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إعداد قسم الجاليات

How to perform prayers

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How to perform prayers

The prayer (salaat) is the very foundation of religion and a 'link' between a servant and his Lord, hence its exalted position as the greatest act of worship in Islam. Almighty Allah commands Muslims to observe it under all circumstances—whether they are residents or travelers, sick or in good health.

The prophet () said the first of man's deeds which he will be called to account on the day of resurrection will be Salat(prayers) if they are complete all his deeds would be accepted (authentic Hadith)

The procedures of prayers

When the Muslim wants to perform prayer, he should face the Qiblah, raise his hands, and say; Allahu Akbar.

Your prayer will not be complete until you complete this pillar. The prophet () said when you stand up in prayer, complete the ablution, then face the Qiblah and say Allahu Akbar.

It is necessary that the person pronounce this Takbeer (saying Allahu Akbar) verbally, but it is not necessary for him to raise his voice (excessively) while doing so.

If the person is mute, he can intend to say it in his hear.

During the takbeer , the person should raise his hands to the level of his shoulders , while keeping the fingers together, for Ibn Umar () said that the prophet would raise his hands to the level of his shoulders when he started the prayers , and when he made takbeer for Rukoo (bowing) and when he raised his head from Rukoo .

He may also raise his hands to the level of the earlobes. This is taken from the Hadith of Malik Ibn Huwairith () in which it is stated that the prophet () used to raise his hands to the level his earlobes.

The person should then place his hands on his chest, by either grasping with the right hand the left arm's wrist.

Another method of putting the hands on the chest is as follows:

To place the right hand over the left hand and arm. This is taken from the Hadith of Wa'il Ibn Hujr () " ... The prophet then made takbeer , and then put his right hand over the (upper) left arm and wrist . In the same hadith, "he placed them on his chest " .

During the prayer the person should look at the place of his sujood, this is taken from the words of A'ishah () when she described the prophet's prayer: "His sight never left the place of his sujood."

The person should then recite the Du'aa (supplication) of istiftaah, this being a Sunnah practice. There are many authentic supplications, of them:

1. Subhaanak – Allaahumma wa bi hamdika , wa tabaarak-asmuka, wa ta'aalaa jadduka, wa laa ilaaha ghayruka .

Meaning; Glory be to you, Allah: yours is the praise, blessed is your name, exalted is your majesty, and there is no god beside you.

Then he says: A'oodhu billaahi min-ash-shaytaan-ir-rajeem (I seek Alla's protection from Satan, who has been expelled from his mercy)

Then he says: Bismillaah –ir-rahmaan –ir-raheem (in the name of Allah, most beneficent,most merciful)

Then he should recite Al fatiha

Al-hamdu lillaahi rabbil-'aalameen (praise be to Allah, the lord of all the worlds)

Ar-Rahmaan –ir-Raheem (the Beneficent the Merciful)

Maaliki Yawmid-Deen (master of the Day of Judgment)

Iyyaaka na'budu wa iyyaaka nasta'een (you alone we worship. you alone ask for help.)

Ihdinassiraat-al- mustaqeem (guide us on the right path)

Siraatalladheena an'amta 'alayhim (the path of those you have blessed)

Ghayril maghdoobi 'alayhim Waladh-daalleen (not of those who have incurred your wrath, nor of those who gone astray.

A Muslim must recite Surat al-fatihah in every Raka'a for the prophet () said: there is no prayer valid for him who does not recite Al- Fatihah. If the person who is praying does not memorizing Al-fatihah, he should recite whatever else he knows of

the Qur'an. If he does not know any other verses from Qur'an, then he should say: subhaanallaah, Al-hamdu lillaahi, Allahu Akbar, Laa Ilaaha Illaa Allah, wa laa hawla wala Quwata Illaa billaah.

It is incumbent upon the person who does not know the Fatiha to learn it as quickly as he can.

After the recitation of surat al-Fatiha, he should recite whatever else he knows from the Qur'an, whether it is a complete surah, or a few verses from certain Surah.

He then should go into Rukoo, saying as he does, Allahu Akbar. He should raise his hands with this takbeer to the level of his shoulders or ear lobes, as mentioned in the Hadith, which was quoted previously. When in the bowing posture (rukoo) his back should be level: that is not to bow deeply or lightly. He should put his hands, and spread his fingers over each knee. He should say in this rukoo Subhaana Rabbiy-al-'adheem (glory be to my Lord, the Almighty) it is obligatory to say this only once, but it is recommended to say it three times. Then he resumes the standing position. raising his hands up to the level of the shoulders or a little above them, with the palms of his hands facing the Qiblah, saying Sami'allaahu li man hamidah (Allah listens to him who praises him) He says this whether he is praying alone or is the prayer leader (imam) then each one says: Rabbanaa wa lakal-hamd (our lord to you is due all praise) it is recommended to say after this: Hamdan katheeran tayyiban mubaarakan fihi. Mil'assamaawaati wa mil'al-ardi wa mil'amaa shi'ta min shay'in ba'd (An abundant, beautiful and blessed praise. A praise that fills the heavens, the earth and all that you will thereafter) Then he recites the takbeer and prostrates himself, with the toes of both feet, the knees, the hands and the forehead and the nose touching the floor. He is recommended not to bring the arms close to the sides nor the abdomen close to the thighs, making sure that his forearms are not in contact with the floor. He says in this position, called Sujood, Subhaana rabbiyal-'alaa (Glory be to my Lord, Most High). it is obligatory to say this only once, but it is recommended to say it three times. The prostrate position (sujood) is the noblest state where supplications must be

made to Almighty Allah. Thus, after reciting the obligatory supplication mentioned above, a Muslim is recommended to invoke Allah and humbly and earnestly ask him for anything which he wants in this life or in the hereafter. The prophet () said, "the nearest a servant can be to his Lord is when he prostrate himself in prayer. so invoke Allah in this state" (Saheeh Muslim: 482)

