

Prayer for Beginners (part 2 of 2): A Description of the Prayer

Description: Islamic jurisprudence with regards to prayer which must be met in order for the prayer to be valid or beautified.

By NewMuslims.com

Published on 01 Jan 2012 - Last modified on 21 May 2017

Category: Lessons > [Acts of Worship](#) > [Prayers](#)

Prerequisites

- How to Pray for a Recent Convert (2 parts).

Objectives

- To learn the description of 2, 3 and 4 units (*rakahs*) of prayer (*salah*)
- To memorize the most important words of prayer (*salah*)

Arabic Terms

- *Salah* - the Arabic word to denote a direct connection between the believer and Allah. More specifically, in Islam it refers to the formal five daily prayers and is the most important form of worship.
- *Rakah* - unit of prayer.
- *Qiblah*: The direction one faces during the formal prayers.
- *Fajr, Dhuhr, Asr, Maghrib, Isha* " the names of five daily prayers in Islam.
- Tashahhud " the saying *oeAt-tahiy-yatu lil-lahi.... Muhammadan 'abduhu wa rasuluh.*" in the sitting position of the prayer.
- *Takbir* " uttering *oeAllahu Akbar*".
- *Fatihah* " the opening chapter of the Quran that is recited in every *rakah* of prayer.

The Prayer

The Prophet has commanded us:

oePray as you have seen me praying." (*Saheeh Al-Bukhari*)

The following is a simple procedure for performing the formal prayer for beginners. You will learn more, later.

Also, you may find Muslims praying slightly differently. There is no reason to worry. Do not focus on little details at this moment. Learn the basics first as presented over here.

Description of a 2 unit prayer (like the *Fajr* prayer)

1. Standing straight

- Stand straight facing the *qiblah* (direction of prayer).

2. The Opening Takbir (pronouncing of Allahu Akbar)

- Raise both hands up to the earlobes or shoulders and say:

Allahu akbar

'Allah is the Greatest.'



Figure 1

- Place your right hand and arm on top of your left and place them both on your chest.
- Do not look around. Keep your eyes focused on the spot where you will prostrate.



Figure 2

3. Seeking refuge with Allah from Satan

- Say:

[A'udhu billahi minash-shaytaanir-rajeem](#)

'I seek refuge with Allah from the Evil One.'

4. Reciting *Surah al-Fatihah*,

- Begin with saying:

[Bismilla-hir-rahma-nir-raheem](#)

'I begin with the Name of Allah, the Most Merciful, the Bestower of Mercy.'

- Then recite **[Surah al-Fatihah](#)**.

Alhamdu lil-lahi rab-bil 'alameen

'Praise be to Allah, Lord of the Worlds.

Ar-rahma-nir-raheem

The Most Merciful, the Bestower of Mercy.

Maliki yawmid-deen

Master of the Day of Judgment.

Iyyaka na'budu wa iyyaka nasta'een

You alone we worship; You alone we ask for help.

Ihdinas-siratal mostaqeem

Show us the straight path.

Siratal-lazeena an'amta 'alayhim

The path of those whom You have favored;

ghayril maghdubi 'alayhim

Not the (path) of those who earn Your anger

wa-lad-daa-leen

nor of those who go astray.'

- Finally, say:

[Aameen](#)

O Allah, please accept.

5. Bowing

· Raise your hands up to the earlobes or shoulders (as you did in 2. The Opening Takbeer) and say:

Allahu akbar

'Allah is the Greatest.'

· With your back straight, bend in the bowing posture as shown in the picture, and repeat in a low voice three times:

Subhana rabbi-yal-'azeem

'How Perfect is my Lord, the Supreme!'



Figure 3

6. Standing up from the bowing posture

· As in the picture, stand up straight from the bowing posture till your back comes to its normal upright position.

· While rising up from the bowing posture, raise your hands up to the earlobes or shoulders again and say:

Sami' allahu liman hamidah

'Allah listens to the one who praises Him.'

· Then, say:

Rab-bana wa lakal hamd

'Our Lord, and to You be all Praise.'



Figure 4

7. First prostration

· Then go down on the ground to prostrate. While going down, say:

Allahu akbar

'Allah is the Greatest.'

· Your forehead, nose, both hands, knees, and feet should be touching the ground while in prostration. If doing it for the first time, it may be slightly uncomfortable, depending on how flexible your body is! You will get used to it pretty soon. Remember the person is closest to Allah in prostration.

· Repeat in a low voice three times:

Subhana rabbi-yal-a'laa

'How Perfect is my Lord, the Most High.'

8. Sitting between the prostrations

· Now you will sit up from the first prostration. Sit all the way back till you sit in a comfortable position. While rising up to sit, say:

Allahu akbar

'Allah is the Greatest.'

· Repeat, while sitting between the two prostrations:

Rab-high-fir lee

'O my Lord! Forgive me.'



Figure 5



Figure 6

9. Second prostration

· Then go again to the position of prostration. While going down to prostrate, say:

Allahu akbar

'Allah is the Greatest.'

· Perform this prostration like the first. Repeat in a low voice three times:

Subhana rabbi-yal-a'laa

'How Perfect is my Lord, the Most High.'

· Steps 4-9 are called one unit or *rakah* in Arabic.

10. Next unit of prayer (*rakah*)

- Stand up straight again for the next unit of prayer. While standing up say:
Allahu akbar
'Allah is the Greatest.'
- Repeat steps 4 to 9 again.

11. Recitation in the sitting position (*Tashahud*)

- Then come to the sitting position. While sitting up say:

Allahu akbar

'Allah is the Greatest.'

- When sitting, say **At-tahiy-yat...**:

At-tahiy-yatu lil-lahi was-salawatu wat-tayibatu

All compliments, prayers and good words are due to Allah

As-salamu 'alika ay-yuhan-nabiy-yu wa rahmatullahi wa barakatuh

O Prophet, and also the mercy of Allah and His blessings.

As-salamu 'alayna wa 'ala 'ibadil-la-his-saliheen

Peace be on us and on the righteous slaves of Allah

Ash-hadu al-la ilaha il-lal-laah

I bear witness that none has the right to be worshipped except Allah

wa ash-hadu an-na Muhammadan 'abduhu wa rasuluh

and I bear witness that Muhammad is His slave and messenger

12. Recitation in the sitting position (in the final sitting)

- While sitting, continue to recite **Allah humma sal-li 'ala Muhammad:**

Allah humma sal-li 'ala Muhammad

'O Allah! send prayers on Muhammad

wa 'ala aali Muhammad

and on the family of Muhammad

Kama sal-layta 'ala Ibraheem

as you sent prayers on Abraham

wa 'ala aali Ibraheem

and on the family of Abraham

innaka hameedum-majeed

You are indeed Worthy of Praise, Full of Glory

Allah humma barik 'ala Muhammad

O Allah! send blessings on Muhammad

wa 'ala aali Muhammad
and on the family of Muhammad

Kama barakta 'ala Ibraheem
as you sent blessings on Abraham

wa 'ala aali Ibraheem
and on the family of Abraham;

innaka hameedum-majeed
You are indeed Worthy of Praise, Full of Glory.'

13. Conclusion of prayer (*salah*)

• Then conclude the prayer by turning your head to the right then left, each time saying,

[As-salamu 'alikum wa rahmatullah](#)
'Peace and Allah's Mercy be on you.'

Description of a 3 unit prayer (*Magrib* prayer)

In a 3 unit prayer, do steps 1 to 11, and then stand up again while saying **[Allahu akbar](#)** and repeat Steps 4 to 9 and then steps 11 to 13.

Description of a 4 unit prayer (like the *Dhuhr, Asr and Isha* prayer)

In a 4 unit prayer, do steps 1 to 11, and then stand up again while saying **[Allahu akbar](#)** and repeat Steps 4 to 13.

Words to Memorize

All the words you need to memorize for the prayers have been collected here for your ease. Please take some time out and memorize them. You can also make flash cards and use them to help you say the right words while praying.

(1) Every time you change posture in prayer:

[Allahu akbar](#) (except when getting up from bowing)
'Allah is the Greatest.'

(2) Seeking Refuge from Satan:

[A'udhu billahi minash-shaytaanir-rajeem](#)

I seek refuge with Allah from the Evil One.'

(3) Surah al-Fatihah:

Begin with:

[Bismilla-hir-rahma-nir-raheem](#)

'In the Name of Allah, the Most Merciful, the Bestower of Mercy.'

And then recite the **[Surah al-Fatihah](#)**:

Alhamdu lil-lahi rab-bil 'alameen

'Praise be to Allah, Lord of the Worlds.

Ar-rahma-nir-raheem

The Most Merciful, the Bestower of Mercy.

Maliki yawmid-deen

Master of the Day of Judgment.

Iyyaka na'budu wa iyyaka nasta'een

You alone we worship; You alone we ask for help.

Ihdinas-siratal mostaqeem

Show us the straight path.

Siratal-lazeena an'amta 'alayhim

The path of those whom You have favored;

ghayril maghdubi 'alayhim

Not the (path) of those who earn Your anger

wa-lad-daa-leen

nor of those who go astray...'

After reciting the Surah say:

[Aameen](#)

O Allah, please accept.

(4) In the bowing position:

[Subhana rabbi-yal-'azeem](#)

'How Perfect is my Lord, the Supreme!'

(5) While you are standing up from the bowing posture:

[Sami' Allahu liman hamidah](#)

'Allah listens to the one who praises Him.'

(6) After you have stood up:

[Rab-bana wa lakal hamd](#)

'Our Lord, and to You be all Praise.'

(7) In the prostrations:

[Subhana rabbi-yal-a'laa](#)

'How Perfect is my Lord, the Most High.'

(8) In between the prostrations:

[Rab-bigh-fir lee](#)

'O my Lord! Forgive me'

(9) When you are sitting in the second, third and fourth unit (*rakah*), say **[At-tahiy-yat...](#)**:

At-tahiy-yatu lil-lahi was-salawatu wat-tayibatu

All compliments, prayers and good words are due to Allah

As-Salamu 'alika ay-yuhan-nabiy-yu wa rahmatullahi wa barakatuh

O Prophet, and also the mercy of Allah and His blessings.

As salamu 'alayna wa 'ala 'ibadil-la-his-saliheen

Peace be on us and on the righteous slaves of Allah

Ash-hadu al-la ilaha il-lal-laah

I bear witness that none has the right to be worshipped except Allah

wa ash-hadu an-na Muhammadan 'abduhu wa rasuluh

and I bear witness that Muhammad is His slave and messenger

(10) Additional words said in the last unit (*rakah*) of prayer, **[Allah humma sal-li 'ala Muhammad](#)**:

Allah humma sal-li 'ala Muhammad

'O Allah! send prayers on Muhammad

wa 'ala aali Muhammad

and on the family of Muhammad

Kama sal-layta 'ala Ibraheem

as you sent prayers on Abraham

wa 'ala aali Ibraheem

and on the family of Abraham

innaka hameedum-majeed

You are indeed Worthy of Praise, Full of Glory

Allah humma barik 'ala Muhammad

O Allah! send blessings on Muhammad

wa 'ala aali Muhammad

and on the family of Muhammad

Kama barakta 'ala Ibraheem
as you sent blessings on Abraham

wa 'ala aali Ibraheem
and on the family of Abraham;

innaka hameedum-majeed
You are indeed Worthy of Praise, Full of Glory.'

(11) To conclude *salah*:

[As-salamu 'alikum wa rahmatullah](#)
'Peace and Allah's Mercy be on you.'

The web address of this article:

<http://www.newmuslims.com/lessons/90>

Copyright © 2011-2012 [NewMuslims.com](http://www.NewMuslims.com). All rights reserved.

ajsultan