

Types of Najāsah

Najāsah: Impurity

Two types

Najāsah Ḥaqīqī is that impurity which can be seen.

Najāsah Ḥukmī is that impurity which cannot be seen.

Najāsah Ghalīzah
The greater impurity such as blood, urine, stool etc.

Ḥadath Akbar
When a person is in need of ghusl.

Najāsah Khafīfah
The lighter impurity such as the urine of ḥalāl animals.

Ḥadath Aṣghar
When a person is in need of wuḍū'.

Ghusl

Ghusl is a bath which we must take when we are in the state of impurity.

Three Farā'id of Ghusl

1
Gargle the mouth

2
Rinse the nose

3
Wash the entire body thoroughly

Wash in such a way that not a single hair is left dry.

Five Sunan of Ghusl

1
Make intention to become pure

2
Wash hands

3
Wash the private parts

4
Make wuḍū'

5
Pass water over the body thrice

When washing the body in ghusl, wash the head first, then wash the right side of the body and then wash the left side.

Ṣalāh

Ṣalāh is one of the most important actions in our daily life. Allāh **سبحانه وتعالى** invites us to talk to Him five times a day. Ṣalāh is the first thing we will be asked about on the Day of Qiyāmah.

Ṣalāh	Sunnah	Fard	Sunnah	Nafil	Wājib	Nafil
Fajr	2*	2				
Zuhr	4*	4	2*	2		
'Aṣr	4	4				
Maghrib		3	2*	2		
'Ishā'	4	4	2*	2	3	2

* Sunnah Mu'akkadah

Ṣalāh



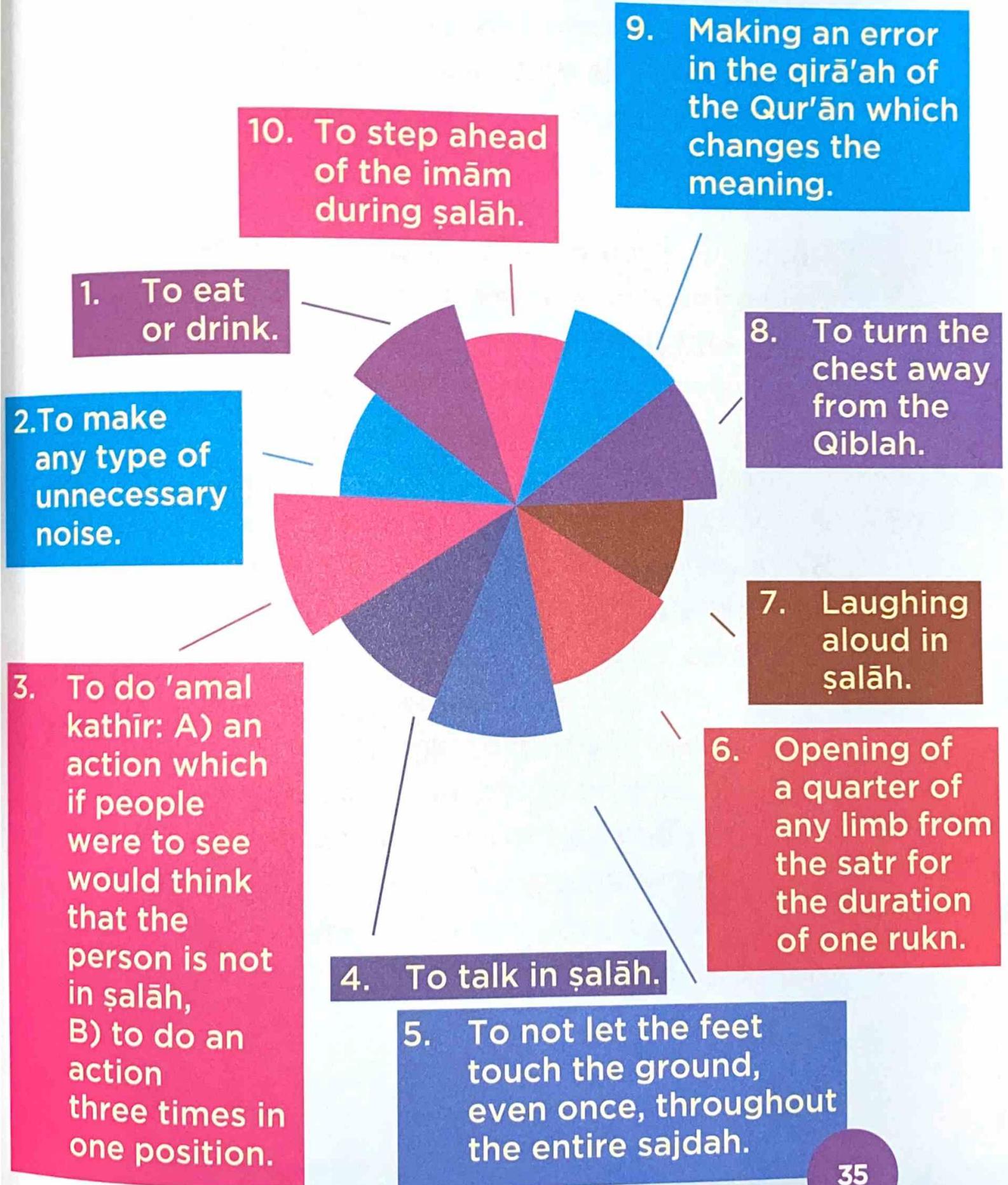
Ṣalāh

Conditions in/during ṣalāh (Farḍ acts in ṣalāh)

1. Takbīr Taḥrīmah - The first takbīr when starting ṣalāh.
2. Qiyām - The standing position in ṣalāh.
3. Qirā'ah - Reciting the Qur'ān.
4. Rukū' - Bowing down.
5. Sujūd - Prostration on the ground.
6. Qa'dah Akhīrah - Last sitting before salām for the duration of tashahhud.

Ṣalāh

Some acts which break Ṣalāh (Nawāqid of ṣalāh)



Ṣalāh

Method of ṣalāh for boys

- 1) Lift both hands up to the ears with thumbs in line with the earlobes and palms facing the qiblah, say: **اللَّهُ أَكْبَرُ**
- 2) Place the right hand on top of the left below the navel whilst grasping the wrist with the thumb and small finger, placing the three remaining fingers closely together on the forearm.
- 3) Read **A) Du'ā' al-Istiftāḥ (Thanā')**, **B) Ta'awwudh**, **C) Tasmiyah**, **D) Sūrah Fātiḥah**, **E)** at least one long āyah or three short āyāt of the Qur'ān.
- 4) Saying **اللَّهُ أَكْبَرُ** Go into rukū'. In rukū' the back and head should be kept in a straight line and the fingers spread, grasping the knees.
- 5) Recite **سُبْحَانَ رَبِّيَ الْعَظِيمِ** at least three times in rukū'.



