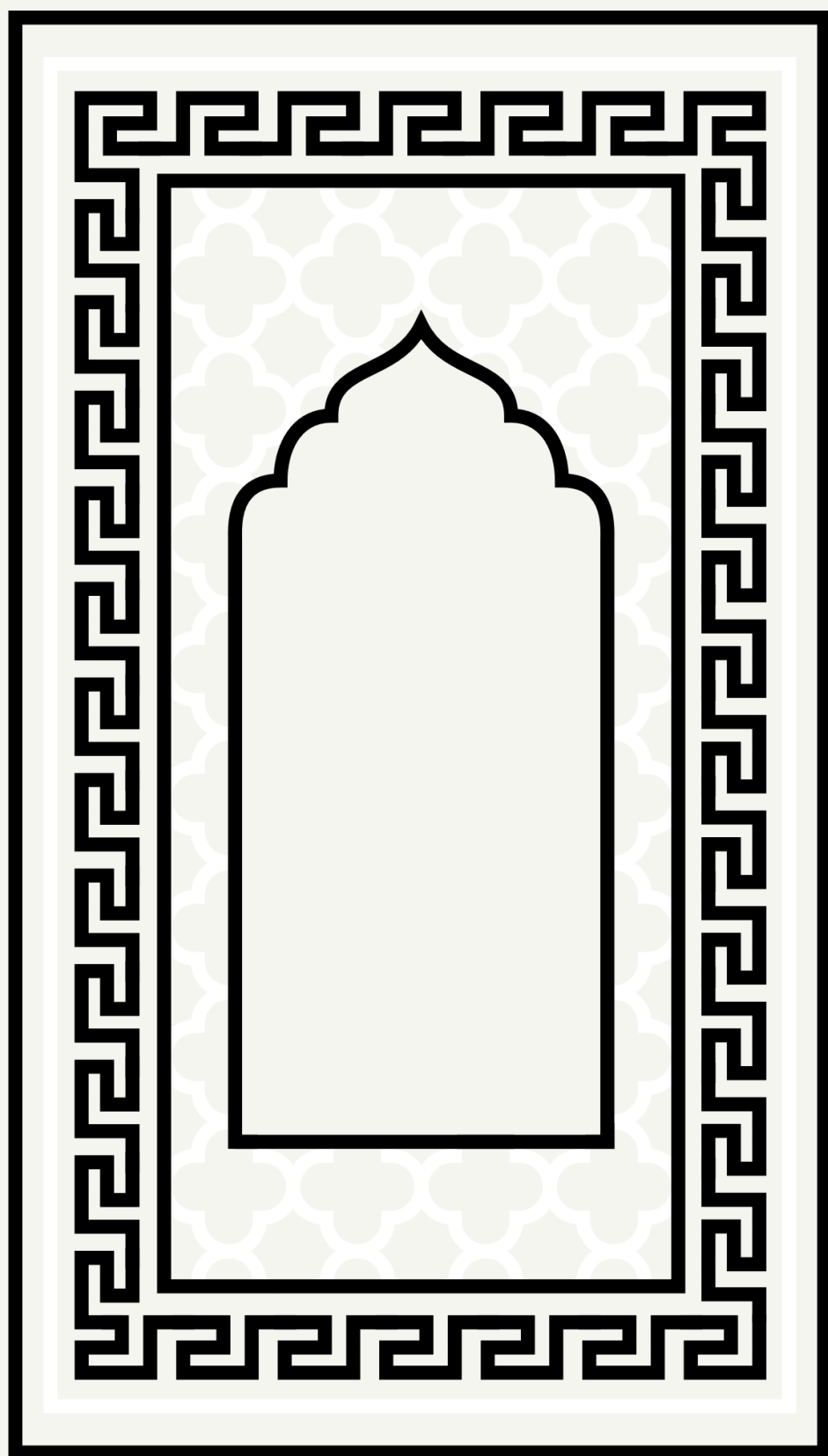
- You can pray wherever is clean, including:
- On planes/trains: Pray sitting if you cannot stand, lean for Ruku and Sujood. Face the Qiblah if possible; otherwise, do your best.
- If you think the prayer time will finish before landing, you should pray on the plane — unless you'll land in time to combine two prayers (like Dhuhr and Asr, or Maghrib and Isha).
- At work: Ask for a quiet space or use any clean corner, even a storeroom or office space.
- From experience, work management is usually supportive of performing Salah—especially if you inform them from the beginning.



During winter, it's difficult to perform Dhuhr and Asr on time, and in summer the same applies to Maghrib and Isha. What can I do in such cases?

- Islam allows **joining Dhuhr with Asr and Maghrib with Isha in travel or hardship.**
- Based on hadith (Muslim 705), the Prophet ﷺ joined prayers in Madinah *without fear or rain* — the companion Ibn Abbas may Allah pleased him said (this shows flexibility in hardship).





Recommended  
Actions &  
Sources for  
further study

# Some Recommended Actions

- These are actions that were narrated from the Prophet Muhammad (peace be upon him), which he used to do in Prayer. They are not pillars or obligations but rather actions that beautify your Prayer further. A few of these actions are mentioned below.

