

QmUSLIMAh SALAAh WORKShOP DOhA



**PROPHET'S PRAYER DESCRIBED
FROM THE BEGINNING TO THE END
TAKBEER TO TAsIEM**

*Based upon Shaykh Naasiruddeen Al Albaani's
(Raheemahullaah)
book Sifat-us Salaathun Nabee*

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Salaah is the second pillar of Islaam

The Conditions - Shuroot of Salaah - 9

1. Islaam
2. Sanity
3. Reaching the age of maturity
4. Major and minor cleanliness
5. Removal of impurity from body, clothes and place
6. Covering the private parts
7. commencement of the actual time of prayer
8. Facing the Qiblah
9. Intention

The Obligations of Salaah - 8

1. All of the other Takbeer except for the opening Takbeer
2. Saying "Sami Allaahu liman Hamidah", for both the Imaam and the person who prays individually
3. Saying "Rabbanaa wa lakal hamd", for Imaam and the followers and the one who prays individually
4. Saying "Subhana rabbiyal Adheem" while bowing
5. Saying "Subhaana rabbiyal A'laa" while prostrating
6. Saying "Rabbighfirlee" between the two prostrations
7. The Recitation of the First Tashahhud
8. Sitting while reciting the first Tashahhud

Pillars - Arkaan of Salaah - 14

1. Standing with the ability to do so
2. The opening Takbeer
3. Reciting Soorah Faatihah
4. Bowing - Rukoo
5. Raising from bowing
6. Standing up straight after bowing
7. Prostrating on the 7 parts (2 hands, 2 knees, nose, forehead, Toes)
8. Raising from prostration
9. Sitting between the two prostration
10. Tranquility in all of the actions of the prayer
11. Final Tashahhud
12. Sitting while reciting the final Tashahhud
13. Sending Salaah upon the Prophet
14. The Final two Tasleem

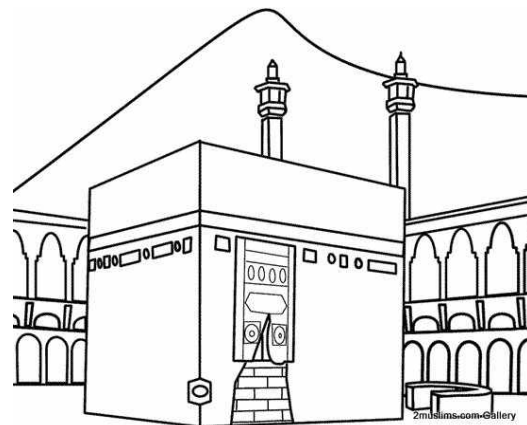
What invalidates or breaks the salaah - 8

1. To talk intentionally while knowing that this act invalidates prayer. To talk out of ignorance or forgetfulness does not invalidate the salaah.
2. Laughing
3. Eating
4. Drinking
5. Exposure of one's private parts
6. A significant turning from the direction of Qiblah
7. Excessive and continuous movements during prayer.
8. The breaking of one's wudoo



Sunan of Salaah - 15

1. Opening Supplication
2. Placing the palm of one's right hand on the left hand over one's chest in the standing position
3. Raising one's hands with fingers joined together parallel to one's shoulders or ears upon the first Takbeer, upon bowing, rising from bowing and upon standing to begin the third rakaah after the first tashahhud.
4. Pronouncing Tasbih more than once while bowing and prostrating
5. Ones saying "Rabbighfirlee", more than once while sitting between the two prostrations.
6. Placing head at the same level and angle of one's back during bowing
7. Making one's upper arms from one's sides and one's stomach from one's thighs while prostrating
8. Lifting one's arms and elbows from the floor while prostrating
9. Resting on one's left leg while rising the right foot erect with the toes bent forward while reciting the first Tashahhud and between the two prostrations.
10. Resting one's buttocks on the ground at the last Tashahhud while rising the right foot erect with the toes bent forward.
11. Pointing one's index finger during both the first and the last Tashahhud from the beginning till the end. Moving his finger when supplicating in that position.
12. Invoking Allaah's peace and blessings upon the Prophet and his family as well as upon Prophet Ibraheem and his family at the first Tashahhud
13. Supplication in the final Tashahhud
14. Audible recitation during Fajr, Jumaah prayer, two Eid prayers, the prayer for rain, and in the first two units of Magrib and Isha. To recite the Qur'aan quietly in dhuhar and Asr prayers and in the last two units of Magrib and Isha
15. To recite any other soorah of the Qur'aan besides Soorah Faatihah while observing the rest of the Sunan of the prayers.