Ṣalāh

- 6) Saying **رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ إِنَّكَ أَعْلَمُ الْغُيُوبِ** rise from rukū' followed by **رَبَّنَا وَكَرَّمْتَ لَكَ الْمُلْكَ رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ إِنَّكَ أَعْلَمُ الْغُيُوبِ**.
- 7) Saying **اللَّهُ أَكْبَرُ** go into sajdah. Place the knees first, followed by the hands then the nose and forehead. In sajdah the thighs and stomach should not touch. The fingers should be kept close together with the elbows raised from the ground and away from the sides. Recite **سُبْحَانَ رَبِّيَ الْأَعْلَى** at least three times in sajdah.
- 8) Saying **اللَّهُ أَكْبَرُ** sit in the sitting position with composure for a little while. Sit on the left foot with the right foot being upright with its toes facing the Qiblah.
- 9) Go into the second sajdah saying **اللَّهُ أَكْبَرُ** and recite the same tasbīḥ as the first sajdah.



Ṣalāh

- 10) Saying **اللَّهُ أَكْبَرُ** stand up for the second rak'ah by lifting the forehead, followed by the nose then the hands and finally the knees.
- 11) Perform the second rak'ah exactly as the first one without reciting Du'ā' al-Istiftāḥ or Ta'awwudh.

After the second sajdah of the second rak'ah, sit and recite tashahhud. When reaching **أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ** form a ring with the middle finger and the thumb. Lift the index finger, indicating to the oneness of Allāh **سُبْحَانَهُ وَتَعَالَى**. Drop the index finger when reaching **إِلَّا اللَّهُ**. The other fingers will be curled in line with the middle finger.



12) In the last rak'ah of every ṣalāh sit and recite tashahhud followed by Ibrāhīmiyyah (Durūd) and du'ā'.



13) End the ṣalāh by saying **السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ** by turning the face towards the right shoulder and repeating it whilst turning towards the left shoulder. The head should turn to the extent that the cheek can be seen by the person behind.

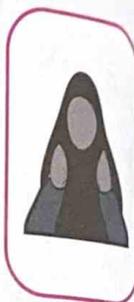
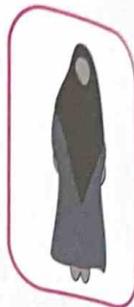


In the third and fourth rak'ah of farḍ ṣalāh, recite Sūrah al-Fātiḥah only without reciting a sūrah after it. However, if you are not praying a farḍ ṣalāh but are praying a sunnah Ṣalāh, then Sūrah al-Fātiḥah will be followed by a sūrah in every rak'ah.

Ṣalāh

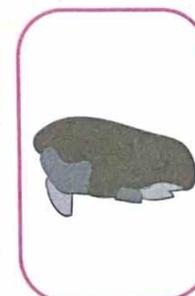
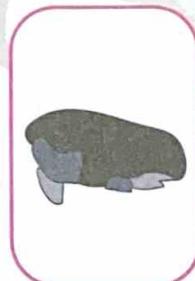
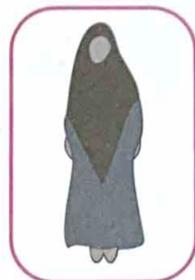
Method of ṣalāh for girls

- 1) Ensure the hair is fully covered.
- 2) Lift both hands up to the shoulders and say: **اللَّهُ أَكْبَرُ**
- 3) Place the right hand on top of the left on the chest with both palms facing towards the chest and the fingers being kept close together.
- 4) Read A) Du'ā' al-Istiftāḥ (Thanā'), B) Ta'awwudh, C) Tasmiyah, D) Sūrah Fātiḥah, E) at least one long āyah or three short āyāt of the Qur'ān.
- 5) Saying **اللَّهُ أَكْبَرُ** go into rukū'. In rukū' the back should be slightly bent in order to be able to touch the knees with the fingers being kept close together. (In rukū', sajdah and qa'dah the fingers will be kept close to each other.) The ankles should also be together. Recite **سُبْحَانَ رَبِّيَ الْعَظِيمِ** at least three times.



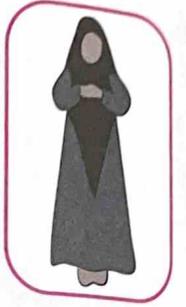
Ṣalāh

- 6) Saying **رَبَّنَا وَلَكَ الْحَمْدُ** **رَبَّنَا وَلَكَ الْحَمْدُ** rise from rukū' followed by **رَبَّنَا وَلَكَ الْحَمْدُ**
- 7) Saying **اللَّهُ أَكْبَرُ** go into sajdah. Place the knees first followed by the hands and then the nose and forehead. In sajdah the body should be kept close together, with arms placed on the ground and the thighs and stomach should touch. Both the feet should face the right.
- 8) Recite **سُبْحَانَ رَبِّيَ الْأَعْلَى** three times and saying **اللَّهُ أَكْبَرُ** sit in the sitting position with composure for a little while. Sit on the floor with both feet facing towards the right, with the right thigh on the left thigh.
- 9) Go into the second sajdah saying **اللَّهُ أَكْبَرُ** and recite the same tasbīḥ as the first sajdah.

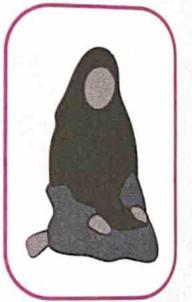


Ṣalāh

- 10) Saying **أَكْبَرُ اللهُ** stand up for the second rak'ah by lifting the forehead, followed by the nose then the hands and finally the knees.



- 11) Perform the second rak'ah exactly as the first one without reciting Du'ā' al-Istiftāḥ or Ta'awwudh.



After the second sajdah of the second rak'ah, sit and recite tashahhud. When reaching **أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللهُ** form a ring with the middle finger and the thumb. Lift the index finger, indicating to the oneness of Allāh **سُبْحَانَهُ وَتَعَالَى**. Drop the index finger when reaching **إِلَّا اللهُ**. The other fingers will be curled in line with the middle finger.

- 12) In the last rak'ah of every ṣalāh sit with the fingers being kept close together and recite tashahhud followed by Ibrāhimiyyah (Durūd) and du'ā'. Sit on the floor with both feet facing towards the right, with the right thigh on the left thigh.



- 13) End the ṣalāh by saying **اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ** by turning the face towards the right shoulder and repeating it whilst turning towards the left shoulder.



In the third and fourth rak'ah of farḍ ṣalāh, recite Sūrah al-Fātiḥah only without reciting a sūrah after it. However, if you are not praying a farḍ ṣalāh but are praying a sunnah Ṣalāh, then Sūrah al-Fātiḥah will be followed by a sūrah in every rak'ah.