1. **Raise both hands to shoulder level while saying Allahu Akbar in three positions: [1.2, 1.4, 1.6].**
2. **Place the right hand over the left forearm.**
3. **Recite loudly in Fajr, Maghrib, and Isha; while recite quietly in Dhur and Asr.**
4. **Recite verses from the Qur'an after reciting Surah al-Fatihah.**
5. **Say the supplications during bowing, prostration, and while sitting, after rising from prostration (repeated three times).**
6. **Say the supplication upon the Prophet Muhammad (peace be upon him) before saying “*Assalamu Alaykum wa rahmatullah* ” at the end of the prayer as referenced in the note.**

# Adkhar (words of remembrance) After Obligatory Prayer

فَإِذَا قَضَيْتُمُ الصَّلَاةَ فَادْكُرُوا اللَّهَ ۝ ١٠٣

When the prayers are over, remember Allah

*Surah an-Nisa (The Women), Verse 103*

# Adkhar (words of remembrance) After Obligatory Prayer

As human beings, we can never reach perfection in our worship. There will always be shortcomings in our prayers, whether in concentration, humility, or devotion. Out of His mercy, Allah has legislated *adhkar* (remembrances) to say after finishing Salah, so that they complete and beautify our worship. As the Prophet peace be upon him says:

“Indeed, a man may finish his prayer and nothing will be written for him of it except a tenth, or a ninth, or an eighth, or a seventh, or a sixth, or a fifth, or a quarter, or a third, or half of it.” [Abi Dawood]

# Adkhar (words of remembrance) After Obligatory Prayer

The Sunnah (Prophetic guidance) is for the Muslim to say after every obligatory prayer:

1. Astaghfirullah (I ask Allah for forgiveness) three times,
2. Allahumma anta al-salam wa minka al-salam tabarakta ya dhal-jalali wa'l-ikram (O Allah, You are the One Who is free from all defects and deficiencies and from You is all peace, blessed are You, O Possessor of majesty and honour).
3. Subhan Allah (Glory be to Allah) 33 times; al-hamdu Lillah (praise be to Allah) 33 times, Allahu akbar (Allah is most great) 33 times, and to complete one hundred he should say: La ilaha ill-Allah wahdahu la sharika lah, lahu'l-mulk wa lahu'l-hamd wa huwa 'ala kulli shayin qadir (There is no god but Allah Alone, with no partner or associate His is the sovereignty and to Him be praise, and He is Able to do all things).
4. Recite Al-Kursiy (The Throne) verse. <https://quran.com/2/255>
5. Recite Al-Ikhlās chapter, Al-Falaq chapter, and An-Nas chapter [i.e., the last three chapters (Surahs) of the Quran].

# Recommended Prayer (Sunnah)

- You may see people praying extra prayers beyond the five daily ones (Fardh); these are called Sunnah or Nafl (optional). Just like Sadaqah is optional while Zakat is obligatory, or fasting Ramadan is obligatory while other fasts are optional, these voluntary acts help make up for shortcomings in our obligatory worship.

- Sunnah Ratibah**

Umm Habibah (May Allah be pleased with her) the Mother of the Believers reported:

I heard the Messenger of Allah (ﷺ) saying, "A house will be built in Jannah for every Muslim who offers twelve Rak'ah of optional Salat other than the obligatory Salat in a day and a night (to seek the Pleasure of Allah)."

[Muslim].

Most important Sunnah

PRAYER	SUNNAH (units of Rak'ah) BEFORE FARDH	SALAH FARDH (UNITS OF RAK'AH)	SUNNAH (units of Rak'ah) AFTER FARDH
<b>FAJR</b>	<b>2</b>	<b>2</b>	<b>0</b>
<b>DHUHR</b>	<b>2 + 2</b>	<b>4</b>	<b>2</b>
<b>ASR</b>	<b>0</b>	<b>4</b>	<b>0</b>
<b>MAGHRIB</b>	<b>0</b>	<b>3</b>	<b>2</b>
<b>ISHA</b>	<b>0</b>	<b>4</b>	<b>2</b>

# Recommended Prayer (Sunnah)

- Before obligatory prayer: You may pray two units between the Adhan and Iqamah.
- Duha Prayer: Two units prayed in the morning after sunrise and before Dhuhr.
- Night Prayer (Qiyam al-Layl): Prayed after 'Isha and before Fajr. There's no set number—pray in pairs (two by two).
- **Witr Prayer: A separate closing prayer (odd-numbered, at least one unit) offered after night prayer and before Fajr. It can also be prayed alone if you're not praying Qiyam.**
- Taraweeh (in Ramadan): Special night prayer prayed in congregation during Ramadan.  
The Prophet ﷺ prayed it with his companions.

Most important Sunnah

## Note:

If you want to pray Witr as a single unit (1 rak'ah), complete it as follows: after the second sujood (prostration), sit down and recite the Tashahhud. Then, end the prayer by saying the two Salam

# How to Perform the Funeral (Janazah) Prayer [Sunnah]

- 1. **First Takbir (Allahu Akbar):** Recite Surah Al-Fatiha.
- 2. **Second Takbir (Allahu Akbar):** Recite Salat upon the Prophet, such as:
  - “Allahumma salli ‘ala Muhammad..” (O Allah, bless Muhammed). [repeat it if you do not know it fully].
- 3. **Third Takbir (Allahu Akbar):**
  - Make du’a for the deceased, like: O Allah, forgive him and have mercy on him...
- 4. **Fourth Takbir (Allahu Akbar):** Make a short du’a or remain silent.
- 5. **Tasleem:**
  - End the prayer by saying As-salamu ‘alaykum wa rahmatullah to the right (and optionally to the left).

# Some sources to learn more about prayer

<https://newmuslim.iera.org/wp-content/uploads/2022/08/tenfold-prayer-guide.pdf>

<https://www.youtube.com/watch?v=vx1rz-28HNk>



Any Questions?