

A SIMPLE ILLUSTRATED GUIDE

How to Pray Salah

Step by Step – with illustrations



Takbir



Qiyam



Ruku



Sujud



Sitting

For children and beginners · Arabic, easy pronunciation and English meaning ·
Hanafi method

Inside this guide

1. What is Salah? The 5 daily prayers
2. Getting ready: cleanliness, Qiblah and intention
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PART 1

What is Salah?

Salah is the special prayer Muslims offer to Allah **five times every day**. It is one of the five pillars of Islam. In Salah we stand, bow and prostrate before Allah, thank Him, praise Him and ask Him for help.

A daily meeting with Allah

Five short breaks in the day to remember the One who made us.

Clean and calm

Wudu and Salah keep our body clean and our heart peaceful.

A habit for life

Learning it step by step now makes it easy forever.

The 5 daily prayers and their rak'ahs

A **rak'ah** is one round of standing, bowing and two prostrations. Hanafi method:

Prayer	When	Sunnah before	Fard	Sunnah after	Witr	Total
Fajr	Dawn, before sunrise	2	2	—	—	4
Dhuhr	After midday	4	4	2	—	10
Asr	Afternoon	—	4	—	—	4
Maghrib	Just after sunset	—	3	2	—	5
Isha	Night	—	4	2	3	9

■ **Fard** — must be prayed

■ **Sunnah** — the regular practice of the Prophet ﷺ

■ **Witr** — 3 rak'ahs after Isha (wajib in the Hanafi school)

Start with the **Fard** rak'ahs. As you get comfortable, add the Sunnah and Witr. Your teacher can show you the extra (nafl) prayers too.



Getting ready for Salah

Before you start, check these six things:

1 Be clean

Make **wudu** (next page). If you need a full bath (ghusl), take it first.

2 Clean clothes and place

Your clothes, body and the place where you pray should be clean. A prayer mat helps.

3 Cover the body (awrah)

Boys: at least from the navel to below the knees (wear a shirt too). **Girls:** the whole body except the face, hands and feet.

4 Right time

Pray each Salah in its own time. A prayer-times app or the mosque timetable helps.

5 Face the Qiblah

Face the Kaaba in Makkah. Use a Qiblah compass or app if you are not sure.

6 Make the intention (niyyah)

Intend in your heart which prayer you are praying, for example: *"I am praying the 2 fard rak'ahs of Fajr for Allah."* You do not need to say it out loud.

Tip: Look at the place where your forehead will touch the ground during the standing parts of Salah. It helps you focus.

PART 3

Wudu, step by step

1



Intention and Bismillah

Intend to make wudu and say
Bismillah

2



Wash hands 3×

Wash both hands up to the wrists, between the fingers.

3



Rinse the mouth 3×

Take water into the mouth, swirl it and spit it out.

4



Clean the nose 3×

Sniff water gently into the nose and blow it out with the left hand.

5



Wash the face 3×

From the hairline to the chin, and from ear to ear.

6



Wash the arms 3×

Right arm first, from the fingertips up to and including the elbow. Then the left.

7



Wipe the head (masah)

1×

Wipe over the head with wet hands.

8



Wipe the ears 1×

Wipe inside the ears with the index fingers and behind with the thumbs.

9



Wash the feet 3×

Right foot first, up to and including the ankles; clean between the toes. Then the left.

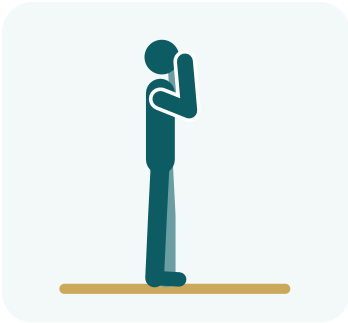
After wudu, say:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu an lā ilāha illallāhu waḥdahū lā sharīka lah, wa ash-hadu anna Muḥammadan ‘abduhū wa rasūluh.

I bear witness that there is no god but Allah alone, with no partner, and I bear witness that Muhammad is His servant and messenger.

Starting the prayer



1 Takbir: begin the prayer

Stand facing the Qiblah with your intention in your heart. Raise both hands to the ears (palms facing the Qiblah) and say:

اللَّهُ أَكْبَرُ

Allāhu Akbar

Allah is the Greatest.



2 Qiyam: stand and fold your hands

Place the right hand over the left, just below the navel. Stand still and look at the place of sujud. Quietly say the **Thana**:

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

Subhānaka-Ilāhumma wa biḥamdika, wa tabāraka-smuka, wa ta'ālā jadduka, wa lā ilāha ghayruk.

Glory be to You, O Allah, and all praise is Yours. Blessed is Your Name, high is Your Majesty, and there is no god but You.

3 Ta'awwudh

Still standing, quietly say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'ūdhu billāhi minash-shayṭānir-rajīm

I seek protection with Allah from Shaytan, the rejected one.

