



How to pray

Book 2



Name of Student
Start date
Teacher

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

حَافِظُوا عَلَى الصَّلَوَاتِ

Do not miss your prayers

وَالصَّلَاةِ الْوُسْطَى

Especially the Asr prayer

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وَقُومُوا لِلَّهِ قَانِتِينَ

And stand before Allah with full
concentration

Surah Baqarah: 238

Taharah (Purity) & Cleanliness

When we pray (make salah) or touch the Quran to recite (tilaawah) we have to be **Tahir (Pure)** and **clean**.

To be clean and to be Tahir (Pure) are two different things

Discussion & Activity
Memorise the ayah with meaning
Discuss the aayah

Cleanliness

“Cleanliness is part of Iman”

A person is clean when you don't have unclean substance on you or your clothes

Examples of unclean substance

- Urine
- Wine
- Blood
- Vomit
- Dog's saliva



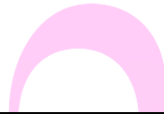
Discussion & Activity

How to be clean?

You become unclean if a dog licks you. You become clean after washing the dog's saliva off.

It is very important we wash ourselves carefully after we use the toilet as our clothes can get dirty with urine.

Until you are clean Allah will not be happy with your salah or tilaawah.



Discussion & Activity

Taahir

To pray a person must be Taahir.

You become taahir by either

- Having a *bath*
- Making *wadu*
- Making *tayammum* (if you have a valid reason)

Some of the reasons you will stop being taahir

1. If you use the toilet or pass wind
2. If you cut yourself and the blood flows
3. If you vomit
4. If you fall asleep
5. If you laugh loudly while praying

If you stop being taahir you must make wadu again if you wish to pray or touch the Quran

Discussion & Activity

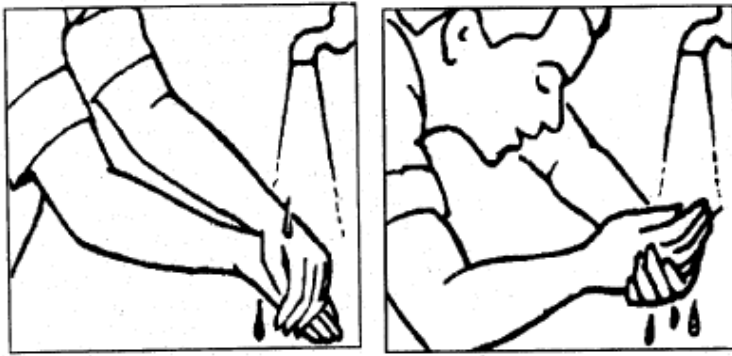
Discussion & Activity

Making Wadu - Step by step

Say

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

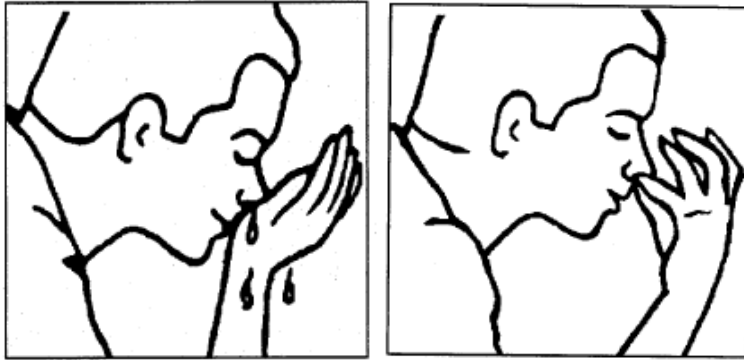
Step 1 – Wash hands up to the wrist three times



Step 2 – Rinse mouth three times. Gurgles on the last rinse.



Step 3 – Clean nose by adding water by hand.



