



A manual for Salaat



Picture source: Pinterest

Pray Before you are prayed upon!

Written by Mrs. Nusayhah Aumeer Hosany



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

Dedicace

This is for all the Muslims who wants to better their conversation with Allah.

This is for the reverts who are learning about the religion of Islam.





“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

Acknowledgement

I am overwhelmed in all humbleness and gratefulness to acknowledge my depth to Allah for having blessed me with health, time and effort to be able to put these ideas into something concrete.

Also, I would like to mention the support system and consideration of my parents, husband, sister and friends who have always believed in me.

At last, I would like to extend my heartfelt thanks to Mrs. Malleck Hossen Reshma, a Islamic teacher, Br. Inteaz Aubdool and another brother who are both scholars in Mauritius. They provided me with their immense support in proofreading the document.





“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

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This manual has been proof- read by a Islamic teacher and two scholars from Mauritius.





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“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

Improving your salaah

The Prophet said: “Pray as you have seen me praying”

[Al-Bukhari and Sahih Muslim]

Salah is an obligation for every Muslim, male or female. It is an act of adoration for Allah. Islam has five pillars, one of which is Salah. The timings for the prayers are set to: before sunrise, in the afternoon, late afternoon, sunset and evening. The Holy Ka’bah, which is the House of Allah, is the focal point to center our concentration. Prayer is recited in the Arabic language and it keeps us closer to our Lord. It allows us to remember Him throughout the day and night. Furthermore, praying five times a day keeps us in check because it constantly reminds us of Allah while we reflect on our actions. One who does not remember Allah, on the other hand, does not reflect on his actions and does not feel the need to repent. That is why prayer is given such importance.



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

In the Holy Qur’an, Allah says:

“Recite what is sent of the Book by inspiration to thee, and establish Regular Prayer: for Prayer restrains from shameful and unjust deeds; and remembrance of Allah is the greatest (thing in life) without doubt. And Allah knows the (deeds) that you do.” – Surah Al-Ankabut Verse 45.

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said,

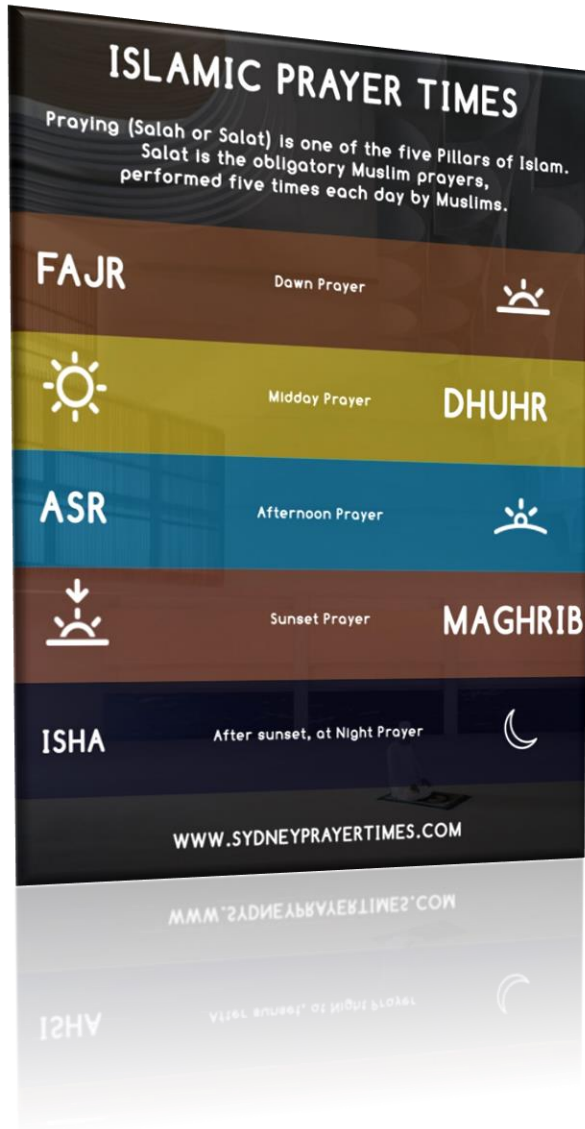
“The first action for which a servant of Allah will be held accountable on the Day of Resurrection will be his prayers. If they are in order, he will have prospered and succeeded. If they are lacking, he will have failed and lost. If there is something defective in his obligatory prayers, then the Almighty Lord will say: See if My servant has any voluntary prayers that can complete what is insufficient in his obligatory prayers. The rest of his deeds will be judged the same way.”