STILL STANDING

Surah Al-Fatihah

Quietly say **Bismillah**, then recite **Surah Al-Fatihah**, the opening chapter of the Quran. It is read in every rak'ah.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillāhir-Raḥmānir-Raḥīm

In the name of Allah, the Most Merciful, the Most Kind.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ٢

Al-ḥamdu lillāhi Rabbil-‘ālamīn

All praise is for Allah, Lord of all the worlds,

الرَّحْمَنِ الرَّحِيمِ ٣

Ar-Raḥmānir-Raḥīm

the Most Merciful, the Most Kind,

مَالِكِ يَوْمِ الدِّينِ ٤

Māliki yawmid-dīn

Master of the Day of Judgement.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ٥

Iyyāka na‘budu wa iyyāka nasta‘īn

You alone we worship, and You alone we ask for help.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ٦

Ihdinaṣ-ṣirāṭal-mustaqīm

Guide us to the straight path,

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ٧

Ṣirāṭal-ladhīna an‘amta ‘alayhim, ghayril-maghḍūbi ‘alayhim wa laḍ-ḍāllīn

the path of those You have blessed, not of those who earned Your anger, nor of those who went astray.

At the end, say **Āmīn** quietly (آمِينَ, "O Allah, accept").

Praying behind an imam? In the Hanafi way you stay quiet and listen; the imam's recitation is enough for you.

A short surah and Ruku

4 Read a short surah

After Al-Fatihah, recite any short surah. Here is **Surah Al-Ikhlās**:

قُلْ هُوَ اللَّهُ أَحَدٌ ①

Qul huwallāhu aḥad

Say: He is Allah, the One.

اللَّهُ الصَّمَدُ ②

Allāhuṣ-ṣamad

Allah, whom everyone needs, and who needs no one.

لَمْ يَلِدْ وَلَمْ يُولَدْ ③

Lam yalid wa lam yūlad

He has no children, and He was not born.

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

Wa lam yakul-lahū kufuwan aḥad

And there is no one like Him.

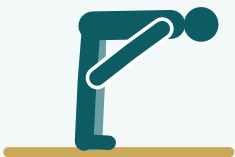
5 Ruku: bow down

Say **Allāhu Akbar** and bow. Hold your knees with fingers spread, keep your back straight and your head level with your back. Say at least **3 times**:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subḥāna Rabbiyal-‘Azīm

Glory be to my Lord, the Most Great.



Qawmah and Sujud



6 Qawmah: stand up straight

Rise from ruku while saying the first line. When you are fully straight, with arms at your sides, say the second:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'allāhu liman ḥamidah

Allah hears the one who praises Him.

رَبَّنَا لَكَ الْحَمْدُ

Rabbanā lakal-ḥamd

Our Lord, all praise is for You.

Behind an imam: the imam says the first line, you say only the second.



7 Sujud: prostrate

Say **Allāhu Akbar** and go down: knees first, then hands, then nose and forehead. Hands flat beside the head, fingers together pointing to the Qiblah, elbows off the floor, toes bent towards the Qiblah. Say at least **3 times**:

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subḥāna Rabbiyal-A'ālā

Glory be to my Lord, the Most High.

Sit, then a second Sujud



8 Jalsa: sit for a moment

Say **Allāhu Akbar** and sit up: sit on your left foot, keep the right foot upright with toes towards the Qiblah, and rest your hands on your thighs. Pause calmly. Many people also say:

رَبِّ اغْفِرْ لِي

Rabbighfir li

My Lord, forgive me.



9 Second Sujud

Say **Allāhu Akbar** and go into sujud again, exactly like before. Say **Subhāna Rabbiyal-A'la** at least 3 times.

✓ That is **one rak'ah** complete!

The second rak'ah

Say **Allāhu Akbar** and stand straight up for the second rak'ah. Fold your hands and pray it the same way, but **without** raising your hands and **without** the Thana or Ta'awwudh:

Bismillah



Al-Fatihah



Short surah



Ruku



Qawmah



Sujud



Jalsa



Sujud

After the second sujud, do not stand up. Sit for the **Tashahhud** (next page).

Tashahhud and Durood

10 Tashahhud (At-Tahiyyat)

Sit like in jalsa, hands on your thighs, and say:

When you reach "ash-hadu an lā ilāha", raise your right index finger; lower it at "illallāh".

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ 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-tahiyyātu lillāhi waṣ-ṣalawātu waṭ-ṭayyibāt. As-salāmu ‘alayka ayyuhan-Nabiyyu wa
raḥmatullāhi wa barakātuh. As-salāmu ‘alaynā wa ‘alā ‘ibādillāhiṣ-ṣāliḥīn. Ash-hadu an
lā ilāha illallāh, wa ash-hadu anna Muḥammadan ‘abduhū wa rasūluh.*

All greetings, prayers and good words are for Allah. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah. I bear witness that there is no god but Allah, and I bear witness that Muhammad is His servant and messenger.