Şalāh

Şalātul Witr

1

Şalātul Witr is prayed after the farḍ of 'Ishā'.

2

It cannot be read before the farḍ of 'Ishā'.

3

There are 3 rak'āt in Şalātul Witr.

4

It is wājib.

5

Şalātul Witr is prayed daily.

6

The first two rak'āt of Witr are exactly the same as other rak'āt of şalāh. However, in the third rak'ah of Witr Şalāh after Sūrah Fātiḥah, a sūrah will be read. We then lift our hands and do an extra takbīr. Thereafter we will recite Du'ā' Qunūt.

7

In Ramaḍān it will be prayed with jamā'ah behind the imām after the Tarāwīḥ Şalāh.

Ṣalāh

Du'ā' Qunūt

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ، وَنَسْتَغْفِرُكَ، وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ
وَنُثْنِيْ عَلَيْكَ الْخَيْرَ، وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ
يَفْجُرُكَ، اللَّهُمَّ إِنَّاكَ نَعْبُدُ، وَلَكَ نُصَلِّي وَنَسْجُدُ، وَإِلَيْكَ نَسْعِي
وَنَحْفِدُ، نَرْجُو رَحْمَتَكَ، وَنَخْشَى عَذَابَكَ، إِنَّ عَذَابَكَ
بِالْكَفَّارِ مُلْحِقٌ وَصَلَّى اللَّهُ عَلَى النَّبِيِّ الْكَرِيمِ

O Allāh! We beg help from You alone, ask forgiveness from You alone, we believe in You, and we place our trust in You and praise You with good.

And we are grateful to You and are not ungrateful, we free ourselves and leave the one who is ungrateful to You.

O Allāh! You alone do we worship and we pray only to You. We bow before You alone and we hasten eagerly towards You. We hope for Your mercy and fear Your punishment, verily Your punishment will fall upon the disbelievers. And may Allāh send salutations upon the Honourable Prophet.

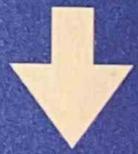
Şalāh

Şalātul Qaşr

'Qaşr' means to make something short. Allāh in His kindness shortens the şalah for a person who is travelling.

A person who plans to travel more than 54 miles (87 km) away from the boundary of his city will perform qaşr şalāh. A person who intends to stay at the destination for fewer than 15 days will also pray qaşr şalāh.

Şalātul Qaşr



Fajr: 2 farḍ (as normal)

Zuhr: 2 farḍ

'Aşr: 2 farḍ

Maghrib: 3 farḍ (as normal)

'Ishā': 2 farḍ 3 witr

The two sunnah of fajr are very important and should be prayed even when travelling.

Ṣalāh

Ṣalātul Marīḍ

Ṣalāh is so important in Islām that even if you are unwell or bed-ridden, you still have to perform ṣalāh.

However, Allāh سبحانه وتعالى is very merciful with us. If we are unwell or have an illness, ṣalāh can be performed in a different posture.

As long as we can stand and perform ṣalāh, we are not allowed to sit and perform ṣalāh. A person who cannot stand at all should sit down on the floor and perform ṣalāh. They will perform rukū' by lowering their head and perform sajdah as usual.

A person who cannot do sajdah can perform ṣalāh sitting down. They will make gestures with their head for rukū' and sajdah in such a manner that the gestures for sajdah are lower than those used in rukū'.

Only when a person cannot perform sajdah and it is very difficult and painful for them to sit on the floor, they would be allowed to sit on a chair. Otherwise, one should sit on the floor and perform ṣalāh.



Ṣalāh

Ahādith

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الصَّلَاةُ عِمَادُ الدِّينِ

"Ṣalāh is a pillar of dīn"
(Bayḥaqī)

A building cannot stand without a pillar. Without ṣalāh a person cannot have dīn. Ṣalāh is such a worship that makes us different from other religions. Ṣalāh will be the first thing we will be questioned about on the Day of Judgement.

The people of Jahannam will be asked what led them to Jahannam. The first thing they will say is, "We were not from the people who used to pray ṣalāh." (Qur'ān 74:43)

We can see from all these important points that this is a very important part of our dīn.



Love for Others

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

أَحَبُّ لِلنَّاسِ مَا تُحِبُّ لِنَفْسِكَ تَكُنْ مُسْلِمًا

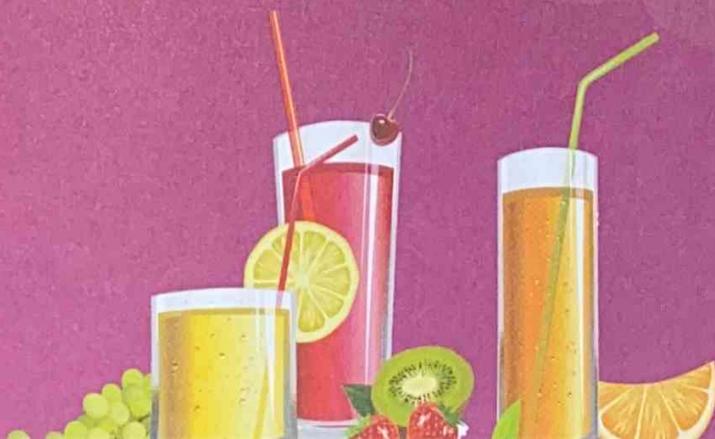
"Love for people what you love for yourself,
(and) you will become a true Muslim."
(Tirmidhī)

Ahādīth

A true believer is selfless. A true believer is not selfish. They are not greedy and think about others. We like to have good clothes, good food, good games and good friends. Similarly we should want others to have all these good things as well. We can do this by giving them whatever we can.

If you want people to treat you nicely, you should treat them nicely. If you want to eat good food, then when it is time for your friend to come to your house, you should give them good food. We should not wish in our hearts that we get all these nice things while they don't get any. That is not a sign of a believer.

May Allāh سبحانه وتعالى make us like the Companions who always preferred others over themselves, Āmīn.



Steadfastness

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

قُلْ أَمَنْتُ بِاللَّهِ ثُمَّ اسْتَقِمْ

"Say: 'I believe in Allāh,' then stay firm."
(Ṣaḥīḥ Muslim)

Rasūlullāh صلى الله عليه وسلم has told us that once we have said that we believe in Allāh سبحانه وتعالى, we must stay firm upon it and practise upon what Allāh سبحانه وتعالى has told us to do.

Our belief should be deep in our heart. Sometimes Allāh سبحانه وتعالى may test us to see how strong our īmān is by giving us some difficulty. In these times we must not lose our patience, or say things which are disrespectful. However, we should stay firm. The Companions were very firm in their īmān despite all the difficulties they faced.

Allāh سبحانه وتعالى will grant Jannah to those who believed in Him and thereafter stayed firm and strong in their beliefs. Angels will come and meet such people.

أَمَنْتُ
بِاللَّهِ

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

كُنْ فِي الدُّنْيَا كَأَنَّكَ غَرِيبٌ أَوْ عَابِرُ سَبِيلٍ

"Stay in this world as though you are a stranger, rather a traveller."

(Ṣaḥīḥ al-Bukhārī)

This world is like a waiting room at a train station. When we are waiting, do we start thinking about decorating the station? Do we start fighting for the best seat at the station? No of course not. Why? Because we know we are soon moving onto a big journey. We make sure our luggage is secure. We check that we have enough food to last us for the journey.

Similarly, we are here in this world for a short while. Rather than worrying so much about our worldly life, we should spend some time checking our good deeds. Do we have sufficient good deeds to make us pass the test in the grave, and the questioning on the Day of Judgement?



This World

Ahādīth

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الدُّنْيَا سِجْنُ الْمُؤْمِنِ وَجَنَّةُ الْكَافِرِ

"The world is a prison for a believer and a paradise for a disbeliever."

(Ṣaḥīḥ Muslim)

Paradise is a place where all desires are fulfilled, whereas in a prison, a person cannot have whatever he wants, whenever he wants. Similarly, Rasūlullāh صلى الله عليه وسلم has informed us that in this world, a Muslim cannot have whatever he wants whenever he wants, so it is like a prison. But a disbeliever follows his desires so this world is like paradise for him. A believer will get what he desires in Jannah.

Du'ā'

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الدُّعَاءُ سِلَاحُ الْمُؤْمِنِ

"Du'ā' is the weapon of a believer."

(Ḥākim)

Du'ā' is when a person asks and begs from Allāh سبحانه وتعالى. Rasūlullāh صلى الله عليه وسلم has said that "Du'ā' is a weapon of a believer." Just as a weapon protects you from your enemies, similarly du'ā' protects a person.

When a person makes du'ā', he should first praise Allāh سبحانه وتعالى, and then send ṣalawāt (durūd) to Rasūlullāh صلى الله عليه وسلم. Afterwards he should make du'ā' for himself and everyone else. Finally, he should end the du'ā' with durūd and the praise of Allāh سبحانه وتعالى.



Guests

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

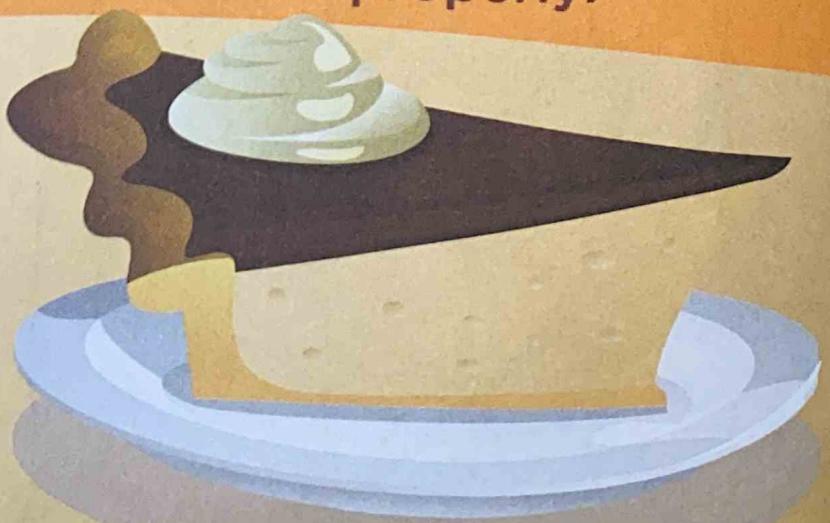
مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكْرِمْ ضَيْفَهُ

"Whoever believes in Allāh and the Last Day should honour his guest!"
(Ṣaḥīḥ al-Bukhārī)

When someone comes to our house, it is good manners to treat them nicely. Honouring the guest was very common with the Ṣaḥābah: they would go hungry at times and ensure their guest was well fed.

One day, a Companion took a guest home. His wife said they only had enough food for the children. The husband told his wife to make the children sleep and prepare the food for their guest.

When the food was put on the table they put the light out and made gestures as if they were eating. The guest did not know that he was the only one who was eating. Subḥānallāh! What an amazing lesson for us to learn from the lives of the Companions: they would stay hungry and let their guest eat properly.



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

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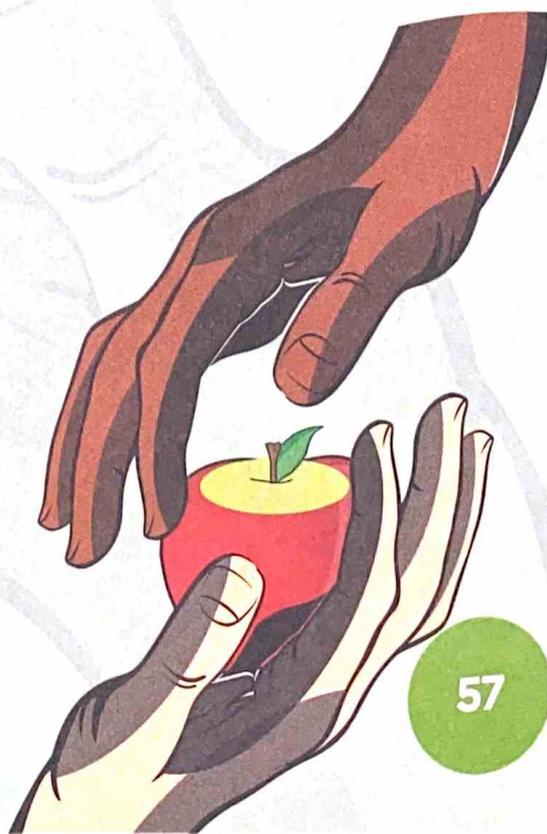
لَا يَرْحَمُ اللَّهُ مَنْ لَا يَرْحَمُ النَّاسَ

"Allāh does not show mercy to the one who does not show mercy to people!"
(Ṣaḥīḥ al-Bukhārī)

Mercy is an act of kindness; being nice to another being. When you are nice, kind, and merciful to one of Allāh سبحانه وتعالى's creation, then Allāh سبحانه وتعالى will be kind to you. But if you do not show them kindness, and instead hurt them, then Allāh سبحانه وتعالى will not have mercy on you. If Allāh سبحانه وتعالى takes His mercy away from a person then who can save him?

Do you remember the story of the lady who was kind to the thirsty dog? Do you recall how Allāh سبحانه وتعالى forgave all her sins? May Allāh سبحانه وتعالى keep us in His mercy.

Āmīn



Modesty

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ

"Modesty is part of īmān."
(Ṣaḥīḥ al-Bukhārī)

In another ḥadīth, Rasūlullāh صلى الله عليه وسلم said that "If you do not have modesty then do as you please."
(Ṣaḥīḥ al-Bukhārī)

Modesty stops us from doing evil. We must not be immodest, instead we should have modesty in all aspects of our lives.

In our clothing we should ensure that the clothes do not show the body parts which are not allowed to be seen by strangers.

In our behaviour we must be modest by showing good manners.

In our speech we must show modesty by saying what is good and truthful. We must not swear or speak about rude things.

shukr

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

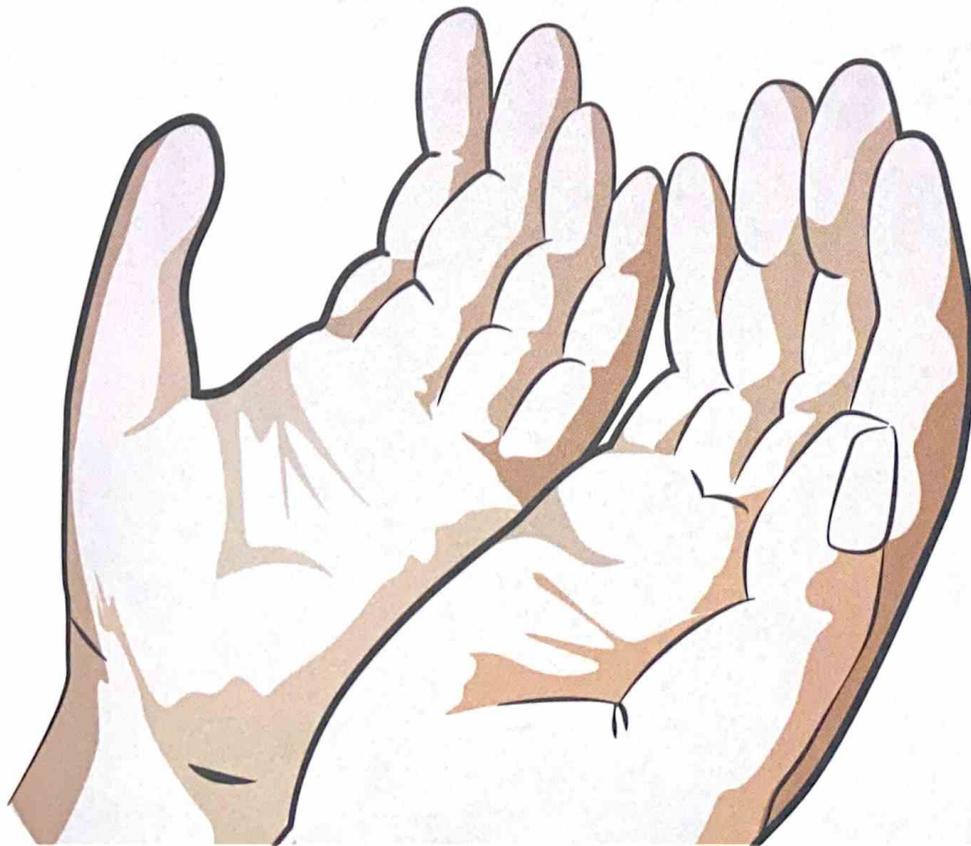
Rasūlullāh صلى الله عليه وسلم said:

أَفْضَلُ الدُّعَاءِ الْحَمْدُ لِلَّهِ

"The best du'ā' is Alḥamdulillāh."
(Tirmidhī)

Allāh سبحانه وتعالى has blessed us with so much. He informs us in the Qur'ān that if we thank Him, He will give us more. Our Beloved Messenger Muḥammad صلى الله عليه وسلم has informed us of the best du'ā'. Through du'ā' we ask Allāh سبحانه وتعالى for different things we want, but if we keep thanking Him then automatically we will get more and more, so it is truly the best du'ā'.

Alḥamdulillāh!



Types of Najāsah

Najāsah: Impurity

Two types

Najāsah Ḥaqīqī is that impurity which can be seen.

Najāsah Ḥukmī is that impurity which cannot be seen.

Najāsah Ghalīzah
The greater impurity such as blood, urine, stool etc.

Ḥadath Akbar
When a person is in need of ghusl.

Najāsah Khafīfah
The lighter impurity such as the urine of ḥalāl animals.

Ḥadath Aṣghar
When a person is in need of wuḍū'.

Ghusl

Ghusl is a bath which we must take when we are in the state of impurity.

Three Farā'id of Ghusl

- 1 Gargle the mouth
- 2 Rinse the nose
- 3 Wash the entire body thoroughly

Wash in such a way that not a single hair is left dry.

Five Sunan of Ghusl

- 1 Make intention to become pure
- 2 Wash hands
- 3 Wash the private parts
- 4 Make wuḍū'
- 5 Pass water over the body thrice

When washing the body in ghusl, wash the head first, then wash the right side of the body and then wash the left side.

Ṣalāh

Ṣalāh is one of the most important actions in our daily life. Allāh **سبحانه وتعالى** invites us to talk to Him five times a day. Ṣalāh is the first thing we will be asked about on the Day of Qiyāmah.

Ṣalāh	Sunnah	Fard	Sunnah	Nafil	Wājib	Nafil
Fajr	2*	2				
Ẓuhr	4*	4	2*	2		
'Aṣr	4	4				
Maghrib		3	2*	2		
'Ishā'	4	4	2*	2	3	2

* Sunnah Mu'akkadah

Ṣalāh

Conditions before ṣalāh

1. Perform ghusl if necessary.

2. Perform wuḍū' if necessary.

8. Make an intention.

7. Pray in the correct time.

3. Cover the **satr** (parts which must be covered).

a. Male **satr**: from the navel to the knees, including the knees

b. Female **satr**: the whole body except the face, hands and feet.

4. Make sure that the body and clothes are clean.

(They should not have impurities.)

6. Face the Qiblah.

5. Make sure that the place is clean.

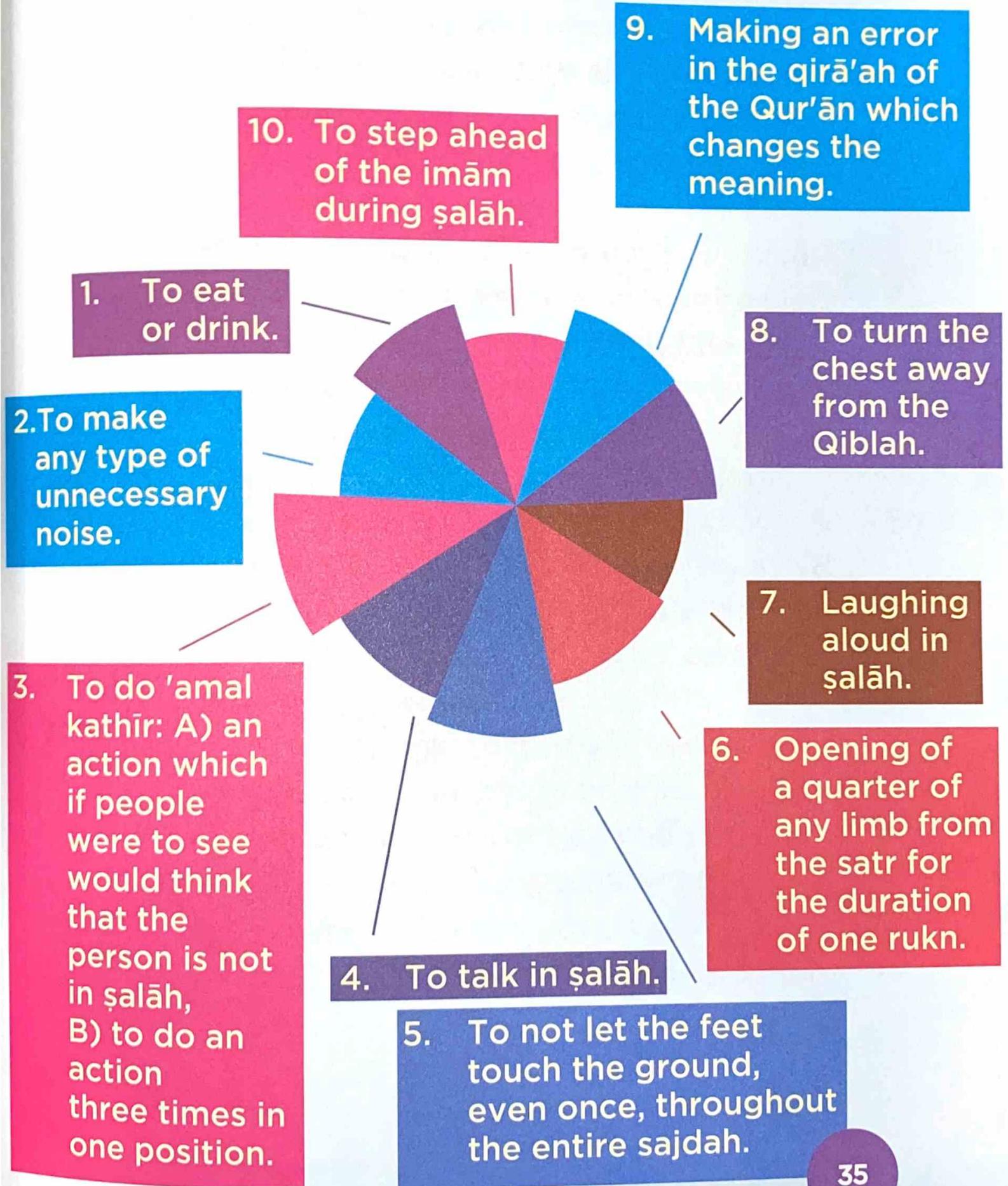
Ṣalāh

Conditions in/during ṣalāh (Farḍ acts in ṣalāh)

1. Takbīr Taḥrīmah - The first takbīr when starting ṣalāh.
2. Qiyām - The standing position in ṣalāh.
3. Qirā'ah - Reciting the Qur'ān.
4. Rukū' - Bowing down.
5. Sujūd - Prostration on the ground.
6. Qa'dah Akhīrah - Last sitting before salām for the duration of tashahhud.

Ṣalāh

Some acts which break Ṣalāh (Nawāqid of ṣalāh)



Ṣalāh

Method of ṣalāh for boys

- 1) Lift both hands up to the ears with thumbs in line with the earlobes and palms facing the qiblah, say: **اللَّهُ أَكْبَرُ**
- 2) Place the right hand on top of the left below the navel whilst grasping the wrist with the thumb and small finger, placing the three remaining fingers closely together on the forearm.
- 3) Read **A) Du'ā' al-Istiftāḥ (Thanā')**, **B) Ta'awwudh**, **C) Tasmiyah**, **D) Sūrah Fātiḥah**, **E)** at least one long āyah or three short āyāt of the Qur'ān.
- 4) Saying **اللَّهُ أَكْبَرُ** Go into rukū'. In rukū' the back and head should be kept in a straight line and the fingers spread, grasping the knees.
- 5) Recite **سُبْحَانَ رَبِّيَ الْعَظِيمِ** at least three times in rukū'.



Ṣalāh

- 6) Saying **رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ فَارْحَمْنَا** rise from rukū' followed by **رَبَّنَا وَتَكَرَّمْنَا وَإِنَّكَ الظَّالِمِينَ لَكَ الْعَدُوٌّ فَاصْفَحْ**.
- 7) Saying **اللَّهُ أَكْبَرُ** go into sajdah. Place the knees first, followed by the hands then the nose and forehead. In sajdah the thighs and stomach should not touch. The fingers should be kept close together with the elbows raised from the ground and away from the sides. Recite **سُبْحَانَ رَبِّيَ الْأَعْلَى** at least three times in sajdah.
- 8) Saying **اللَّهُ أَكْبَرُ** sit in the sitting position with composure for a little while. Sit on the left foot with the right foot being upright with its toes facing the Qiblah.
- 9) Go into the second sajdah saying **اللَّهُ أَكْبَرُ** and recite the same tasbīḥ as the first sajdah.



Ṣalāh

- 10) Saying **اللَّهُ أَكْبَرُ** stand up for the second rak'ah by lifting the forehead, followed by the nose then the hands and finally the knees.
- 11) Perform the second rak'ah exactly as the first one without reciting Du'ā' al-Istiftāḥ or Ta'awwudh.

After the second sajdah of the second rak'ah, sit and recite tashahhud. When reaching **أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ** form a ring with the middle finger and the thumb. Lift the index finger, indicating to the oneness of Allāh **سُبْحَانَهُ وَتَعَالَى**. Drop the index finger when reaching **إِلَّا اللَّهُ**. The other fingers will be curled in line with the middle finger.



12) In the last rak'ah of every ṣalāh sit and recite tashahhud followed by Ibrāhīmiyyah (Durūd) and du'ā'.



13) End the ṣalāh by saying **السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ** by turning the face towards the right shoulder and repeating it whilst turning towards the left shoulder. The head should turn to the extent that the cheek can be seen by the person behind.

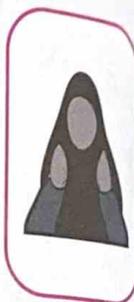
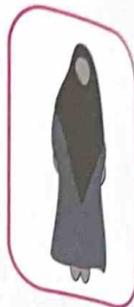


In the third and fourth rak'ah of farḍ ṣalāh, recite Sūrah al-Fātiḥah only without reciting a sūrah after it. However, if you are not praying a farḍ ṣalāh but are praying a sunnah Ṣalāh, then Sūrah al-Fātiḥah will be followed by a sūrah in every rak'ah.

Ṣalāh

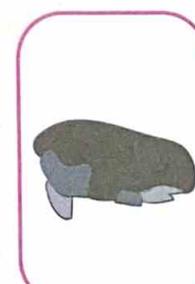
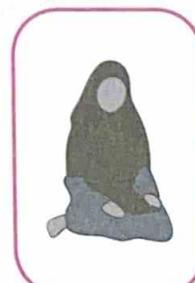
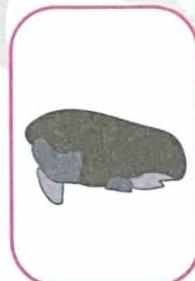
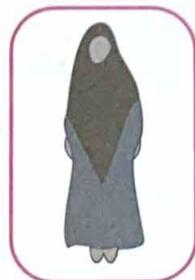
Method of ṣalāh for girls

- 1) Ensure the hair is fully covered.
- 2) Lift both hands up to the shoulders and say: **اللَّهُ أَكْبَرُ**
- 3) Place the right hand on top of the left on the chest with both palms facing towards the chest and the fingers being kept close together.
- 4) Read A) Du'ā' al-Istiftāḥ (Thanā'), B) Ta'awwudh, C) Tasmiyah, D) Sūrah Fātiḥah, E) at least one long āyah or three short āyāt of the Qur'ān.
- 5) Saying **اللَّهُ أَكْبَرُ** go into rukū'. In rukū' the back should be slightly bent in order to be able to touch the knees with the fingers being kept close together. (In rukū', sajdah and qa'dah the fingers will be kept close to each other.) The ankles should also be together. Recite **سُبْحَانَ رَبِّيَ الْعَظِيمِ** at least three times.



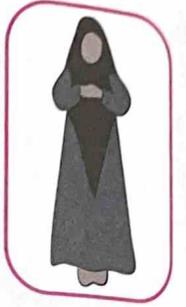
Ṣalāh

- 6) Saying **رَبَّنَا وَتَكَرَّمْ** rise from rukū' followed by **رَبَّنَا وَتَكَرَّمْ**
- 7) Saying **اللَّهُ أَكْبَرُ** go into sajdah. Place the knees first followed by the hands and then the nose and forehead. In sajdah the body should be kept close together, with arms placed on the ground and the thighs and stomach should touch. Both the feet should face the right.
- 8) Recite **سُبْحَانَ رَبِّيَ الْأَعْلَى** three times and saying **اللَّهُ أَكْبَرُ** sit in the sitting position with composure for a little while. Sit on the floor with both feet facing towards the right, with the right thigh on the left thigh.
- 9) Go into the second sajdah saying **اللَّهُ أَكْبَرُ** and recite the same tasbīḥ as the first sajdah.

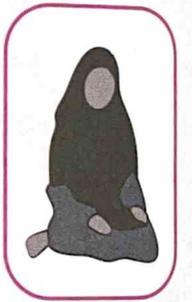


Ṣalāh

- 10) Saying **أَكْبَرُ اللَّهُ** stand up for the second rak'ah by lifting the forehead, followed by the nose then the hands and finally the knees.

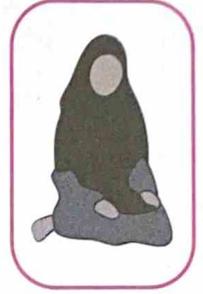


- 11) Perform the second rak'ah exactly as the first one without reciting Du'ā' al-Istiftāḥ or Ta'awwudh.



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12) In the last rak'ah of every ṣalāh sit with the fingers being kept close together and recite tashahhud followed by Ibrāhīmiyyah (Durūd) and du'ā'. Sit on the floor with both feet facing towards the right, with the right thigh on the left thigh.



13) End the ṣalāh by saying **اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ** by turning the face towards the right shoulder and repeating it whilst turning towards the left shoulder.



In the third and fourth rak'ah of farḍ ṣalāh, recite Sūrah al-Fātiḥah only without reciting a sūrah after it. However, if you are not praying a farḍ ṣalāh but are praying a sunnah Ṣalāh, then Sūrah al-Fātiḥah will be followed by a sūrah in every rak'ah.

Şalāh

Şalātul Witr

1

Şalātul Witr is prayed after the farḍ of 'Ishā'.

2

It cannot be read before the farḍ of 'Ishā'.

3

There are 3 rak'āt in Şalātul Witr.

4

It is wājib.

5

Şalātul Witr is prayed daily.

6

The first two rak'āt of Witr are exactly the same as other rak'āt of şalāh. However, in the third rak'ah of Witr Şalāh after Sūrah Fātiḥah, a sūrah will be read. We then lift our hands and do an extra takbīr. Thereafter we will recite Du'ā' Qunūt.

7

In Ramaḍān it will be prayed with jamā'ah behind the imām after the Tarāwīḥ Şalāh.

Ṣalāh

Du'ā' Qunūt

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ، وَنَسْتَغْفِرُكَ، وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ
وَنُثْنِي عَلَيْكَ الْخَيْرَ، وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ
يَفْجُرُكَ، اللَّهُمَّ إِنَّاكَ نَعْبُدُ، وَلَكَ نُصَلِّي وَنَسْجُدُ، وَإِلَيْكَ نَسْعِي
وَنَحْفِدُ، نَرْجُو رَحْمَتَكَ، وَنَخْشَى عَذَابَكَ، إِنَّ عَذَابَكَ
بِالْكَفَّارِ مُلْحِقٌ وَصَلَّى اللَّهُ عَلَى النَّبِيِّ الْكَرِيمِ

O Allāh! We beg help from You alone, ask forgiveness from You alone, we believe in You, and we place our trust in You and praise You with good.

And we are grateful to You and are not ungrateful, we free ourselves and leave the one who is ungrateful to You.

O Allāh! You alone do we worship and we pray only to You. We bow before You alone and we hasten eagerly towards You. We hope for Your mercy and fear Your punishment, verily Your punishment will fall upon the disbelievers. And may Allāh send salutations upon the Honourable Prophet.

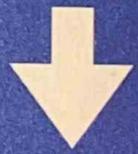
Şalāh

Şalātul Qaşr

'Qaşr' means to make something short. Allāh in His kindness shortens the şalah for a person who is travelling.

A person who plans to travel more than 54 miles (87 km) away from the boundary of his city will perform qaşr şalāh. A person who intends to stay at the destination for fewer than 15 days will also pray qaşr şalāh.

Şalātul Qaşr



Fajr: 2 farḍ (as normal)

Zuhr: 2 farḍ

'Aşr: 2 farḍ

Maghrib: 3 farḍ (as normal)

'Ishā': 2 farḍ 3 witr

The two sunnah of fajr are very important and should be prayed even when travelling.

Ṣalāh

Ṣalātul Marīḍ

Ṣalāh is so important in Islām that even if you are unwell or bed-ridden, you still have to perform ṣalāh.

However, Allāh سبحانه وتعالى is very merciful with us. If we are unwell or have an illness, ṣalāh can be performed in a different posture.

As long as we can stand and perform ṣalāh, we are not allowed to sit and perform ṣalāh. A person who cannot stand at all should sit down on the floor and perform ṣalāh. They will perform rukū' by lowering their head and perform sajdah as usual.

A person who cannot do sajdah can perform ṣalāh sitting down. They will make gestures with their head for rukū' and sajdah in such a manner that the gestures for sajdah are lower than those used in rukū'.

Only when a person cannot perform sajdah and it is very difficult and painful for them to sit on the floor, they would be allowed to sit on a chair. Otherwise, one should sit on the floor and perform ṣalāh.



Ṣalāh

Ahādith

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الصَّلَاةُ عِمَادُ الدِّينِ

"Ṣalāh is a pillar of dīn"
(Bayḥaqī)

A building cannot stand without a pillar. Without ṣalāh a person cannot have dīn. Ṣalāh is such a worship that makes us different from other religions. Ṣalāh will be the first thing we will be questioned about on the Day of Judgement.

The people of Jahannam will be asked what led them to Jahannam. The first thing they will say is, "We were not from the people who used to pray ṣalāh." (Qur'ān 74:43)

We can see from all these important points that this is a very important part of our dīn.



Love for Others

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

أَحَبُّ لِلنَّاسِ مَا تُحِبُّ لِنَفْسِكَ تَكُنْ مُسْلِمًا

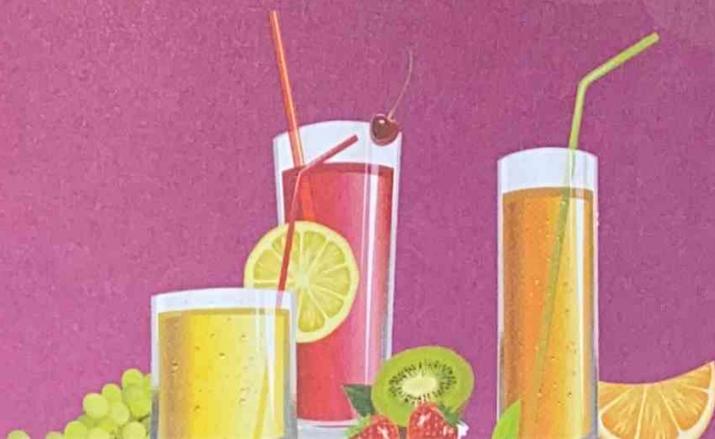
"Love for people what you love for yourself,
(and) you will become a true Muslim."
(Tirmidhī)

Ahādīth

A true believer is selfless. A true believer is not selfish. They are not greedy and think about others. We like to have good clothes, good food, good games and good friends. Similarly we should want others to have all these good things as well. We can do this by giving them whatever we can.

If you want people to treat you nicely, you should treat them nicely. If you want to eat good food, then when it is time for your friend to come to your house, you should give them good food. We should not wish in our hearts that we get all these nice things while they don't get any. That is not a sign of a believer.

May Allāh سبحانه وتعالى make us like the Companions who always preferred others over themselves, Āmīn.



Steadfastness

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

قُلْ أَمَنْتُ بِاللَّهِ ثُمَّ اسْتَقِمْ

"Say: 'I believe in Allāh,' then stay firm."
(Ṣaḥīḥ Muslim)

Rasūlullāh صلى الله عليه وسلم has told us that once we have said that we believe in Allāh سبحانه وتعالى, we must stay firm upon it and practise upon what Allāh سبحانه وتعالى has told us to do.

Our belief should be deep in our heart. Sometimes Allāh سبحانه وتعالى may test us to see how strong our īmān is by giving us some difficulty. In these times we must not lose our patience, or say things which are disrespectful. However, we should stay firm. The Companions were very firm in their īmān despite all the difficulties they faced.

Allāh سبحانه وتعالى will grant Jannah to those who believed in Him and thereafter stayed firm and strong in their beliefs. Angels will come and meet such people.

أَمَنْتُ
بِاللَّهِ

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

كُنْ فِي الدُّنْيَا كَأَنَّكَ غَرِيبٌ أَوْ عَابِرُ سَبِيلٍ

"Stay in this world as though you are a stranger, rather a traveller."

(Ṣaḥīḥ al-Bukhārī)

This world is like a waiting room at a train station. When we are waiting, do we start thinking about decorating the station? Do we start fighting for the best seat at the station? No of course not. Why? Because we know we are soon moving onto a big journey. We make sure our luggage is secure. We check that we have enough food to last us for the journey.

Similarly, we are here in this world for a short while. Rather than worrying so much about our worldly life, we should spend some time checking our good deeds. Do we have sufficient good deeds to make us pass the test in the grave, and the questioning on the Day of Judgement?



This World

Ahādīth

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الدُّنْيَا سِجْنُ الْمُؤْمِنِ وَجَنَّةُ الْكَافِرِ

"The world is a prison for a believer and a paradise for a disbeliever."

(Ṣaḥīḥ Muslim)

Paradise is a place where all desires are fulfilled, whereas in a prison, a person cannot have whatever he wants, whenever he wants. Similarly, Rasūlullāh صلى الله عليه وسلم has informed us that in this world, a Muslim cannot have whatever he wants whenever he wants, so it is like a prison. But a disbeliever follows his desires so this world is like paradise for him. A believer will get what he desires in Jannah.

Du'ā'

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Rasūlullāh صلى الله عليه وسلم said:

الدُّعَاءُ سِلَاحُ الْمُؤْمِنِ

"Du'ā' is the weapon of a believer."

(Ḥākim)

Du'ā' is when a person asks and begs from Allāh سبحانه وتعالى. Rasūlullāh صلى الله عليه وسلم has said that "Du'ā' is a weapon of a believer." Just as a weapon protects you from your enemies, similarly du'ā' protects a person.

When a person makes du'ā', he should first praise Allāh سبحانه وتعالى, and then send ṣalawāt (durūd) to Rasūlullāh صلى الله عليه وسلم. Afterwards he should make du'ā' for himself and everyone else. Finally, he should end the du'ā' with durūd and the praise of Allāh سبحانه وتعالى.

