

## How to perform Salat

**The following six prayers are obligatory:**

- Daily Namaaz.
- Namaaz-e-Ayah.
- Namaaz-e-Mayyit.
- Namaaz for the obligatory Tawaf of the holy Ka'bah.
- Qadha Namaaz of father, which are, as a precaution, obligatory upon his eldest son.
- Namaaz, which become obligatory on account of hire, vow or oath.

Namaaz-e-Jumuah is included in the Daily Namaaz.

### **Obligatory Daily Namaaz**

It is obligatory to perform the following five prayers during day and night:

- Dawn prayers (Fajr) - 2 Raka'ats.
- Midday (Zuhr) and Afternoon prayers ('Asr) - each one consisting of 4 Raka'ats.
- Dusk prayers (Maghrib) - 3 Raka'ats and Night prayers ('Isha) - 4 Raka'ats.

### **Obligatory Acts Relating to Namaaz**

There are eleven obligatory acts for prayers:

- Niyyat (intention)
- Qayam (standing erect)
- Takbiratul Eham (saying Allahu Akbar while commencing the prayers)
- Ruku' (bowing)
- Sajdah (two prostration)
- Qira'at (recitation of Surah al-Hamd and other surah)
- Zikr (prescribed recitation in Ruku' and Sajdah)
- Tashahhud (bearing witness after completing the Sajdah of the second and the last Raka'at)
- Salaam (Salutation)
- Tartib
- Muwalat (to perform the different acts of prayers in regular succession).

## How to perform Salat - step by step

### First Rakaat



#### Niyat

Stand erect facing the Qiblah (The Ka'aba), and form the following intention in your mind:

"I offer, the \_\_\_\_\_ prayer (name of a particular prayer), of \_\_\_\_\_ raka'ats (number of raka'ats) *Wajib Qurbatan Ilallah*, (seeking nearness to Allah, in obedience to Him").

#### Qayam

To stand erect facing the Qiblah (The Ka'aba) while saying Takbiratul Eham, and to stand before the Ruku.

### Takbiratul Eham

الله أكبر

Lift both hands up to the ears and say: "Allaho Akbar"  
(Allah is Great).

To say Allahu Akbar in the beginning of every prayer is obligatory. It is also necessary that these two words should be pronounced in correct Arabic. If a person pronounces these words incorrectly, or utters their translation, it will not be valid. It is necessary that when a person pronounces Takbiratul Eham, his body is steady, if he pronounces Takbiratul Eham intentionally when his body is in motion, his Takbir is void.

### Qira'at (Reciting the Surah Al-Hamd and Other Surah of Holy Qur'an)

In the daily obligatory prayers, after the Takbiratul Eham, one should recite Surah al-Hamd

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
الْحَمْدُ لِلَّهِ رَبِّ  
الْعَالَمِينَ ②  
الرَّحْمَنِ الرَّحِيمِ ③  
مَلِكِ يَوْمِ  
الْدِينِ ④  
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤  
أَهْدِنَا  
الصِّرَاطَ الْمُسْتَقِيمَ ⑥  
صِرَاطَ الَّذِينَ أَنْعَمْتَ  
عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Bismillahir Rahmanir Rahim  
Alhamdu lillahi Rabbil 'alamin  
Arrahmanir Rahim  
Maliki yaw middin  
Iyyaka na'budu wa iyyaka nasta'in  
Ihdinas siratal mustaqim  
Siratal lazina an'amta 'alayhim  
Ghayril maghzubi 'alayhim  
walazzallin.

I commence with the Name of Allah - in Whom all excellencies are combined and Who is free from all defects. The Compassionate - One Whose blessings are extensive and unlimited. The Merciful - One Whose blessings are inherent and eternal.

Praise be to Allah, the Sustainer of the creation.

The Compassionate, the Merciful.

Lord of the Day of Judgement.

You alone we worship, and to You alone we pray for help.

Guide us to the straight path.

The path of those whom You have favored - the Prophets and their successors.

Not of those who have incurred Your wrath, nor of those who have gone astray.