11 Durood Ibrahim (Salawat)

Then send blessings on the Prophet ﷺ:

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

*Allāhumma ṣalli ‘alā Muḥammadin wa ‘alā āli Muḥammad, kamā ṣallayta ‘alā Ibrāhīma
wa ‘alā āli Ibrāhīm, innaka Ḥamīdum-Majīd. Allāhumma bārik ‘alā Muḥammadin wa ‘alā
āli Muḥammad, kamā bārakta ‘alā Ibrāhīma wa ‘alā āli Ibrāhīm, innaka Ḥamīdum-Majīd.*

O Allah, send Your mercy on Muhammad and the family of Muhammad, as You sent it on Ibrahim and the family of Ibrahim; You are the Praiseworthy, the Glorious. O Allah, send Your blessings on Muhammad and the family of Muhammad, as You blessed Ibrahim and the family of Ibrahim; You are the Praiseworthy, the Glorious.

Dua and Tasleem

12 A short dua

Then make a short dua from the Quran, for example:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fid-dunyā ḥasanatan wa fil-ākhirati ḥasanatan wa qinā 'adhāban-nār.

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire. (Quran 2:201)

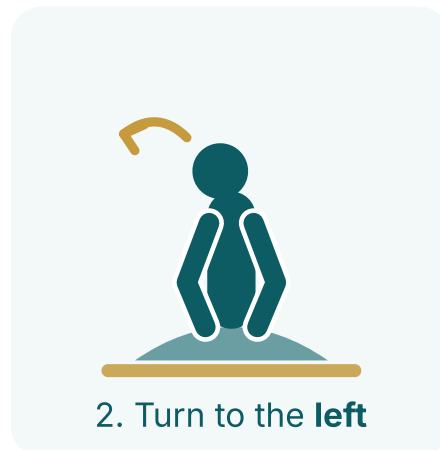
13 Tasleem: finish with salam

Turn your head to the right and say the salam, then turn to the left and say it again. Your Salah is complete!

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

As-salāmu 'alaykum wa rahmatullāh

Peace be upon you, and the mercy of Allah.



3- and 4-rak'ah prayers

3 rak'ahs

Maghrib

1. Pray rak'ahs 1 and 2 as you learned.
2. After rak'ah 2, sit for the **first sitting**: read **only the Tashahhud**.
3. Say Allāhu Akbar and stand for rak'ah 3.
4. In rak'ah 3 of a fard prayer, read **only Al-Fatihah** (no extra surah).
5. Final sitting: Tashahhud, Durood, Dua, then Tasleem.

4 rak'ahs

Dhuhr · Asr · Isha

1. Pray rak'ahs 1 and 2 as you learned.
2. First sitting after rak'ah 2: **only the Tashahhud**.
3. Stand for rak'ahs 3 and 4.
4. In rak'ahs 3 and 4 of a fard prayer, read **only Al-Fatihah**.
5. Final sitting after rak'ah 4: Tashahhud, Durood, Dua, then Tasleem.

Sunnah and Witr: in Sunnah prayers and in Witr, add a short surah after Al-Fatihah in **every** rak'ah. In the 3rd rak'ah of Witr, a special dua called **Dua al-Qunut** is added before ruku. Your teacher will teach it to you.

For girls (Hanafi method)

- **Takbir:** raise the hands up to the shoulders.
- **Qiyam:** place the hands on the chest, right hand over the left.
- **Ruku:** bend a little less, hands resting on the knees with fingers together, arms close to the body.
- **Sujud:** keep compact: arms close to the sides, forearms on the ground, stomach close to the thighs.
- **Sitting:** sit on the left hip with both feet out to the right side.

Small differences exist between schools; ask your teacher.

QUICK SUMMARY

Salah at a glance

1  Takbir Allāhu Akbar	2  Qiyam Thana · Ta'awwudh · Bismillah · Al- Fatihah · short surah	3  Ruku Subhāna Rabbiyal- 'Aẓīm ×3	4  Qawmah Sami'allāhu liman ḥamidah · Rabbanā lakal- ḥamd	5  Sujud Subhāna Rabbiyal- A'lā ×3
6  Jalsa Sit calmly for a moment	7  Sujud again Subhāna Rabbiyal- A'lā ×3	8  Rak'ah 2 Bismillah · Al- Fatihah · surah, then ruku and 2 sujud	9  Final sitting Tashahhud · Durood · Dua	10  Tasleem As-salāmu 'alaykum wa raḥmatullāh, right then left

Fajr 2 · Dhuhr 4 · Asr 4 · Maghrib 3 · Isha 4 (fard rak'ahs)



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