Sunan al-Tirmidhī 413



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

The Five Prayer Times



<i>The five daily Prayers</i>	<i>No of Rakats</i>
<i>Fajr</i>	2
<i>Dhuhr</i>	4
<i>Asr</i>	4
<i>Maghrib</i>	3
<i>Isha</i>	4





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The Five Prayer Times

1. Morning prayer (fajr)

Fajr is performed when whiteness appears the horizon and ends with the appearance of the first part of the sun.

2. Noon prayer (dhuhr)

The second prayer is performed at noon. It begins when the sun has passed its zenith and is moving toward sunset. Its period ends when the shadow of an object is the same length as the object itself.

3. The afternoon prayer (‘asr)

The Prophet (peace and blessings of Allah be upon him) said: “The time for ‘Asr lasts until the sun turns yellow.”

We know that the time for ‘Asr begins when the time for dhuhr ends, i.e., when the length of an object’s shadow becomes equal to the length of the object itself.



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4. Maghrib

At sunset, and when the sun’s disc has completely disappeared from the horizon, the fourth prayer (maghrib) begins. It ends when there is no more red glow in the sky.

5. Isha

Isha time is up to midnight and if there is necessity, one can pray after midnight until before Fajr time.

Conditions of prayer

- ❖ The five daily prayers become obligatory when a Muslim reaches the age of puberty.
- ❖ Being sane. What is meant by being sane is that the Muslim does not have any underlying mental health issues. Those who do are excused from praying Salat as they are not accountable for their actions.



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- ❖ Have proper niyah/intention before salaah. Niyah also means to be conscious which prayer one is going to perform.

“Actions are according to intentions, and everyone will get what was intended.” (Reported by Bukhari and Sahih Muslim)

- ❖ To be in a state of purity. This would mean having performed Wudu or Ghusl. In certain cases, Tayammum (dry ablution) is acceptable.

- ❖ Cleanliness of garments. In Surah Al-A’raf ayah 31 Allah states, “O Children of Adam! Wear your beautiful apparel at every time and place of prayer”.

- ❖ Cleanliness of place where salaah will be performed.
Any place that may be deemed filthy or unclean should be avoided.

- ❖ Covering of Awrah (private parts).
A man’s awrah is between his navel and knees. While a woman’s awrah is her whole body except her face and hands.

- ❖ Praying towards the proper direction, i.e, Ka’bah.



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

❖ **Praying salaah at the specified time.**

In the Quran Allah says, “Verily, As-Salah is enjoined on the believers at fixed hours.” Surah An-Nisa Ayah 103

Summary

For 2 Rakaat* Prayer (Fajr)

Rakaat 1

- Takbeer
- Thana
- Recitation of Surah Fatihah and another Surah.
- Rukhu (Bowing)
- Sijda (Prostration) [x2]



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Rakaat 2

- Takbeer
- Recitation of Surah Fatihah and another Surah.
- Rukhu (Bowing)
- Sijda (Prostration) [x2]
- Tashahoud
- Durood Ibrahim
- Dua of Istighfaar/Forgiveness
- Tasleem

Rakaat - *sets of prayer
1 Rakaat = from Takbeer to Sijda

For 4 Rakaat Prayer (Zuhr, Asr, Esha)