Then he recites the takbeer and sits between the two prostrations He recommended to sit on the left leg while keeping the right foot upright with the toes pointing towards the Qiblah and resting his hands on his thighs close to the knees. He says between the two prostrations: Rabbighfir lee, warhamnee, wahdinee, warzuqnee, wajburnee wa 'aafinee (O Lord, forgive me, have mercy on me, guide me, provide for me, support me and protect me.)

Then he recites the takbeer and prostrates himself in the same as before. This completes one unit (rak'ah)

Then he rises to the standing position again, for the second unit, reciting the takbeer as he does so.

He performs the second unit in exactly the same way as the first one.

After the second prostration in the second unit , he takes a sitting posture and recites the first Tashahhud : Attahiyyaaty lillaahi ,wassalawwatu wattayyibaat, assalaamu 'alayka ayyuhannabiyyu wa rahmatullaahi wabrakaatuh, assalaamu 'alaynaa wa 'alaa 'ibaad-illah-issaaliheen, ash hadun an laa ilaaha illallaah,wa ash hadu anna Muhammadan 'abduhu warasooluh(All reverence, all worship, all sanctity are due to Allah. Peace be on you, O Prophet, and the mercy of Allah and his blessings. Peace be on us and all righteous servants of Allah. I bear witness that none is worthy of worship except Allah, and I bear witness that Muhammad is his servant and his messenger.

Then he rises , reciting the takbeer , to assume a standing position and complete the rest of the prayer units if the prayer consists of three units (Maghrib) or four units (Dhuhr, 'Asr and 'Ishaa') . In the third and fourth units, however, he recites only soorat Al-Faatihah.

If the prayer is consists of two units (Fajr) , he recites the final Tashahhud after completing the first Tashahhud.

In the last unit after the second prostration, he takes sitting posture and recites the final Tashhahud . This consists of the first Tashhahud mentioned earlier, which is immediately followed by the following: Allaahumma salli 'alaa Muhammad wa 'alaa aali Muhammad kamaa sallayta 'alaa Ibraahiima wa;alaa aali Ibraahiima , Innaka hamiidun majeed.

Wa baarik 'alaa Muhammad , wa 'alaa Muhammad wa ;alaa aali Muhammad kamaa baarakta ;alaa Ibraahiima wa'alaa aali ibraaheema , innaka hameedun majeed (O Allah, exalt Muhammad and family of Muhammad , as you have exalted Abraham and the family of Abraham .Verily , you are praiseworthy and glorious. O Allah, bless Muhammad and the family of Muhammad, as you have blessed Abraham and the family of Abraham. Verily, you are praiseworthy and Glorious.)

After this , he is recommended to recite the following supplications : Allaahumma innee a'oodhu bika min 'adhaabi jahannama , wa min 'athab-il-qabri, wa min fitnat-il-mahyaa wal mamaati, wa min fitnati-il-maseeh-id-Dajjaal (O Allah , I take refge in you from the punishment of the Fire, from the torment of the grave, from the trials and tribulations of life and deathand from the mischief of false Messiah .)

Finally, he turns his face to the right side, saying: Assalaamu 'alaykum wa rahmatullaah (peace and mercy of Allah be upon you. Then he turns his face to the left side and says the same thing.

With these greetings he concludes his prayers, as the prophet () said, "The prayer begins with the takbeer and ends with tasleem." (sunan Abu Dawood:61: Sunan At-Tirmidhee:3) the takbeer refers to the word Allaahu Akbar (Allah is the greatest of all), and Tasleem refers to the words Assalaamu Alaykum wa rahmatullaah (peace and mercy of Allah be on you).

It is recommended that a Muslim recites the following supplications after completing any of the five obligatory daily prayers:

1. Astaghfirullaah,(I seek Allah's forgiveness) three times .
2. Allaahumma antas-Salaam, wa mink-as-Salaam, tabaarakta yaa dhal-jalaali wal-ikraam (O Allah, you are peace and from you comes peace. Blessed are you, owner of might and honour). Allaahumma laa maani'a limaa a'tayta , wa ;aa mu'tiya limaa mana'ta, walaa yanfa'u dhal-jaddi, minkal-jadd (O Allah , no one can withhold what you give , nor can anyone give what you withhold: and the might of the mighty person cannot benefit him against you.)
3. Subhaanallaah (Glory be to Allah) 33 times, Al-hamdu lillaah (praise be to Allah) 33 times and Allaahu Akbar (Allah is the greatest of all) 33 times. he completes the total of hundred by saying : Laa ilaah illallaahu , wahdahuu laa shariika lahu, lahul-mulku, walahul-hamdu, wa huwa 'alaa kulli shay'in qadeer (there is no god worthy of worship but Allah;He has no partners; the kingdom and the praise belong to him and he has power over everything)