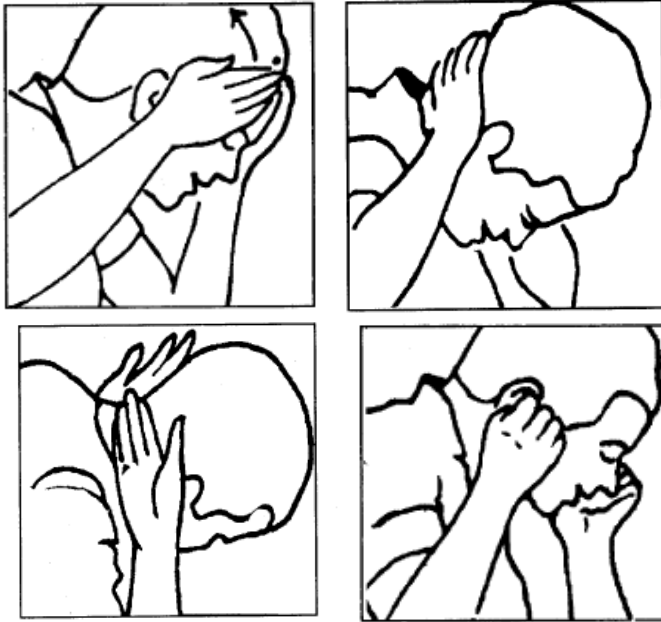
Step 4 – Wash face completely three times



Step 5 – Wash hands including elbows three times



Step 6 – Wipe head



Step 7 – Wash feet up to the ankles three times



Dua After making wadu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

وَحْدَهُ لَا شَرِيكَ لَهُ

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

اللَّهُمَّ اجْعَلْنِي

مِنَ التَّوَابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

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Prayer

We pray 5 times a day – Fard Units

Fajr (early in the morning) 2 Units

Zuhr (afternoon) 4 Units

Asr (Late afternoon) 4 Units

Maghrib (Evening) 3 Units

Isha (Night time) 4 Units

Please complete the table below

	Sunnah	Fard	Sunnah	Nafl	Misc
Fajr					
Zuhr					
Asr					
Maghrib		3	2	2	
Isha					3 witr 2 nafl

Preparation to pray

Before we pray we


1. Make wadu
2. Wear clean clothes
3. Have a clean place to pray
4. Make sure we cover our body properly (Cover our Awrah)
5. Pray on time
6. Face Qiblah (Makkah)



Complete the table below

Awrah

The awrah for boys and girls are different

	Boys	Girls
Awrah		Have to cover the whole body except face and hands

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Step by step

Fard Actions in prayer

1. Intention
2. Saying the first takbeer when we start the prayer by raising our hands
3. Standing
4. Reading from the Qur'an
5. Bowing (Ruku)
6. Both prostrations (Sujood)
7. Final Sitting

Discussion & Activity

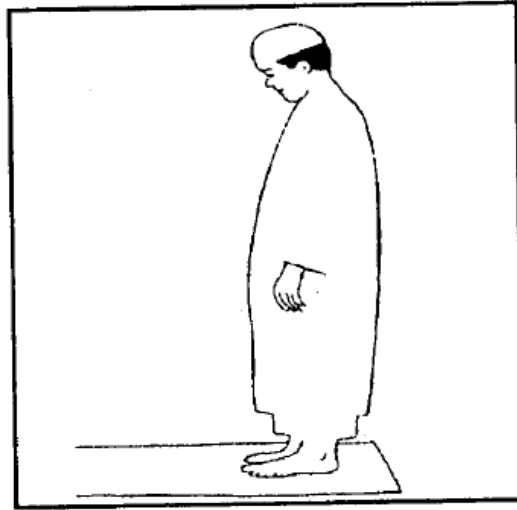
What does fard mean?

What happens to our prayer if we miss a fard action?

Step 1 – Niyyah (Intention)

Say

“I am about to pray 2
Sunnah units of Fajr”



Intention can be

- verbal or silent
- In English, Arabic or any other language

Discussion & Activity

- Practical - Use a compass
- Practical - Use a prayer timetable
- Practical - Practice making Wadu

Step 2 – Takbiratul Ihram

Raise your hands up to your ears and say

الله أكبر



Then we fold our arms like this.

Step 3 – Qiyaam (Standing)



Say

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ.

Discussion & Activity

- Art - Design a prayer mat
- Discussion - Importance of praying in the masjid
- Activity – Role play a prayer in congregation

Step 4 – Qirat (Read Qur'an)



Then we read Surah Al Faatiha followed by any Surah.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝

الرَّحْمَنِ الرَّحِيمِ ۝ مَلِكِ يَوْمِ الدِّينِ ۝

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ۝

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ ۝ فَصَلِّ لِرَبِّكَ وَأَنْحَرْ ۝

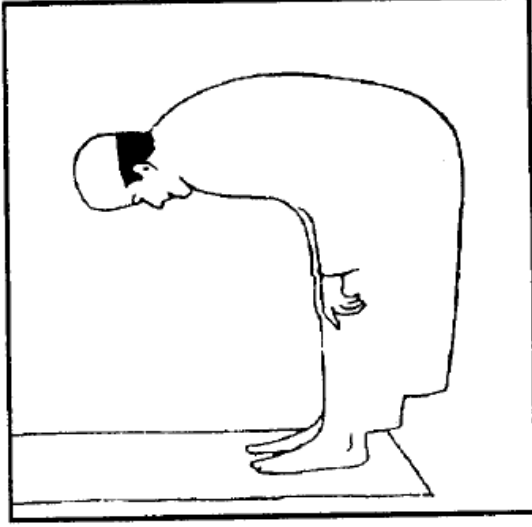
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ۝

Say Takbir

الله أكبر

and go to Ruku

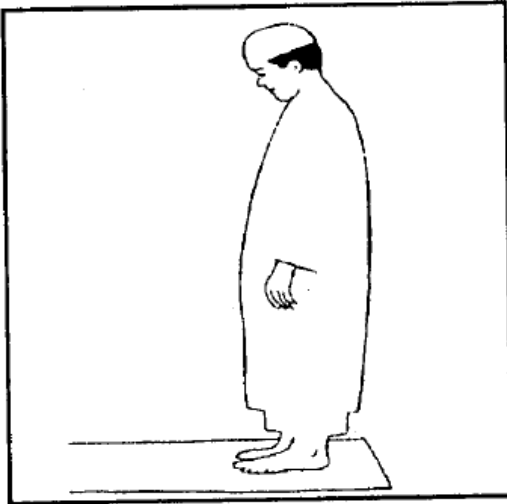
Step 5 – Ruku



Say 3 times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Tasmi & Tahmeed



Stand up saying

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

رَبَّنَا وَلَكَ الْحَمْدُ

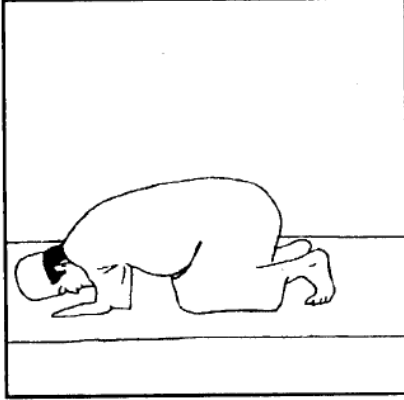
حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

Say Takbir

الله أكبر

and go to Sajda

Step 6 - Sajda

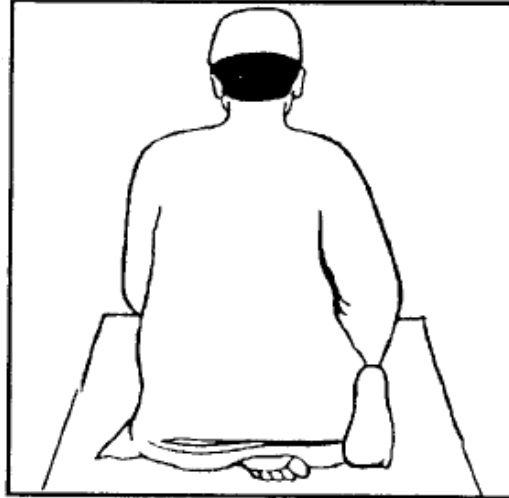


Say three times

سُبْحَانَ رَبِّيَ الْأَعْلَى

And then sit down

Sitting between the two sujoods (Jalsa)

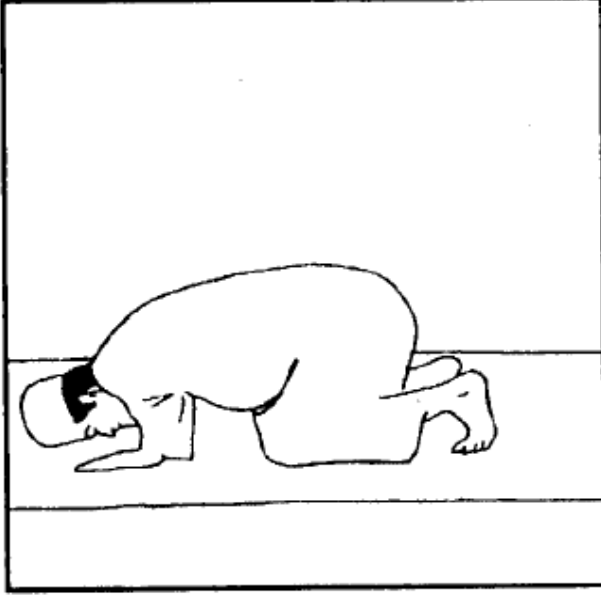


Dua while sitting between the two Sujoods

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي

Say Takbir **الله أكبر** and go back to Sajda

Second sajda



Say three times

سُبْحَانَ رَبِّيَ الْأَعْلَى

You have completed 1 unit

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Say Takbir

الله أكبر

and stand up for the 2nd unit

Second Unit



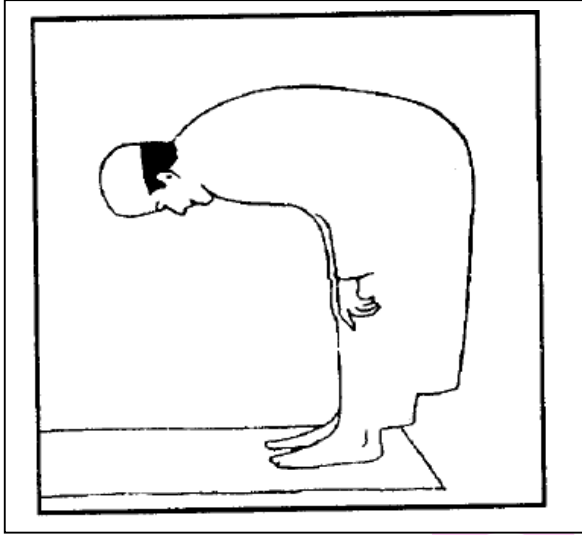
Read Surah Fatiha and add a Surah.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝
الرَّحْمَنِ الرَّحِيمِ ۝ مُلِكِ يَوْمِ الدِّينِ ۝
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ۝
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْهُ وَلَمْ يُولَدْ ۝
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

Say Takbir **الله أكبر** and go to ruku

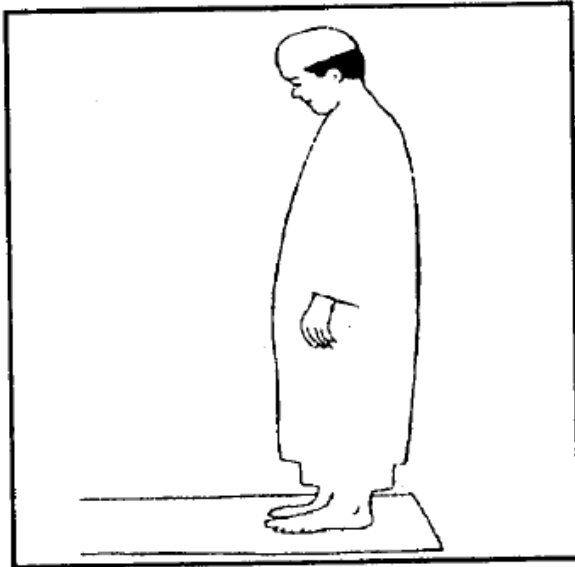
Ruku



Say three times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Tasmi & Tahmeed



Stand up saying

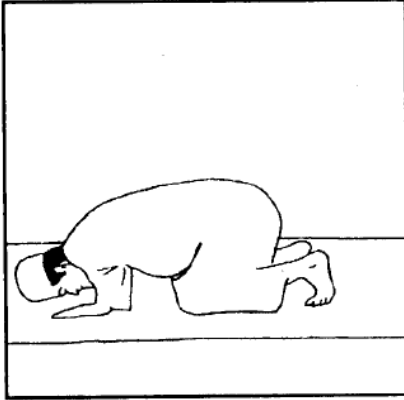
سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