Rakaat 1

- Takbeer
- Thana
- Recitation of Surah Fatihah and another Surah.
- Rukhu (Bowing)
- Sijda (Prostration) [x2]



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Rakaat 2

- Takbeer
- Recitation of Surah Fatihah and another Surah.
- Rukhu (Bowing)
- Sijda (Prostration) [x2]
- Tashahoud

Rakaat 3

- Takbeer
- Recitation of Surah Fatihah
- Rukhu (Bowing)
- Sijda (Prostration) [x2]

Rakaat 4

- Takbeer



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- Recitation of Surah Fatihah
- Rukhu (Bowing)
- Sijda (Prostration) [x2]
- Tashahoud
- Durood Ibrahim
- Dua of Istighfaar/Forgiveness
- Tasleem

For 3 Rakaat Prayer (Maghrib)

Rakaat 1

- Takbeer
- Thana
- Recitation of Surah Fatihah and another Surah.
- Rukhu (Bowing)
- Sijda (Prostration) [x2]



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Rakaat 2

- Takbeer
- Recitation of Surah Fatihah and another Surah.
- Rukhu (Bowing)
- Sijda (Prostration) [x2]
- Tashahoud

Rakaat 3

- Takbeer
- Recitation of Surah Fatihah
- Rukhu (Bowing)
- Sijda (Prostration) [x2]
- Tashahoud
- Durood Ibrahim
- Dua of Istighfaar/Forgiveness
- Tasleem

End of Summary

Du'as/Supplications in Prayer

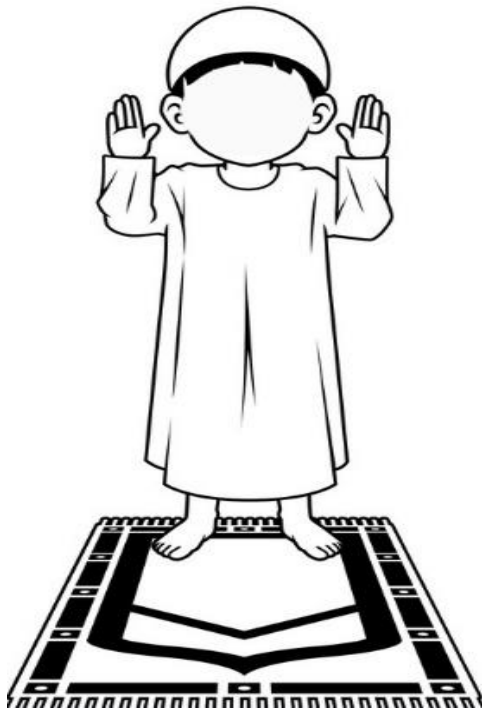
Takbeer

Takbir

الله أكبر

Allahu Akbar

Allah is the Greatest



As illustrated in the picture,
we raise our hands up to our
earlobes and say the Takbeer

Thana

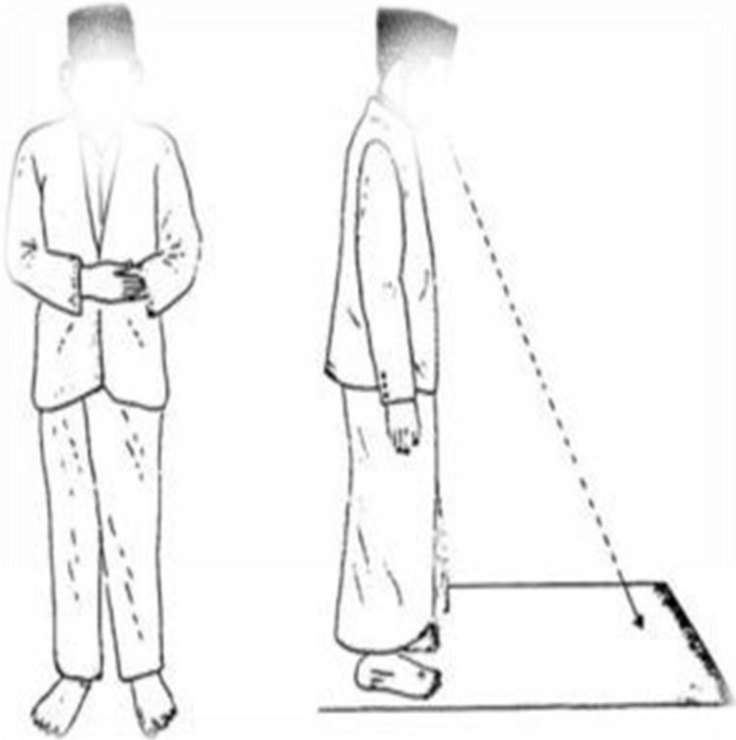
سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ
غَيْرُكَ