**In the first and second Raka'ats, and thereafter one should, on the basis of precaution, recite one complete Surah (in this case Surah-Ikhlās).**

### Surah-Ikhlās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْ وَلَمْ  
يُولَدْ ③ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

*Bismillahir Rahmanir Rahim  
Qul huwallahu Ahad  
Allahus Samad  
Lam yalid walam yulad  
Walam yakullahu kufuwan ahad.*

I commence with the Name of Allah - in Whom all excellencies are combined and Who is free from all defects. The Compassionate - One Whose blessings are extensive and unlimited. The Merciful - One Whose blessings are inherent and eternal.

Say: Allah is One - the Eternal Being.

Allah is He Who is independent of all beings.

He begot none, nor was He begotten.

And none in the creation is equal to Him.

### Do Takbir and go to Ruku

اللَّهُ أَكْبَرُ

"Allaho Akbar"  
(Allah is Great).

## Ruku



In every Rak'at, a person offering prayers should, after reciting the Surahs (Qira'at), bow to an extent that he is able to rest his fingertips on his knees. This act is called Ruku.

**The following zikr should be recited in the ruku once:**

*Subhana Rabbiyal 'Azimi wa bihamdih once.*

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَبِحَمْدِهِ

(Free from all defects is my Lord, and with His praise I bow.) or **Subhanallah** three times. (Glory to Allah.)

After ruku stand up in Qayam and say:

*Samey-Allaho Layman hamedah*

سَمِعَ اللهُ لِمَنْ حَمِدَهُ

Allah listens to one who praises Him

Say:

اللهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great).

Now go to Sajdah

Sajdah



Sajdah means that one should place one's forehead on earth in a special manner, with the intention of humility (before Allah).

While performing Sajdahs during prayers, it is obligatory that both the palms and the knees, and both the big toes be placed on the ground.

A person offering prayers should perform two sajdahs after the Ruku, in each Rak'at of the obligatory.

**The following zikr should be recited in the sajdah once:**

*Subhana Rabbiyal A'la wa bihamdih once.*

سُبْحَانَ رَبِّيَ الْأَعْلَى وَبِحَمْدِهِ

(Glory be to my Great Sustainer, Most High, and I praise Him.) or **Subhanallah** three times. (Glory to Allah.)

After first Sajdah,

sit up in a kneeling position with the ankle of the right foot in the sole of the left foot, with hands resting on the thighs and say:



اللَّهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great).

followed by:

أَسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ

"Astaghfir-oolaha Rabbee wa Atoobo Ilaih"  
(I ask Allah, my Lord, to cover up my sins and unto Him I turn repentant).

again followed by:

اللَّهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great).

Repeat the Sajdah again and then sit up in a kneeling position and say:

اللَّهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great).

Sit up for a moment and then rise while saying:

بِحَوْلِ اللَّهِ وَقُوَّتِهِ أَقُومُ وَأَقْعُدُ

"Bay Hawlillahay wa Qoowateyhee Aqoomo wa Aqud"  
(Due to the vigor given by Allah and because of the vitality from Him I rise and stand).

### **Second Raka'at**

Recite Surah Al-Hamd and Other Surah of Holy Qur'an as in the first raka'at.

Followed by:

اللَّهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great).

Now do Qunoot

## Qunoot



Keep your hands in front of your face, turning the palms facing the sky, and

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً  
وَّفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

keeping both, the hands and the fingers, close together and recite the following:

*Rabbana Aatayna Fiddoonya Hasasatawn wa fil Aakheratey Hasanatawn wa Qena Azabzn Nar*

(O our Lord! Bestow upon us good in this world and good in the Hereafter, and protect us from the torment of the fire)

Go back to Ruku,

Recite the zikr, stand up momentarily and then do the two sajdah's (just as in the first raka'at)

## Tashahhud

After the second Sajdah recite the following:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ  
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

*"Ash hadu an la ilaha illal lahu wahdahu la sharika lah, wa ash hadu anna Muhammadan 'Abduhu wa Rasuluh Alla humma salli 'ala Muhammadin wa Ali Muhammad"*

(I testify that there is none worth worshipping except the Almighty Allah, Who is One and has no partner, and I testify that Muhammad is His servant and messenger. O Allah! Send Your blessings on Muhammad and his progeny)

**If you are doing the Dawn prayers (Fajr):-**

(For Dawn prayers (Fajr) Only:

Recite the Salaam as follows:

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ  
السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ  
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*Assalamu 'alayka ayyuhan Nabiyyu wa rahmatullahi wa barakatuh*

(O Prophet! Allah's peace, blessings and grace be upon you!).