رَبَّنَا وَلَكَ الْحَمْدُ

حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

Say Takbir **الله أكبر** and go to Sajda

Sajda

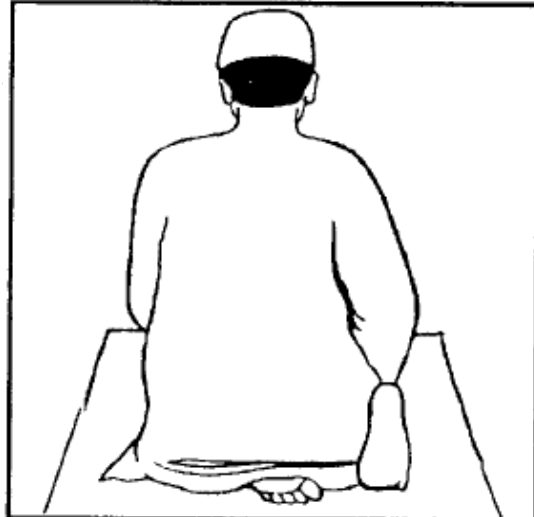


Say three times

سُبْحَانَ رَبِّيَ الْأَعْلَى

And then sit down

Sitting between the two sujoods (Jalsa)



Dua while sitting between the two Sujoods

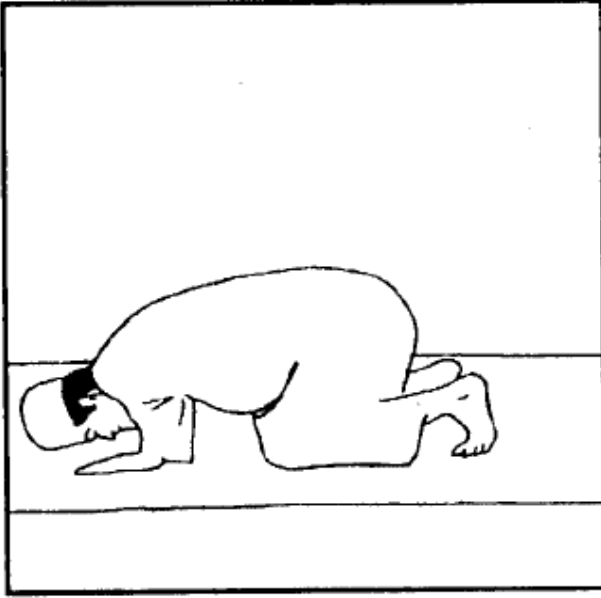
اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي

Say Takbir

الله أكبر

and go back to Sajda

Second sajda



Say three times

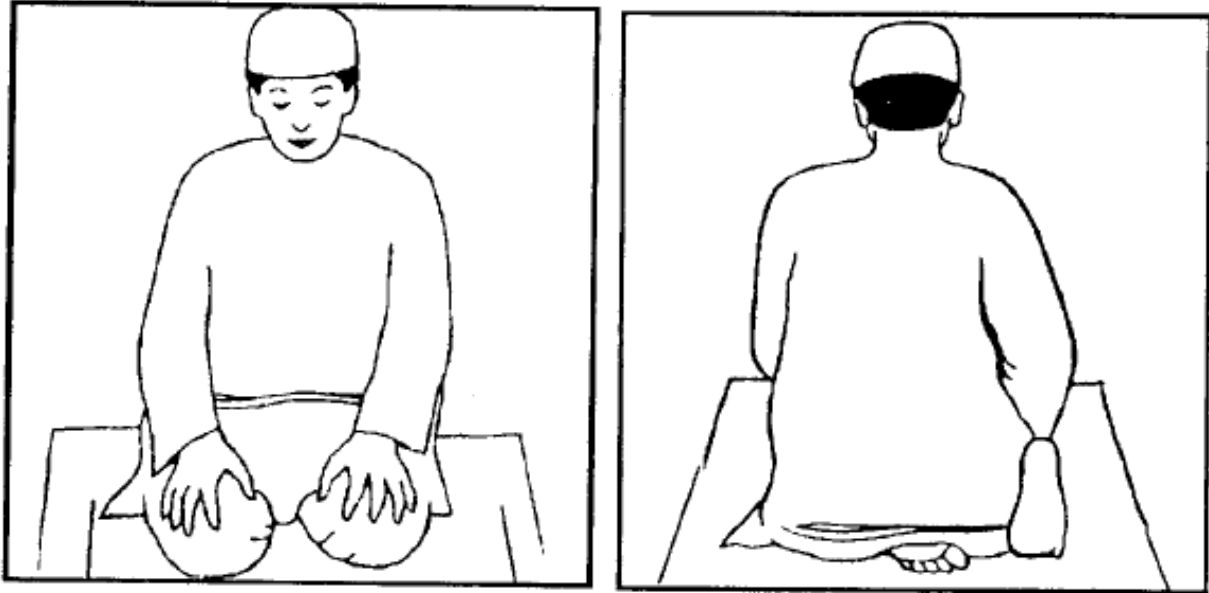
سُبْحَانَ رَبِّيَ الْأَعْلَى

You have completed the 2nd unit

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Say Takbir **الله أكبر** and sit

Step 7 - Last sitting



In the last part of the prayer we read the following while sitting down

- Tasha – hood
- Durood e Ibrahim
- Dua after Durood

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Tasha - hood

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

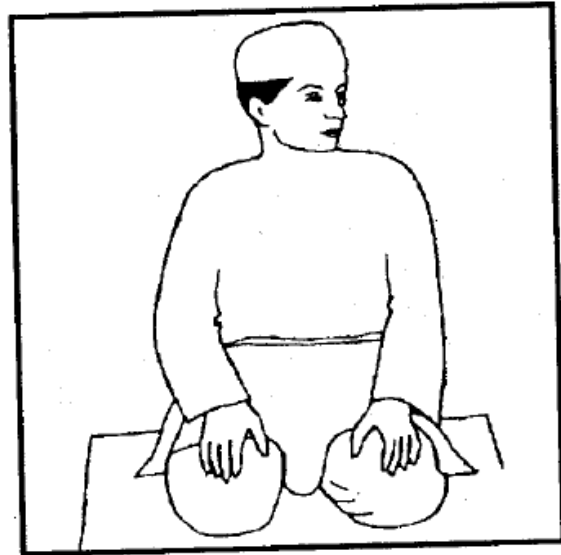
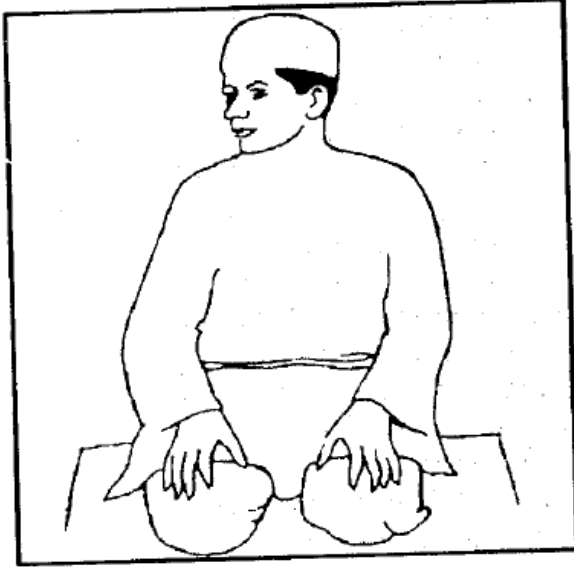
Durood e Ibrahim

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مُجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مُجِيدٌ

Dua after durood

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ
فَاغْفِرْ لِي مَغْفِرَةً مِّنْ عِنْدِكَ وَارْحَمْنِي
إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Step 8 - salam



Look to your right and say

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

And then look to your left and say

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

The prayer is now complete. We now make dua

Dua



اَللّٰهُمَّ اَنْتَ السَّلَامُ
وَمِنْكَ السَّلَامُ
تَبَارَكْتَ
يَا ذَا الْجَلَالِ وَالْاِكْرَامِ

Discussion & Activity

Reward of praying in a masjid

How to pray three and four units of prayer?

Notes





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