*Subhaana kal-laahumma wa bihamdika wa tabaa-ra
kassmuka wa ta raalaa jad-duka wa laa ilaaha ghayruk*

Glory be to you, O Allah, and all praises are due unto you,
and blessed are your names (attributes) and high is your
majesty and none is worthy of worship but you.

After saying Allahu Akbar, we fold our hands and begins to recite Thana, Surah Al-Fatihah and another Surah (as illustrated in the pictures below).

“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55





“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Aroothu billahi mina shaitwaanir'rajeem

I seek Allah’s protection from Satan who is accursed.

Surah Al-Fatiha

The Opening

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir Rahmaanir Raheem

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

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Alhamdu lillaahi Rabbil raalameen

All praises are due to Allah, the Lord of the Worlds.



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

الرَّحْمَنُ الرَّحِيمُ

Ar-Rahmaanir-Raheem
The Most Gracious, the Most Merciful.

مَالِكِ يَوْمِ الدِّينِ

Maaliki Yawmid-Deen
Master of the Day of Judgment.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

Iyyaaka na'budu wa Iyyaaka nastareen
It is You we worship and You we ask for help.



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اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Ihdinas-Siraatal-Mustaqeem
Guide us to the straight path.

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا
الضَّالِّينَ

*Siraatwal-latheena anramta ralaihim ghayril-maghdoobi
ralaihim wa lad-dwaalleen*

The path of those upon whom You have bestowed favor, not of those who have earned [Your] anger or of those who are astray.



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Surah Al-Kawthar

The Abundance

(Used as an example in this manual)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir Rahmaanir Raheem

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

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ

Innaa a'twainaa kal kawthar

Surely we have given you Al-Kawthar,

فَصَلِّ لِرَبِّكَ وَانْحَرْ

Fa swalli li rabbika wanhar

Therefore pray to your Lord and make a sacrifice.

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

Inna shaani-aka huwal abtar

Surely ,your enemy is the one, who shall be without posterity.



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During Rukhu’ one should say:

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَ بِحَمْدِهِ

Subhaana Rabbiyal-'Adheem Wa Bihamdihee

“Glory be to my Lord, the Most Great, and praise belongs to Him.”

When we bow to Allah in Rukhu’, we are showing a sign of courtesy (Aadaab). We bow in full humility before our only Lord who deserves all Praises and Worships.

When we bow, we say the supplication for Rukhu (Minimum 3 times)





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**After rising from Rukhu,
one should say:**

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami rallaahu liman hamidah
Allah hears whoever praises Him.

رَبَّنَا وَلَكَ الْحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

*Rabbanaa wa lakal-hamd, hamdan katheeran twayyiban
mubaarakanfeeh.*
Our Lord, all praises are Yours, abundant, good and blessed
praises.



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**During Sujood/Sijda, one
should say:**

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana rabbiyal-aralaa

“Glory be to my Lord, the Most High.”



During prostration, we say
the supplication for Sijdah
(Minimum 3 times)



The prophet Muhammad (saw) reminded us that when we are in a state of Sujud, we are closest to Allah. Therefore, this is an excellent opportunity to make abundant du’as to Allah.