Prophet's Prayer Described from the Beginning to the End - Takbeer to Tasleem

*Taken from the book "Sifatun Salaatun Nabee"
by Shaykh Naasiruddeen Al Albaani raheemahullaah.*

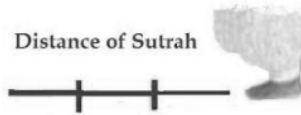
The Messenger of Allaah said:
"Pray as you have seen me praying"

have you intention in your heart

Face the Qiblah and stand with your legs apart and not together.

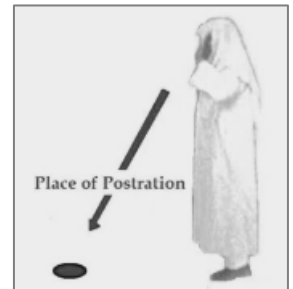
Have a Sutra in front of you (distance of 3 cubits between you and the sutra)

Distance of Sutra



Perform Opening Takbeer

- Raise the two hands parallel to your ears or to the level of your shoulders
- Cast your vision to the place of your prostration (look where you would do your prostration)
- Say "الله أكبر" while doing the above



Place your Hands upon the Chest

You can do this in any of the following 3 ways

- Place the right hand on the back of your left palm, wrist and forearm
- Or grasp your left hand with the right
- Or place your right hand upon your left forearm



Recite the Opening Supplication

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ.

'How perfect You are O Allaah, and I praise You. Blessed be Your name, and lofty is Your position and none has the right to be worshipped except You.'

Say the Istiaadhah and Basmalah

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek refuge with Allaah from the accursed Shaitaan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the Name of Allaah the Most Merciful
the Bestower of Mercy*

Recite Soorah Faatihah including "Aameen"

Recite another Soorah

Bowing - Going for Rukoo

Bow down

- While saying "الله أكبر" Allaahu Akbar
- Raising your hands up to your shoulders
- make your head level with your back
- place your hands upon your knees separating your fingers
- Straighten your back
- Be at ease in this position
- Do not drop your head nor raise it (look at the place of prostration)
- then Say



سُبْحَانَ رَبِّيَ الْعَظِيمِ (ثَلَاثًا)

*'How perfect my Lord is, The Supreme.'
(three times)*

or say this once

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَ بِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي.

*'How perfect You are O Allaah, our Lord and I praise You.
O Allaah, forgive me.'* (Once)

Raising from Rukoo

- Raise your hands parallel to your shoulders or to the level of your ears while saying

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

'May Allaah answer he who praises Him.'

رَبَّنَا وَ لَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

'Our Lord, for You is all praise, an abundant beautiful blessed praise.'



First Prostration

- Go down for prostration while saying “الله أكبر”
- place your hands before your knees on the ground
- prostrate upon 7 limbs (your forehead, nose, two hands, the two knees, the tips of the toes of the two feet, all of these must touch the ground)
- Place your hands at the level of your shoulders
- connect the fingers of your two hands (keep the fingers together)
- point your hands towards the Qiblah
- Separate your upper arms from its sides
- Separate your knees from your stomach
- connect your ankles (keep your ankles and feet together)
- Point your toes towards the Qiblah
- Then say

سُبْحَانَ رَبِّيَ الْأَعْلَى (ثلاثا)

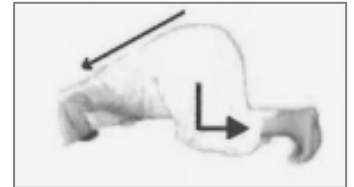
'How perfect my Lord is, The Most High.' (three times)

Or

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَ بِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي.

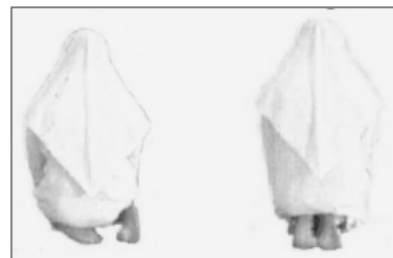
'How perfect You are O Allaah, our Lord, and I praise You.

O Allaah, forgive me.' (Once)



Sitting between the two prostrations

- Raise your head from prostration while saying "الله أكبر"
- Sit upright
- Spread your left foot and sit upon it at ease
- Prop up the right foot
- point the toes of the right foot towards the Qiblah
- At times it is permissible to squat (sitting upon the heels and in front of the feet)
- Say



• رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي

"My Lord forgive me, My Lord forgive me."

Second Prostration

- Go down for prostration again while saying "الله أكبر"
- place your hands before your knees on the ground
- prostrate upon 7 limbs (your forehead, nose, two hands, the two knees, the tips of the toes of the two feet, all of these must touch the ground)
- Place your hands at the level of your shoulders
- connect the fingers of your two hands (keep the fingers together)
- point your hands towards the Qiblah
- Separate your upper arms from its sides
- Separate your knees from your stomach
- connect your ankles (keep your ankles and feet together)
- Point your toes towards the Qiblah
- Then say



سُبْحَانَ رَبِّيَ الْأَعْلَى (ثلاثا)

'How perfect my Lord is, The Most High.' (three times)

Or

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَ بِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي.

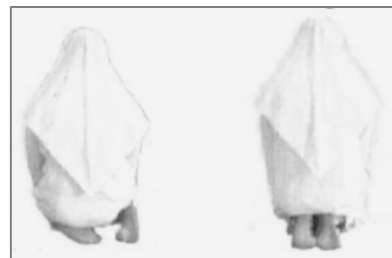
'How perfect You are O Allaah, our Lord, and I praise You. O Allaah, forgive me.' (Once)

Sitting of rest

- Raise your head while saying

الله أكبر

- And sit straight on your left foot
- upright, until you are at ease



Rising for the Second Rakaah Stand up for the second Rakaah

- Clench your fists
- Support yourself with the hands while getting up



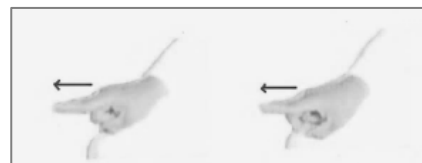
Second Rakaah

- Place your hands upon your chest as mentioned above
- No opening Duaa, and No Istiaadhah
- Start with Soorah Faatihah
- Recite another Soorah
- Make Rukoo and Sujood as described

First Tashahhud

After the second sajadah

- Sit for the First Tashahhud
- Sit as you sit between two prostrations
- Place your right palm on the right knee
- Put the end of your right elbow on the right thigh
- Place your left palm on your left knee
- Make a fist (or clench) with all the fingers on your right hand
- and point the forefinger (the finger next to the thumb) towards the Qiblah
- Place your thumb upon your middle finger
- or make a circle with the thumb and the middle finger
- and look at your pointing forefinger
- While supplicating you can move the forefinger



- Then say:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ، السَّلَامُ عَلَى النَّبِيِّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى
عِبَادِ اللَّهِ الصَّالِحِينَ . أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

- "At-tahiyyat (all compliments) is for Allah. All acts of worship and good deeds are for Him. Peace and the mercy and blessings of Allah be upon the Prophet. Peace be upon us and all of Allah's righteous servants. I bear witness that none has the right to be worshipped except Allah and I bear witness that Muhammad is His slave and Messenger."

- Then send Salaah - peace and blessings upon the Prophet by saying:

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

"O Allaah, send prayers upon Muhammad and the followers of Muhammad, just as You sent prayers upon Ibraheem and upon the followers of Ibraheem. Verily, You are full of praise and majesty. O Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibraheem and upon the family of Ibraheem. Verily, You are full of praise and majesty."

Third Rakaah

- Clench your fists and support with your hands on the ground and stand up for the third Rakah saying "الله أكبر"
- Raise both your hands upto the shoulders and keep the on the chest as described before
- Recite Soorah Faatihah only
- Make Rukoo and Sujood

Fourth Rakaah

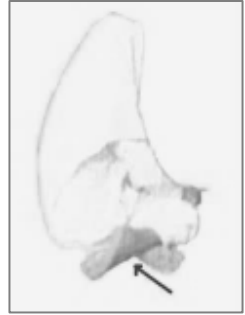
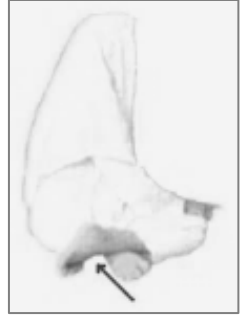
After the second prostration in the third Rakah

- Raise your head while saying الله أكبر
- And sit straight on your left foot upright, until you are at ease
- Then, clench your fists and support with your hands on the ground and stand up for the fourth Rakah
- Recite Soorah Faatihah only
- Make Rukoo and Sujood

Final Tashahhud

After the second prostration of the Fourth Rakaah

- Sit for the Final Tashahhud
- While sitting lean upon your left hip on the ground
- Make your feet protrude from one side
- Place your left foot under your thigh and shin
- Prop your right foot up
- Or spread your right foot
- Cover your left knee with your left palm, and lean heavily on it
- Make a fist (or clench) with all the fingers on your right hand
- and point the forefinger (the finger next to the thumb) towards the Qiblah
- Place your thumb upon your middle finger
- or make a circle with the thumb and the middle finger
- and look at your pointing forefinger
- While supplicating you can move the forefinger
- Then say:



التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ، السَّلَامُ عَلَى النَّبِيِّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى
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- "At-tahiyyat (all compliments) is for Allah. All acts of worship and good deeds are for Him. Peace and the mercy and blessings of Allah be upon the Prophet. Peace be upon us and all of Allah's righteous servants. I bear witness that none has the right to be worshipped except Allah and I bear witness that Muhammad is His slave and Messenger."

- Then send Salaah - peace and blessings upon the Prophet by saying:

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مَجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ،
إِنَّكَ حَمِيدٌ مَجِيدٌ

"O Allaah, send prayers upon Muhammad and the followers of Muhammad, just as You sent prayers upon Ibraheem and upon the followers of Ibraheem. Verily, You are full of praise and majesty. O Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibraheem and upon the family of Ibraheem. Verily, You are full of praise and majesty."

Then say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَسِيحِ الدَّجَالِ ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ
الْمَحْيَا وَالْمَمَاتِ . اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمَأْثَمِ وَالْمَغْرَمِ

"O Allah, I take refuge in You from the punishment of the grave, and I take refuge in You from the temptation and trial of Al-Maseeh Ad-Dajjal, and I take refuge in You from the trials and tribulations of life and death. O Allah, I take refuge in You from sin and debt."

After saying this you can ask any duaa you would like to ask from Allaah. Supplicate as much as you can.

The Tasleem

After the above recitation

- Turn to your right until your left cheek is visible and say

السلام عليكم ورحمة الله

"Peace and Allaah's Mercy be on you"



- Then Turn to your left until your right cheek is visible and say

السلام عليكم ورحمة الله

"Peace and Allaah's Mercy be on you"



Alhamdulillah, now your prayer is Complete!

As soon as you finish your Tasleem say:





أَسْتَغْفِرُ اللَّهَ . (ثَلَاثًا) اللَّهُمَّ أَنْتَ السَّلَامُ ، وَمِنْكَ السَّلَامُ ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ







*"O Allah, You are As-Salam and from You is all peace, blessed are You,
O Possessor of majesty and honour."*

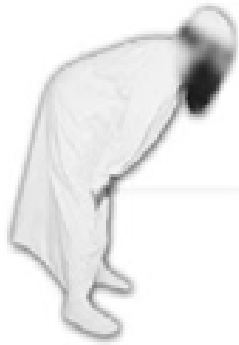


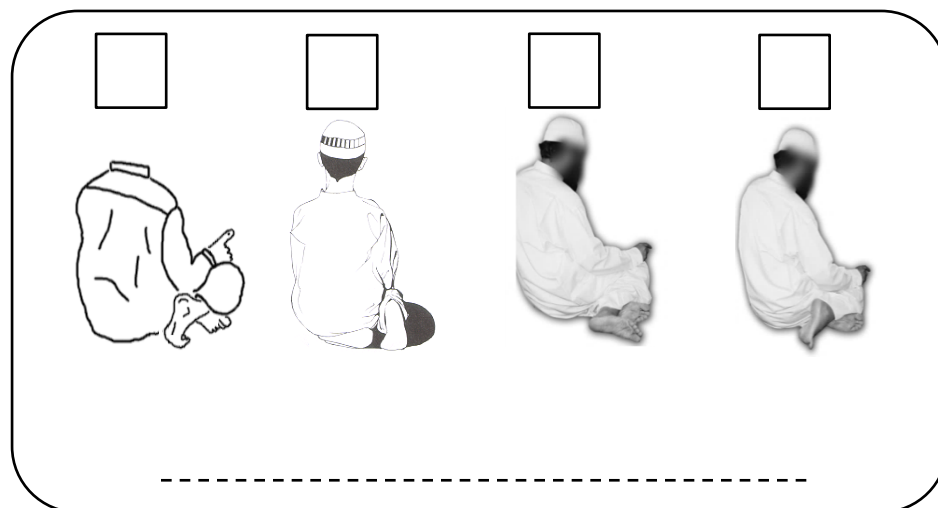
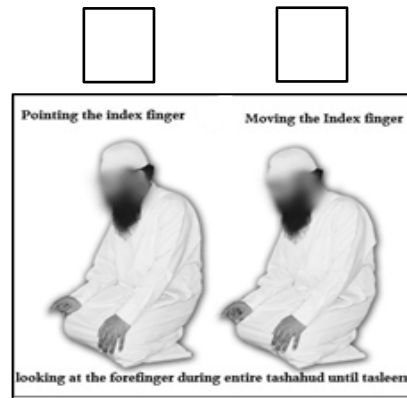
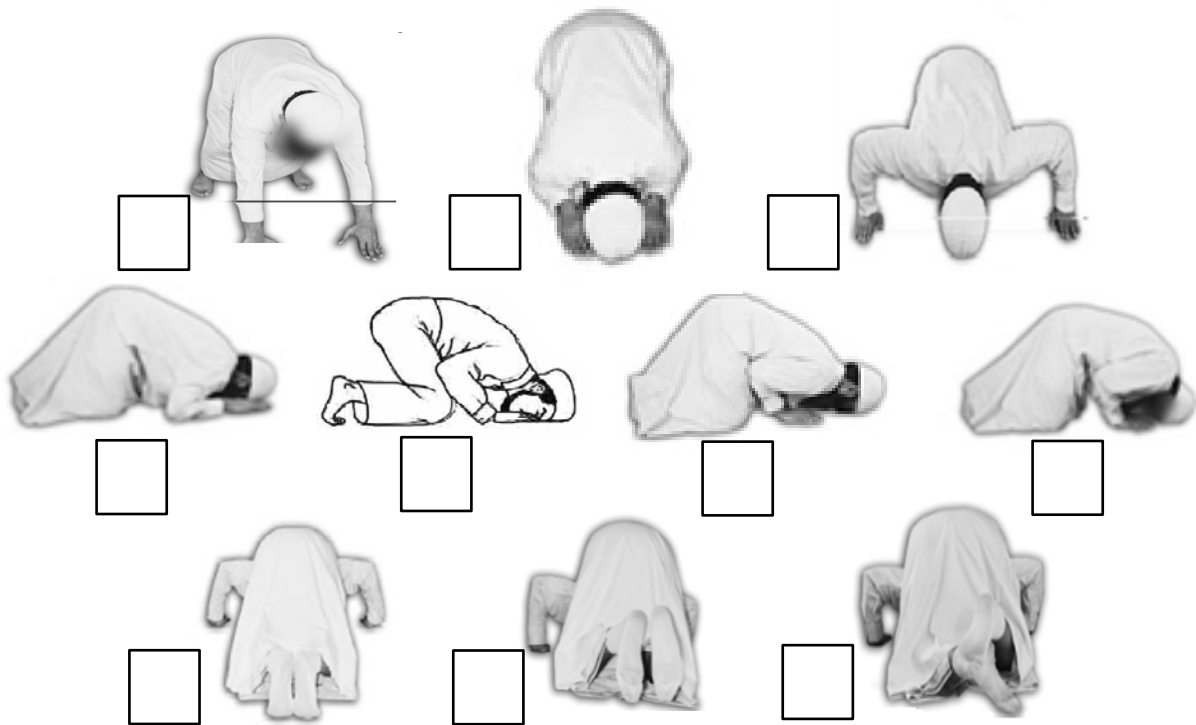
Test your Knowledge!

People pray in many ways. The best guidance is the guidance of the Messenger of Allaah. We must pray as he prayed. You can see below many ways people pray. Some positions are correct some are wrong. Identify them. Put a tick in the box if position of salaah is correct and put a cross in the box if the position of salaah is wrong. Write the positions of Salaah too!

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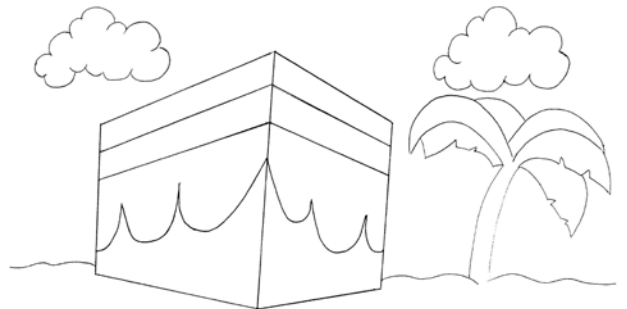
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Important Points to know!

- The woman's whole body must be covered except for the face and hands when praying. So you must wear a Khimaar that covers all of your hair and a loose garment like an abayah over your clothes. You should also cover your feet. For a man or a boy then he should wear loose fitting clothes while praying.
- If you are Sick or unable to Stand then you are allowed to Sit and pray or pray in a position that you are capable of. Allaah does not burden a person with more than he can bear. But you cannot leave the Salaah.
- It is allowed to pray while you are wearing your Shoes
- You should not pray in front of anything that would disturb you. Examples pictures/Toys
- You should not look up in the sky while praying for the Messenger of Allaah said that those who do so may not get their eyesight back and he also said that Allaah sets His Face for the face of the slave in his prayer as long as he does not look away
- Do not look here and there while praying for it is a Snatching away which the Shaytaan steals from you
- While you are praying do not " peck like a hen, Squat like a dog, and look around like a fox"
- When the food has been served, you must eat first and then pray.
- You must not pray if you are in need of using the toilet. First you must relieve yourself and then pray
- When you recite Soorah Faatihah you must recite slow and one verse or aayah at a time
- When you are praying in Jamaah (congregation) following the Imaam, you should listen to the Imaam while he recites Soorah Fatihaah and another Soorah.
- In Jamaah you should stand shoulder to shoulder and ankle to ankle while standing with others without leaving any gaps in between
- While praying in Jamaah you must recite Soorah Fatihaah on your own in the quiet prayers and the 3rd and the 4th Rakaah of Magrib and Ishaah
- When the Imaam Says Aameen after reciting Soorah Faatihah you must also say Aameen with him in congregational prayer
- While you pray your whole Salaah you must not think of anything else, you must know that you are standing in front of Allaah, even if you cannot see Him, He sees you.
- When you do each position of Salaah you must be at ease in each position and you should not rush.
- When you do rukoo, you should spread your back and straighten it, if water is poured over your back it should not spill.
- If you forget to do something in Salaah, or if you do something additional, or you have some doubt in Salaah then at the end of the Salaah you must do Sajdah Sahw, The prostration of Forgetfulness. This is to do two prostrations at the end of the Salaah before Tasleem or after Tasleem



The One Who Prayed Badly

The Messenger of Allaah sallallaahu alaihiwasallam entered the mosque and a person followed him. The man prayed and went to the Prophet and greeted him. Then he returned the greetings and said to him "Go back and pray, for you have not prayed". The man went back and prayed in the same way as before and then returned and greeted the Prophet who said, "Go back and pray, for you have not prayed", three times. The man said "By Him who sent you with the truth, I cannot do so any better than this, so please teach me."

"Verily the prayer of a person is not complete until he has made an ablution which included the necessary parts of the body and then said "Allaahu Akbar". "No person's prayer is complete unless he says Takbeer, praises Allaah the Mighty and Sublime and extols Him, recites of the Qur'aan what is easy for him from what Allaah has taught him and allowed him, then says Takbeer and makes Rukoo, (and places his hands on his knees) until his joints are at ease and relaxed".

When you make rukoo, put your palms on your knees, spread your back (flat), and hold firm in your Rukoo"...

"Next raise your head until you are standing straight and every bone has taken its proper place, when you rise make your spine upright and raise your head, until the bones return to their joints"....

No one's Prayer is complete unless he does that, Allaah does not look at the prayer of the slave who does not make his backbone upright in between his bowing and prostration"...

"No one's prayer is complete unless..... he says: Allaah listens to the one who praises Him and stands up straight, then says: Allaah is the Greatest and prostrates such that his joints are at rest"...

"When you prostrate, then be firm in your prostration, when you prostrate put your hands down firmly, until all of your bones are relaxed in their proper places"..

"The prayer of any person is not complete until he prostrates until his limbs are at rest, then he says "Allaahu Akbar" and raises his head until he is sitting straight"...

"When you prostrate, prostrate firmly, then when you rise, sit on your left thigh"... "And do likewise in all your prayer"...

"Then raise your head and say Takbeer, (then do that in all your bowing and prostration), for if you do that your prayer will be complete, and if you fall short in any of this, you will be deficient in your prayer".

(Hadeeth taken from Sifat-us Salaathun Nabee. by Shaykh Albani)