*Assalamu 'alayna wa 'ala 'ibadil lahis salihin*

(Allah's peace be on us, those offering prayers - and upon all pious servants of Allah).

*Assalamu 'alaykum wa rahmatullahi wa barakatuh.*

(Allah's peace, blessings and grace be on you believers!)

**Thereafter**

**Say (below) three times and that completes your Salaat:**

اللَّهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great. )

**If you are doing the Midday (Zuhr), Afternoon prayers ('Asr) or Night ('Isha), ignore the above section (in red)**

**and then stand up for the third raka'at.**

**Third Raka'at**

**Tasbihat Arba'ah**

Recite Tasbihat Arba'ah three times, as follows:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ  
وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

*"Subhanallahi wal hamdu lillahi wa la ilaha lallahu wallahu Akbar"*

(Glory be to Allah, and all praise is for Him and there is no one worth worshipping other than Allah, and He is Greater than any description).

Go back to Ruku,

Recite the zikr, stand up momentarily and then do the two sajdah's (just as in the first raka'at) and thereafter recite the Tashahhud (just as in the second raka'at).

**If you are doing the Dusk prayers (Maghrib): -**  
(For Dusk prayers (Maghrib) Only:

### Tashahhud

After the second Sajdah recite the following:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ  
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

"Ash hadu an la ilaha illal lahu wahdahu la sharika lah, wa ash hadu anna Muhammadan 'Abduhu wa Rasuluh Alla humma salli 'ala Muhammadin wa Ali Muhammad"

(I testify that there is none worth worshipping except the Almighty Allah, Who is One and has no partner, and I testify that Muhammad is His servant and messenger. O Allah! Send Your blessings on Muhammad and his progeny)

**If you are doing the Dusk prayers (Maghrib): -**  
(For Dusk prayers (Maghrib) Only:  
Recite the Salaam as follows:

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ  
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ  
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*Assalamu 'alayka ayyuhan Nabiyyu wa rahmatullahi wa barakatuh*

(O Prophet! Allah's peace, blessings and grace be upon you!).

*Assalamu 'alayna wa 'ala 'ibadil lahis salihin*

(Allah's peace be on us, those offering prayers - and upon all pious servants of Allah).

*Assalamu 'alaykum wa rahmatullahi wa barakatuh.*

(Allah's peace, blessings and grace be on you believers!)

### Thereafter

Say (below) three times and that completes your Salaat:

اللَّهُ أَكْبَرُ **"Allaho Akbar"**  
(Allah is Great. )

#### **Fourth Raka'at**

If you are doing the Midday (Zuhr), Afternoon prayers ('Asr) or Night ('Isha), ignore the above section (in red)

and then stand up for the fourth raka'at.

Recite Tasbihat Arba'ah three times, as follows:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ  
وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

"Subhanallahi wal hamdu lillahi wa la ilaha lallahu wallahu Akbar"

(Glory be to Allah, and all praise is for Him and there is no one worth worshipping other than Allah, and He is Greater than any description).

Go back to Ruku,

Recite the zikr, stand up momentarily and then do the two sajdah's (just as in the first raka'at) and thereafter recite the Tashahhud.

#### **Salaam**

After the Tashahhud, recite the Salaam as follows:

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ  
السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ  
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Assalamu 'alayka ayyuhan Nabiyyu wa rahmatullahi wa barakatuh  
(O Prophet! Allah's peace, blessings and grace be upon you!).

Assalamu 'alayna wa 'ala 'ibadil lahis salihin

(Allah's peace be on us, those offering prayers - and upon all pious servants of Allah).

Assalamu 'alaykum wa rahmatullahi wa barakatuh.

(Allah's peace, blessings and grace be on you believers!)

#### **Thereafter**

Say (three times and that completes your Salaat):

اللَّهُ أَكْبَرُ "Allaho Akbar"  
(Allah is Great).