According to a hadith, the Prophet (saw) said:

(أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ ،
فَأَكْثِرُوا الدُّعَاءَ) .

*“The nearest a slave of Allah is to his Rabb (Lord) is in the state of Sujud (Prostration) so increase the Dua (that you make to Allah).”
(Sahih Muslim)*



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

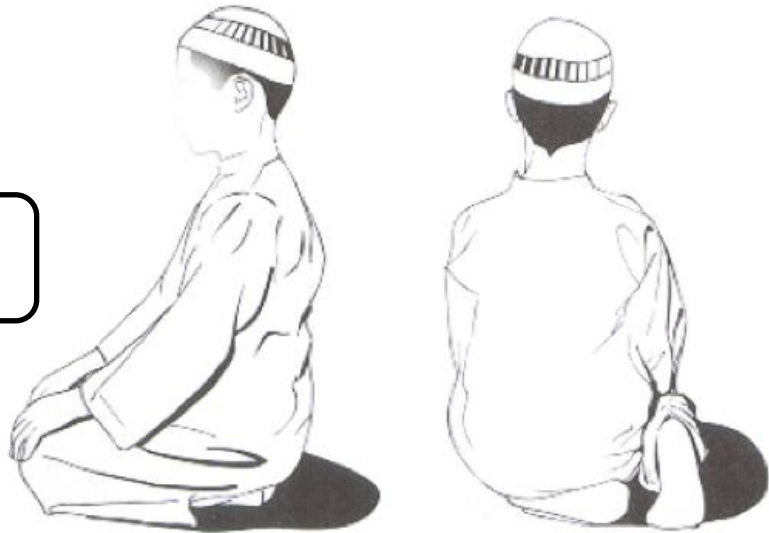
Dua when sitting between two Sujood (Juloos)

رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي

Rabbighfir lee, Rabbighfir lee
My Lord, forgive me. My Lord, forgive me.

Tashahoud

During this sitting position, we read the supplication (duaa) for Tashahoud.





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التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

Attahiyyaatu Lillahi Was Swalawaatu Wattwayyibaatu

All compliments, all prayer and worship are for Allah

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*Assalamu Alaika Ayyuhannabiyu Warahmatullahi Wabarkaa
tuhu*

Peace be upon you, O Prophet and Allah’s Mercy and Blessings

السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ

Assalamu Alaina Wa rala ribaadillahis Swaaliheen

Peace be on us and on all righteous servants of Allah



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Ash hadu al laa ilahailallahu

I bear witness that no one is worthy of worship except Allah

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Wa Ash hadu Anna Muhammadan rabduhu wa Rasooluh

And I bear witness that Muhammad is His slave and Messenger.



During this sitting position, we extend our index finger of the right hand and say ‘*Ash hadu al laa ilahailallahu Wa Ash hadu Anna Muhammadan rabduhu wa Rasooluh*’



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

Durood Ibrahim

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

*Allahumma swalli ala' Muhammadin wa a'laa aali
Muhammadin*

O Allah, send grace and honour on Muhammad and on the
family and true followers of Muhammad

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ

kama swallaita rala Ibraheema wa rala aali Ibraheema

Just as you sent Grace and Honour on Ibrahim and on the family
and true followers of Ibrahim



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

إِنَّكَ حَمِيدٌ مَّجِيدٌ

innaka Hameedum Majeed

Surely, you are praiseworthy, the Great.

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

*Allahumma baarik rala Muhammadin, Wa ala aali
Muhammadin,*

Oh Allah, send your blessing on Muhammad and the true
followers of Muhammad,

كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ

Kama baarakta rala Ibraheema, wa rala aali ibraaheema
just as you sent blessings on Ibrahim and his true followers.



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

إِنَّكَ حَمِيدٌ مَّجِيدٌ

Innaka Hameedum Majeed

Surely, you are praiseworthy, the Great

It is good to note that:

- The first part of tashahoud is among the obligatory parts of prayer.
- We read this dua at the end of the last rakah of prayer.

You may access the link below to listen and memorize Tashahoud:

<https://www.youtube.com/watch?v=0e1ZOcovWVw>





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Dua of Istighfaar/Forgiveness

اللهم إني ظلمت نفسي ظلماً كثيراً، ولا يغفر الذنوب إلا أنت، فاغفر لي مغفرة من
عندك، وارحمني، إنك أنت الغفور الرحيم

*Allahumma inni zalamtu nafsi zulman kathiran, wa la yaghfirudh-
dhunuba illa Anta, faghfir li maghfiratan min ‘indika, warhamni,
innaka Antal-Ghafur-ur-Rahim*

O Allah! I have considerably wronged myself. There is none to forgive the sins but You. So, grant me pardon and have mercy on me. You are the Most Forgiving, the Most Compassionate.



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

Tasleem

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamualaikum Warahmatullaah

May the peace and mercy of Allah be upon you

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamualaikum Warahmatullaah

May the peace and mercy of Allah be upon you



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

To end the prayer, we say the tasleem supplication and follow this gesture from right to left.





“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

Are you aware about the power of Istighfaar (asking for forgiveness) in Islam. Let us see.

Seeking forgiveness from Allah with repentance is a virtue.

We are all aware that humans are not perfect. Because we all make mistakes and commit sins in Islam, forgiveness is a critical aspect of Islam. As Muslims, however, we believe that Allah is All-forgiving and Most-Merciful.

In Islam, there are two types of forgiveness: Allah's forgiveness and human forgiveness. We, as humans, require both because we make mistakes in our relationships with Allah as well as with one another. All that is required in Islam is the recognition of the mistake or sin, the improvement of it, and the seeking of forgiveness from Allah and from other human beings.





“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

There are so many benefits of asking forgiveness from Allah. Some of them are:

- Forgiveness from Allah brings joy, reassurance and peace of mind.
Allah (swt) says **Surah Hud verse 3**: *“And [saying], seek forgiveness of Your Lord and repent to Him, [and] He will let you enjoy a good provision.”*
- Forgiveness from Allah results in the healthy and strong body, free from diseases and disabilities.
- It saves one from Fitnah and afflictions.
- If someone wants righteous children, lawful money and expanded sustenance, then he/she should seek forgiveness from Allah.
- Allah (swt) says in **Surah Baqarah verse 58**, *“And say, ‘relieve us of our burdens.’ We will [then] forgive your sins for you, and We will increase the doers of good [in goodness and reward].”*

Hence, in order to increase rewards and expect forgiveness from Allah, we should turn to Him alone.



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

In the Holy Qur’an, Allah says:

“Kind speech and Forgiveness are better than charity. “A kind and courteous word and forgiveness are (much) better than the charity that is followed by (such an emotional) abuse. Allah is free of all wants and the Most Forbearing.”

– Qur’an 2:263

A prominent scholar among the sahabah, Hasan Al Basri said:

“When salah is the least of your concerns, then what is your most important concern? As much as you fix your salah, your life will be fixed. Did you not know that salah was equated with Success: ‘Come to Prayer, Come to Success. (during the call to prayer)’ How can you ask Allah for success when you are not responding to His right upon you?”

If you are wondering why there is a delay in your sustenance, in your marriage, in your work, in your health, look into your salah: are you delaying it?

‘If we truly have faith in the unseen and have faith in the Messenger of Allah telling us that Allah wants us to meet Him 5 times every day in our salah, then we should take salah more seriously.’



“And remind, for indeed, the reminder benefits the believers.” – The Qur’an 51:55

“And enjoin prayer upon your family [and people] and be steadfast therein. We ask you not for provision; We provide for you, and the [best] outcome is for [those of] righteousness.”

– Qur’an 20:132

إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ

Verily, