

Instructions for Performing Muslim Prayers

Step 1 Have a sincere intention to perform the prayers purely for the sake of God.



Assume this posture after having made the intention to pray. Raise both hands up to the ears (palms facing the direction of Mecca) and say:



Allahu Akbar

“God is the greatest”

Step 2 Next, assume this position by placing the right hand on top of the left hand on one’s chest say:



1. ***Audhu billahi min ashshayta nirrajeem***

“I seek God’s shelter from Satan, the condemned”

2. ***“Bis milla hirrahma nirraheem. Alhamdu lillahi rabbil aalameen. Arrahmaa nirraheem. Maliki yaumiddeen. Iyyaka nabudu wa iyyaka nasta’een. Ihdi nassira talmustaqeem. Sira talladhina anamta alayhim, ghayril maghdubi alayhim, wa ladhhaal leen. (Aameen)”***

“In the name of God, the most Gracious, most Merciful. All praise is due to God, Lord of the Worlds, The most Gracious, the most Merciful, Master of the Day of Judgment, You alone we worship and You alone we ask for assistance. Guide us along the straight path. The path of those upon whom You have bestowed Your blessings, not the path of those with whom You are angry nor the path of those who have gone astray.”

3. **Selection of verses from the Holy Qur’an: The Chapter Of Sincerity (Chapter 112)**

Bis milla hirrahma nirraheem. Qul Huwallahu Ahad Allahus-Samad Lam yalid wa lam yulad Wa lam yakul-lahu kufuwan Ahad.

In the name of God, the most Kind, most Merciful

SAY: “He is God, the One, God the Eternal, dependent upon nothing, yet everything is dependent upon Him, He does not give birth, nor was He born, and there is nothing like unto Him.”

Step 3 Say ***“Allahu Akbar”*** (the back & leg should be perpendicular to each other) the position in the figure is assumed. The following prayer is recited **three times**.



Subhana rabbiyal azeem

“Glory be to my Lord, the Almighty”

Step 4 While going back to standing position the first prayer, as given below, is said:



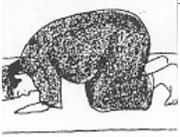
Sami’allaahu liman hamidah

“God hears those to praise Him”

Rabbana wa lakal hamd

“Our Lord, praise be to You”

Step 5 Say “*Allahu Akbar*” (“*God is the greatest*”) and then prostrate as shown. While prostrating, say the following prayer **three times**.



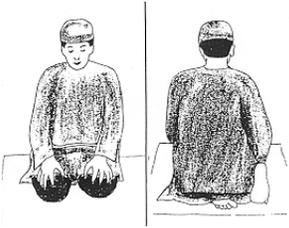
Subhana rubbiyal a’ala
“*Glory be to my Lord, the Most High*”



Step 6 Say “*Allaahu Akbar*” then sit for a moment, repeat “*Allaahu Akbar*,” prostrate once again and repeat the prayer in step 5.

Step 7 Then say “*Allaahu Akbar*,” stand up straight and then repeat steps 2 through 6.

Step 8 In this posture, recited these prayers:



Attahiyatu lillahi wassalawaatu wattayyibaat. Assalamu a’layka ayyu hannabiyyu wa rahma tullahi wa barakaatuh. Assalamu a’layna wa a’laa ebaa dillaa hissaaliheen. Ash hadu allaa ilaaha illallahu wa ash hadu anna Muhammadan rasoo tullaah.

“*Salutations, all good things, and all prayers are for God. The peace and mercy of God be upon you, O Muhammad. Peace be upon all of us, and upon His righteous servants. I bear witness that there is no God except God and I bear witness that Muhammad is the Messenger of God.*”

Allaa humma salli a’laa Muhammadin wa alaa ali Muhummadin, kama sallayta alaa Ibraheema, wa alaa aali Ibraheem. Wa baarik alaa Muhammadin wa alaa ali Muhummadin, kama baarakta alaa Ibraheema, wa alaa aali Ibraheem, innaka hamee dummajeed.

“O God bestow honor upon Muhammad and upon his family just as You have bestowed honor upon Abraham and his family. And O God, bestow Your blessings upon Muhammad and his family just as You have bestowed Your blessings upon Abraham and his family. In all of the worlds, You are the most praised and the most glorious.”

(For a four cycle prayer, repeat steps 1-8 and then conclude with steps 8 and 9)

Step 9 Having said the above mentioned prayers, **turn to face the right and recite the following prayer:**



“Assalamu alaykum wa rahma tullaah”

“May the Peace and mercy of God be upon you”

Note: This Salam (Prayer for Peace) is directed to the angels and the worshippers to the right and to the left.

Step 10 Then turning the face to the left, the prayer above is said again:



Assalamu alaykum wa rahma tullaah

“May the Peace and mercy of God be on you”

THIS COMPLETES MUSLIM PRAYER