



NEW MUSLIM
ACADEMY

Salah for Beginners



Salah (The Prescribed Daily Ritual Devotion) for Beginners

Salah, the five prescribed daily ritual devotions, is the second pillar of Islam. The Messenger Muhammad described it as the main and most important matter of Islam.

There are different types of Salah, prescribed ritual devotions, some of which are obligatory, while others are recommended or specific to certain events or circumstances. In this e-book, we will focus on the obligatory Salah.

Although Salah is an individual act of worship that every Muslim is responsible to carry out, the prescribed daily ritual devotions are somewhat unique, as they can be performed in congregation or individually. The basic premise we will use for the purposes of this chapter is performing them individually.

The prescribed ritual devotions are extremely virtuous and have many rewards. God informs us in the Quran that the prescribed ritual devotions help to prevent evil and sin. Being regular in performing them creates a light in a person's heart that reminds them to do good and stay away from sin [29:45]. They are a source of contentment and help to the believer.


The Messenger Muhammad told us that the obligatory prescribed ritual devotions expiate all minor sins committed in between the different time periods. He gave an analogy to make the point clear where he said to his disciples,

“Imagine there was a river outside of your house and you washed in it five times a day. Would any dirt remain on you?” They replied, “No.” He said, “Just like that is the example of how the five prescribed ritual devotions (Salah) expunge sins.”

The 5 Obligatory Prescribed Ritual Devotions

There are five obligatory prescribed ritual devotions that every Muslim should offer every day:


- 1. Fajr** – the post dawn prayer (2 units)
- 2. Thuhr** – the afternoon prayer (4 units)
- 3. Asr** – the late afternoon prayer (4 units)
- 4. Maghrib** – the post sunset prayer (3 units)
- 5. Isha** – the night prayer (4 units)

 ② Fajr Prayer

 ④ Thuhr Prayer

 ④ Asr Prayer

 ③ Maghrib Prayer

 ④ Isha Prayer



Etiquettes of Salah

There are certain things that you should ensure are done before you commence with your prescribed ritual devotions. Some of these are required and others are recommended.

Required Prerequisites:

1. You must be in a state of ritual cleanliness. Note that women are exempt from performing the prescribed ritual devotion, Salah, as a divine concession during their menstrual period and when they have post-natal bleeding.
2. You must cover your body appropriately. One should dress in the best of ways for this act of worship before God. Be presentable. The bare minimum for men is to cover their body from their navel to the knees and their shoulders. For women, the minimum is to cover the entire body with the exception of the hands and face.
3. Your clothes must be pure, meaning they cannot be soiled with impurities such as urine, feces or blood. The ground area or surface that you use must also be clean. Note that this can be anywhere; it does not necessarily have to be a mosque. Using a prayer rug, a mat or towel will ensure this condition is met.
4. The prescribed ritual devotion must be performed within the allocated and appropriate times. It will not be valid if done before or after its time window. The only exception is if one misses the timing due to a valid reason such as serious illness or sleep, in which case one may make it up.
5. When performing the prescribed ritual devotions, you must face the direction of the Kaba in Mecca, also known as the *Qiblah*.



A Breakdown of the Postures and Positions

A unit of Salah is known as a Rak'a, and includes the standing position, bowing, rising/standing back from bowing, going down with the face on the ground, sitting up, and repeating going down with the face on the ground. Below is a breakdown of the different components, so that you can study each part individually:

Position 1: Standing (Qiyam)

1. You should stand comfortably with your feet spread apart at shoulder width so that they are in line with the rest of your body. Your feet should be facing the *Qiblah* direction.
2. Raise your hands naturally to initiate the beginning of the prescribed ritual devotions; until the palms of your hands face the direction of the *Qiblah*. Neither completely join nor space out your fingers too much. Keep them in a natural position.
3. Synchronize the actions of step two above and step four below with the recitation of the Arabic phrase "*Allahu Akbar*" [*God is greater*].



4. Place your right hand over your left hand and wrist.

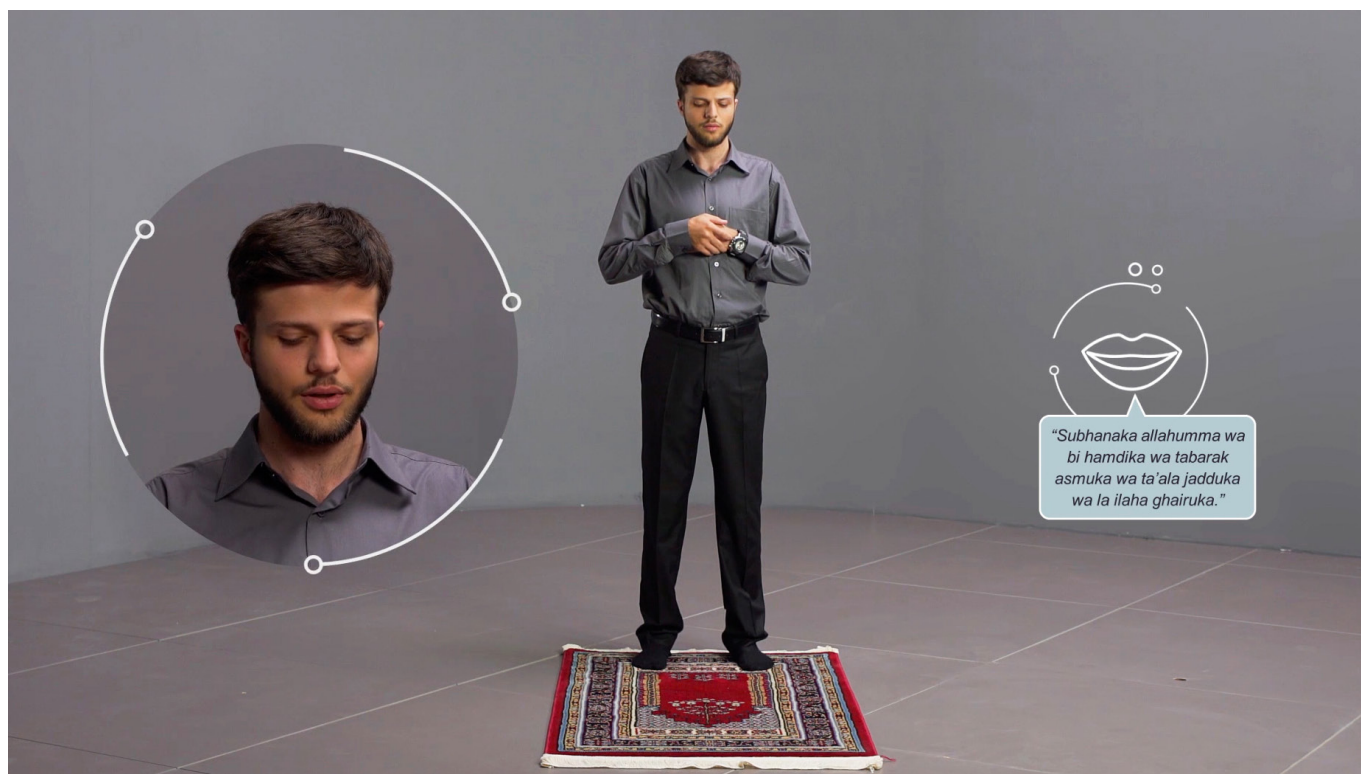
5. Place both hands above the navel in a comfortable position.



6. While in the standing position, it is best to look downward to where your head will be placed when you go down to the ground.



7. Try not to be distracted by looking around or fidgeting unnecessarily.



8. Recite the first chapter of the Quran followed any other chapter or passage.

First Chapter: Surah Al-Fatiha

Bismillaahir Rahmaanir Raheem

Alhamdu lillaahi Rabbil 'aalameen

Ar-Rahmaanir-Raheem

Maaliki Yawmid-Deen

Iyyaaka na'budu wa iyyaaka nasta'een

Ihdinas-Siraatal-Mustaqeem

Siraatal-latheena an'amta 'alaihim ghayril-maghdoobi 'alaihim wa lad-daaalleen

Translation:

With the name of Allah, the Most Gracious, the Most Merciful

Praise be to Allah, the Lord and Master of the creation;

The Most Gracious, the Most Merciful;

Owner and King of the Day of Judgment.

You alone we worship and You alone we ask for aid.

*Guide us to the Straight Path
- The way of those on whom you have bestowed your Grace, not those who have earned Your anger, nor those who are astray.*



*Al hamdu lil lahi rabbil
'alamin. Arrahmanir rahim. Maliki
yawmiddin. Iyyaka na'budu wa iyyaka
nasta'in. Ihdinas siratal mustaqim.
Siratal ladhina an'amta 'alaihim, ghairil
maghdubi 'alaihim wa lad dhallin. Amin*

Position 2: Bowling (Ruku')

1. Raise your hands naturally as you did at the beginning of the prayer, and move into the bowing position with your back and legs straight in a ninety degree angle (as much as possible).
2. Synchronize the actions of step one with the recitation of the phrase "*Allahu Akbar.*"
3. Place your hands on your knees, with your fingers slightly spread apart.
4. Ensure your back is as straight as possible, to the best of your ability, and try to keep your head in the same line as your back.



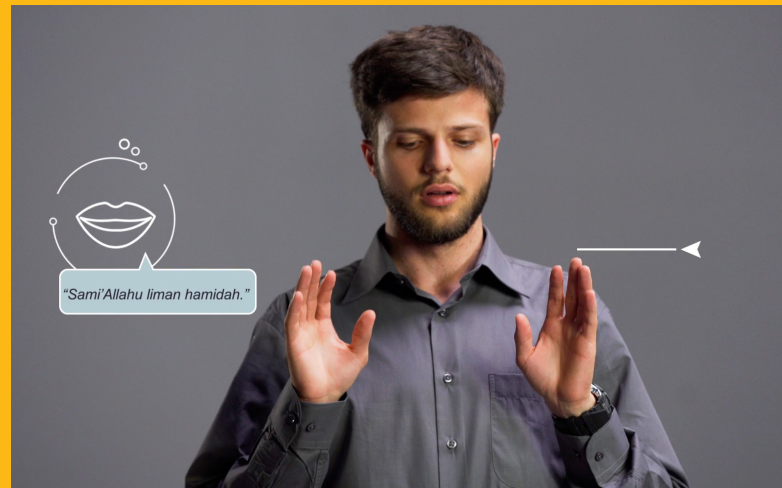
5. It is best in this position to look down to where your head will go when you place it on the ground.

6. Make the relevant supplications three times. *“Subhana Rabbiyal Athim”* (Perfect is my Lord, the Most Great).



Position 3: Standing up from Bowing

1. As you stand from the bowing position, raise your hands in the same manner done at the beginning of the prayer while saying ***“Sami’Allahu liman hamidah”*** (God answers those who praise Him).



2. Thereafter, you can place your hands by your sides.

3. Say the relevant supplication, *“Rabbana wa lakal-hamd”* (Oh our Lord, all praise is to You).

4. It is best, while in this position, to look downward to where your head will be placed on the ground.

Position 4: (Sujud)

1. Go down to the ground, kneeling on your knees with your face, and hands on the ground while saying, "Allahu Akbar."

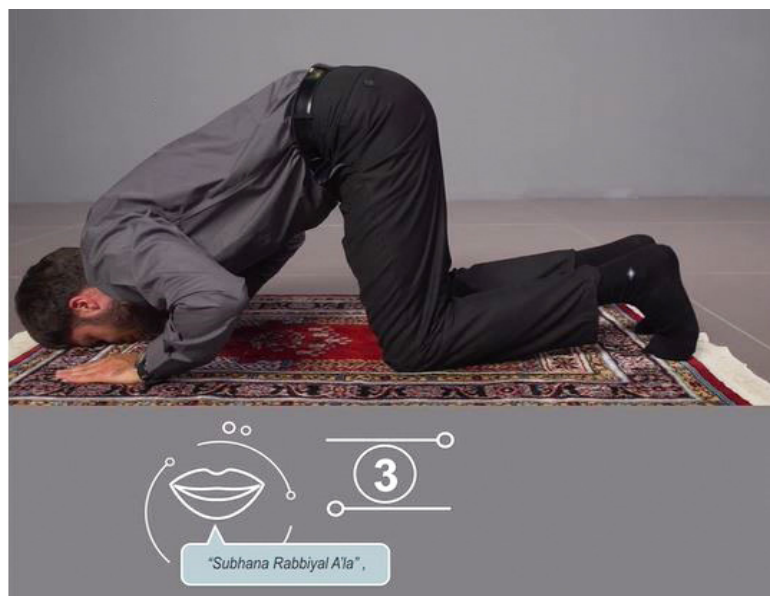
2. In this position, the following seven body parts must touch the ground and remain on the ground for the duration of the Sujud at the same time; the forehead along with the nose (1), both hands with the whole of the palms and fingers (2 & 3), both knees (4 & 5), and the toes of both feet (6 & 7).



3. You must ensure the nose is touching the ground as well as the forehead (as the forehead along with the tip of the nose is considered one body part during Sujud).

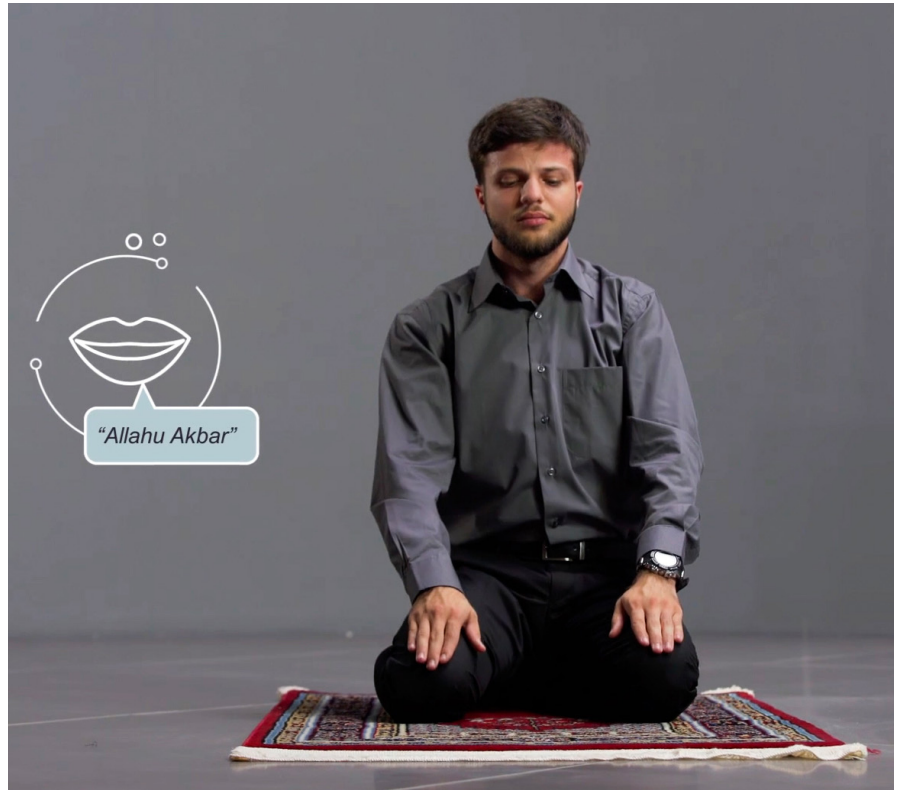
4. Place your hands flat on the ground in a natural and comfortable manner, preferably between the distance of your shoulders and ears. Keep your arms and elbows slightly separated from the sides of your body. Your fingers should not be far apart nor completely joined.

5. Your feet should be close to each other and completely upright so that your toes touch the ground. Say "Subhana RabbiyalA'la" (Perfect is my Lord, the Most High) three times.

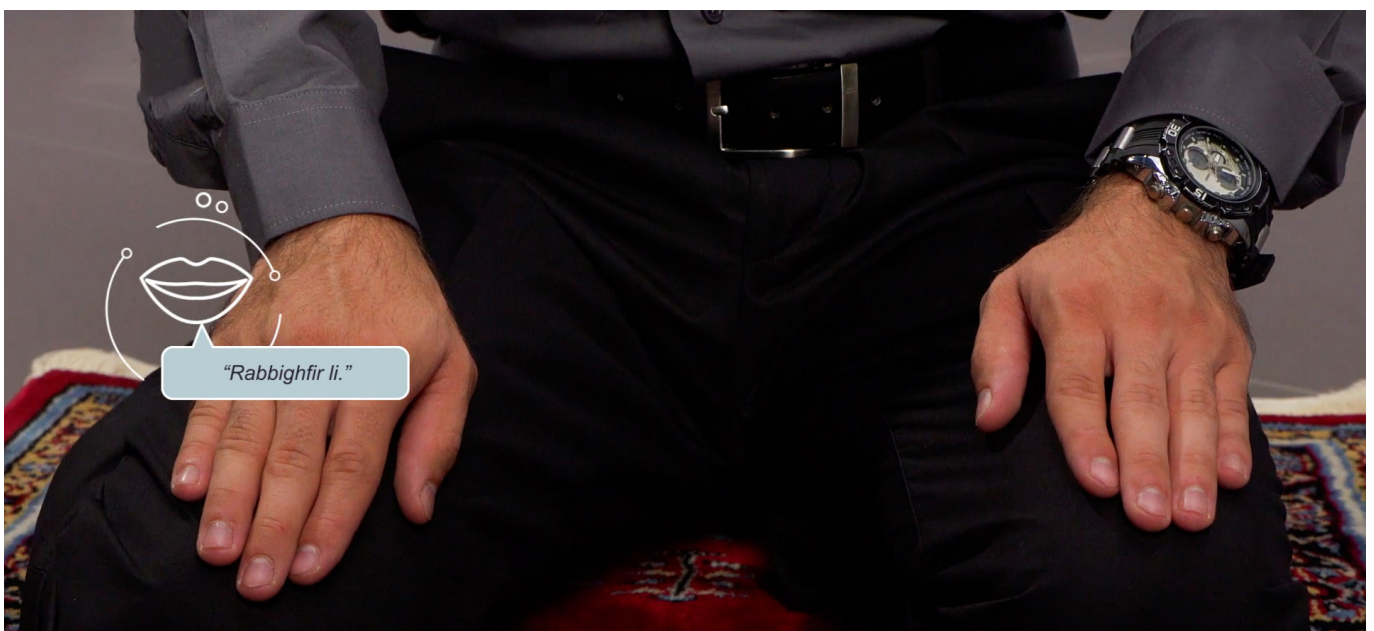


Position 5: Sitting Up from First Sujud

1. Get up from the first Sujud into a sitting position while saying 'Allahu Akbar.'
2. Sit in a comfortable position. It is preferable that one sit in a manner in which their left foot is placed under their buttocks, and their right foot is raised in an upright position, resting on its toes. If not, rest your backside on your heels and feet.

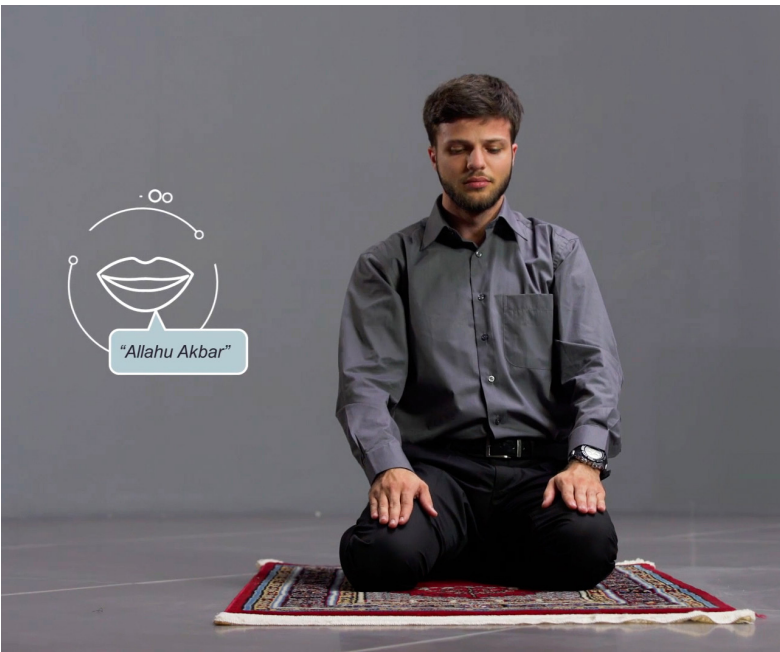


3. Both hands should be comfortably placed on the ends of your thighs.
4. Recite the relevant supplication: "Rabbighfir li" (My Lord, forgive me).



Position 6: Second Sujud

Thereafter, complete the second Sujud. Do everything exactly as you did for the first one.



You have now completed one full unit (*Rak'a*) of prayer. To stand for the next unit, rise up from the second Sujud while saying "Allahu Akbar."



Position 7: The Tashahud

1. *Tashahud* is the name given to the supplication said before finishing the prayer in a 2 unit prayer, and during the sitting position after two units of a 3 or 4 unit prayer.
2. If the prayer has only two units, there will only be one *Tashahud*. If there are three or four units in the prayer, there will be two *Tashahud* in the prayer, a shorter one after the first two units, known as the first *Tashahud*, and a longer one at the end, known as the final *Tashahud*.
3. For the first *Tashahud*, sit as described in position five above.
4. Both hands are placed on the thighs. The left hand stays the same as in position 5 above. The right hand is also placed on the thigh, but join the tips of the thumb and middle finger together. At the same time, raise the index finger and point it.
5. In this position, you should look at your index finger.
6. Recite the relevant supplication:

“At Tahyatu lillahi was Salawatu wat Tayyibatu. Asslamu alaika ayyuhan Nabiiyu wa Rahmatullahi wa Barakatuhu. Asslamu alaina wa ala ibadillahis Saliheen Ashhadu Alla Ilaha Illallah wa Ashhadu Anna Muhammadan Abduhu wa Rasooluh”

(All compliments, prayers and beautiful expressions are dedicated exclusively for God. God’s protection be on you, O



Messenger, and God's mercy and blessings. God's protection be on us and on all the righteous servants of God. I bear witness that no one is worthy of worship except God. And I bear witness that Muhammad is His servant and Messenger.)

7. For the final *tashahud*, repeat steps 2 to 4.

8. Recite the relevant supplications:

"Allahumma Salli Ala Muhammad wa Ala Aali Muhammad, Kama Sallayta Ala Ibrahima Wa ala Aali Ibrahima innaka Hameedum Majeed Allahumma Barik Ala Muhammad wa Ala Aali Muhammad, Kama Barakta Ala Ibrahima Wa ala Aali Ibrahima innaka Hameedum Majeed."

(My God, honor Muhammad and Muhammad's family and righteous followers as you honored Abraham and Abraham's family and righteous followers surely, you are praiseworthy, the Great. My God, bless Muhammad and Muhammad's family and righteous followers as you blessed Abraham and Abraham's family and righteous followers, surely, you are praiseworthy, the Great.)



abduhu wa rasuluhu.

Allahumma salli 'ala Muhammad Wa 'ala ali Muhammad, Kama sallaita 'ala Ibrahim wa 'ala ali Ibrahim Innaka hamidun Majid.

Allahumma barik 'ala Muhammad wa 'ala ali Muhammad Kama barakta 'ala Ibrahim Wa 'ala ali Ibrahim. Innaka hamidun Majid.

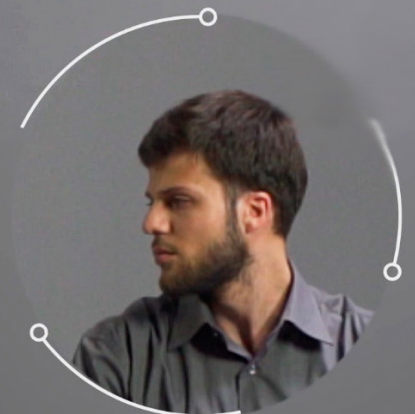


Position 8: Ending the Prayer (Tasleem)

1. After finishing the final *Tashahud*.
2. Turn your head to the right and say, “*Assalamu alaykum wa Rahmatullah*” (God’s protection and blessings be upon you).
3. Turn your head to the left and say, “*Assalamu alaykum wa Rahmatullah.*”



“Assalaamu alaikum warahmatullah.”



 **NewMuslimAcademy**

 **aftershahaadah**

 **NewMuslimAcadem**

www.newmuslimacademy.org