

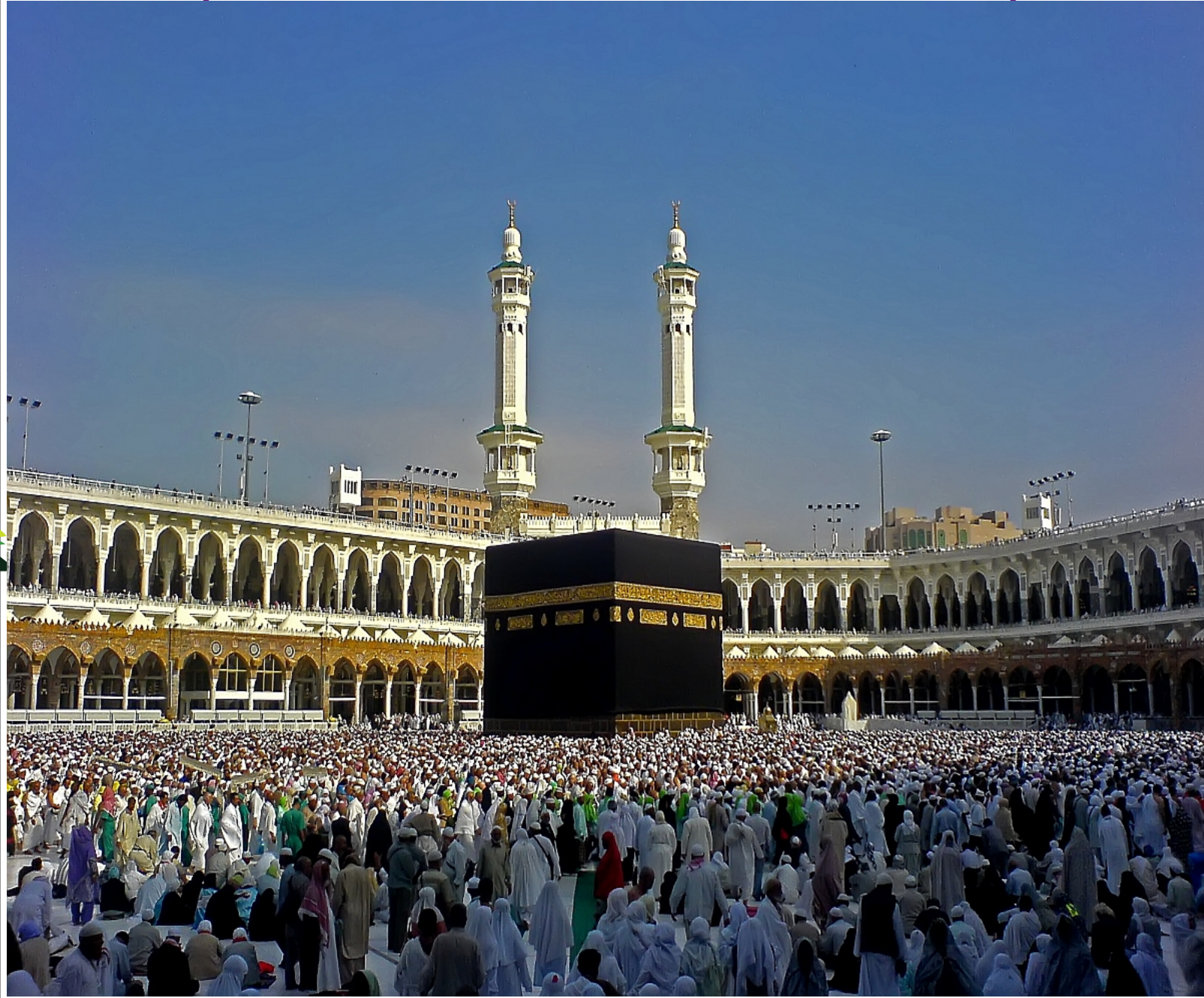
Prayer Guide (Salah Connection)



ICN AL-FALAH
ACADEMY

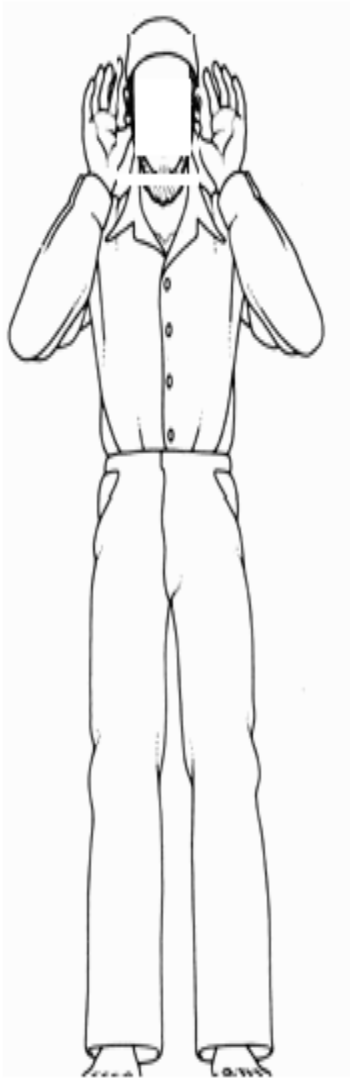
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ISLAMIC CENTER OF NAPERVILLE



Takbeerat

Posture 1



- **Instructions:** Bring hands, palms open, up to ears, and place thumbs behind earlobes, as << *Allah Akbar*>> is uttered.

اللَّهُ أَكْبَرُ

Allah is the greatest.

Al Qiyam

Posture 2



- **Recitation:**

- سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ
- وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ
- وَلَا إِلَهَ غَيْرُكَ

SUBHÁNA-KALLÁH-HUM-MA WA BI-HAMDIKA,
WATABÁRAKAS-MUKA WATA'ÁLÁ JADDUKA, WA-
LÁ ILÁHA GHAÍRUK.

O Allah, Glorified, praise-worthy. and blessed
is Thy Name and exalted Thy Majesty. and
there is no deity worthy of worship except You.

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJÍM.

I seek refuge in Allah for the rejected Satan.

BISMILÁHIR RAHMÁNIR RAHÍM.

In the Name of Allah, the Beneficent, the Merciful.

ALHAMDU LIL-LÁHI RAB-BIL 'ÁLAMÍN.

Praise be to Allah, Lord of the worlds.

AR-RAHMÁ-NIR RAHÍM.

The Beneficent, the Merciful

MÁLIKI YAU-MID-DÍN.

Master of the Day of Judgement

IYYÁ-KA N'ABUDU WA-IYYÁKA NASTA'ÍN.

You alone we worship and to You alone we turn for help.

IHDI-NAS-SIRÁ-TAL MUSTAQÍM.

Guide us to the straight path.

SIRÁ TAL-LADHÍNA AN-'AMTA 'ALAÍHIM.

The path of those whom

GHAIR-IL MAGHDUBI 'ALAÍHIM.

You favored and who did not deserve Your anger.

WALAD-DÁL-LIN (AMIN)

Or went astray.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

الرَّحْمَنِ الرَّحِيمِ

مَلِكِ يَوْمِ الدِّينِ

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

وَلَا الضَّالِّينَ

امين

BISMILÁHIR RAHMÁNIR RAHÍM.

In the Name of Allah, the Beneficent, the Merciful.

- 1 Qul huwa Allāhu aḥad
- 2 Allahu -ṣ-ṣamad
- 3 Lam yalid wa lam yūlad
- 4 Wa lam yaku(n)l lahu kufuwan aḥad

Say: He is the one and only.

Allah, the only one to turn to for help.

He has no child, nor was born from a parent,

and He is not like anything else.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

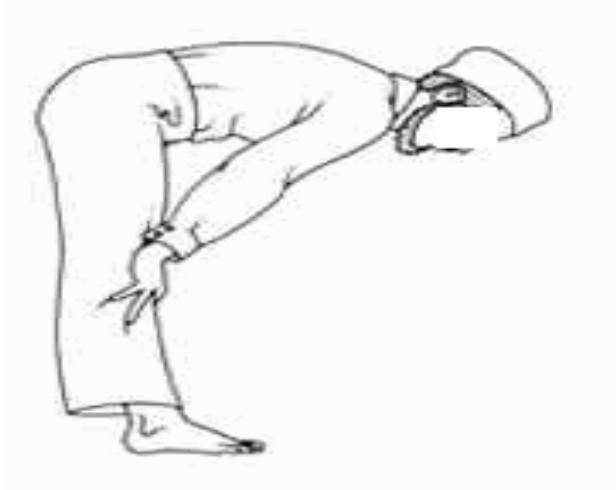
لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Or Recite any other surah now

Ruku

Posture 3



- **Instructions:** Bend down at waist, placing palms of hands with fingers spread over knees. Back is parallel to ground, such that if a glass of water were on the back, it would not spill. Eyes looking down, directly ahead.
- **Recitation:**
As bending at the waist, **recite**

اللَّهُ أَكْبَرُ

ALLÁH AKBAR

Allah is the greatest.

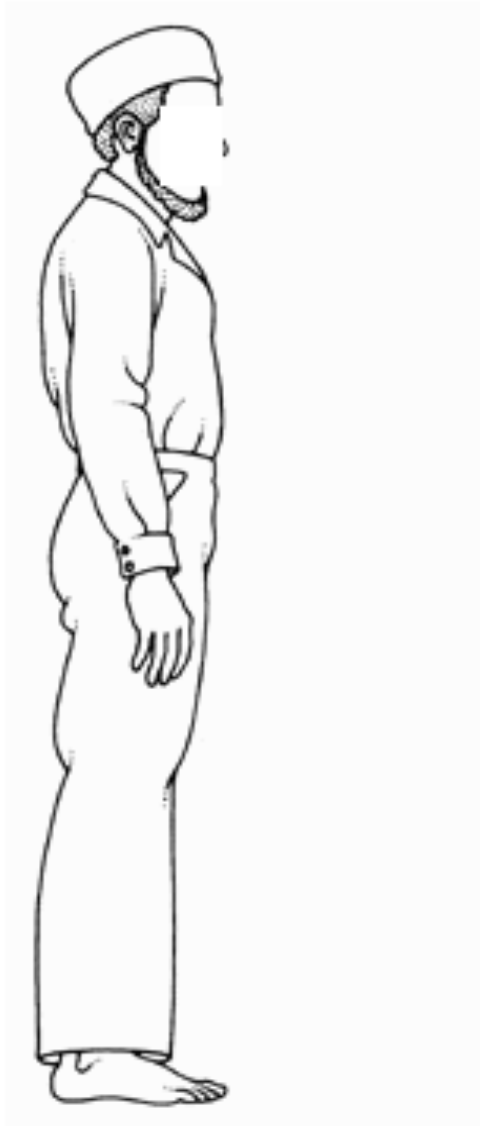
Then 3 times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Glory to my Lord the great.

Quayam

Posture 4



Instructions:

While rising from the bending position of Ruku', **recite**

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

SAMI 'ALLÁHU LIMAN HAMIDAH

Allah has heard all who praise Him.

رَبَّنَا لَكَ الْحَمْدُ

RAB-BANÁ LAKAL HAMD

Our Lord: Praise be to You.

Then return to standing position, arms at side.

Recitation:

After holding for few seconds, say:

اللَّهُ أَكْبَرُ

ALLÁH AKBAR

Allah is the greatest.

and move to next position.

Sajjdah

Posture 5



Recitation:

Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

SUBHÁNA RÁB-BI-YAL A'ALÁ

Glory to my Lord, the most high.

- **Instructions:**

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet.

Quood

Posture 6



- Instructions:
Reciting

اللَّهُ أَكْبَرُ

ALLÁH AKBAR

Allah is the greatest.

rise from the SAJJDAH position, and assume the sitting posture shown to the left.

- Recitation:

اللَّهُ أَكْبَرُ

ALLAH AKBAR

Allah is the greatest.

And then assume SAJJDAH position once more.

Sajjdah

Posture 7



Recitation:

Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

SUBHÁNA RÁB-BI-YAL A'ALÁ

Glory to my Lord, the most high.

- **Instructions:**

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet.

Quood

Posture 8



Instructions: If the required number of Rakats is but two, the Salat would proceed to the next **recitation**.

التَّحِيَّاتُ لِلَّهِ وَالصَّلَاةُ وَالطَّيِّبَاتُ

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

AT-TAHI-YÁTU LIL-LÁHI WAS-SALAWÁTU WAT-TAY-YIBÁTU. AS-SALÁMU 'ALAIKA AY-YUHAN-NABIY-YU. WARAHMATUL-LÁHI WABARAKÁTUH. AS-SALÁMU 'ALAINÁ WA'ALÁ 'IBÁDIL-LÁHIS-SÁLIHÍN. ASH-HADU AL-LÁ ILÁHA IL-LAL-LAHÚ. WA-ASH-HADU AN-NA MUHAMMADAN 'ABDUHU WARASÚLUH.

All prayers and worship through words, action and sanctity are for Allah only. Peace be on you, O Prophet. And Mercy of Allah and His blessings. Peace be on us and on those who are righteous servants of Allah. I bear witness to the fact that these is no deity but Allah. I bear witness that

Muhammad is His slave and messenger.

In the three raka'át(i.e. Maghrib) or four raka'át (Like Zuhr, 'Asr and 'Ishá) Saláh you stand up for the remaining raka'át after Tashahhud. On the other hand if it is two raka'át (Fajr) Saláh, keep sitting and after this recite Darud (blessing for

the Prophet) in these words:

AL-LÁHUM-MA SAL-LI 'ALÁ MUHAMMAD-IW WA 'ALÁ
ÁLI MUHAMMADIN.

O Alláh, exalt Muhammad and the followers of
Muhammad.

KAMÁ SAL-LAITA 'ALÁ IBRÁHÍMA WA'ALÁ ÁLI
IBRÁHÍMA

As You did exalt Ibrahim and his followers.

IN-NAKA HAMÍDUM-MAJEED

You are the praised, the Glorious.

AL-LÁHUM-MA BÁRIK 'ALÁ MUHAMMAD-IW

O Alláh, bless Muhammad

WA 'ALÁ ÁLI MUHAMMADIN

and his followers

KAMÁBÁRAKTA 'ALÁ IBRÁHÍMA WA 'ALÁ ÁLI IBRÁHÍMA

as You had blessed Ibrahim and his followers.

IN-NAKA HAMÍDUM-MAJEED

You are the Praised, The Glorious.

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ

كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ وَعَلٰى اٰلِ اِبْرٰهِيْمَ

اِنَّكَ حَمِيْدٌ مُّجِيْدٌ

اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ

وَعَلٰى اٰلِ مُحَمَّدٍ

كَمَا بَارَكْتَ عَلٰى اِبْرٰهِيْمَ وَعَلٰى اٰلِ اِبْرٰهِيْمَ

اِنَّكَ حَمِيْدٌ مُّجِيْدٌ

Quood ---Posture 8

Dua after durood

Rab bij'alnee muqeemas salati wa
min
zur-riy yatee rab-bana wata qab-
bal du'a,
rab-ba nagh-firlee wali waliday-
ya
wa lil mu-mineena yawma
yaqumul hisab.

Oh Lord, make me and my
children keep up prayers,
Our Lord, accept our prayer,
Our Lord, forgive me and my
parents
and all the Believers on the Day
of Judgement

Dua after durood

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي
رَبَّنَا وَتَقَبَّلْ دُعَاءَ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Or read this dua

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord! Grant us good in this world
and good in the hereafter, and save us
from the punishment of the fire

Quood ---Posture 8

Dua after durood

Allahumma, inni na'uwdhu bika min 'adhabi jahannama, wa a'udhu bika min 'adhabil-qabri, wa a'udhu bika min fitnatil-masihid-dajjali, wa a'udhu bika min fitnatil-mahya wal-mamat

(O Allah, we seek refuge with You from the torment of Hell, and I seek refuge with You from the torment of the grave, and I seek refuge with You from the tribulation of Al-Masihid-Dajjal, and I seek refuge with You from the trials of life and death.)"

Dua after durood

Or read this dua

اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَأَعُوذُ بِكَ

مِنْ عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَسِيحِ

الدَّجَالِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ .

Quood -- Posture 8 (finish)

- Instructions: Now turn your face to the **right** saying:

السلام عليكم ورحمة الله

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH

Peace be on you and Allah's blessings.

- Instructions: Now turn your face to the **left** saying:

السلام عليكم ورحمة الله

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH

Peace be on you and Allah's blessings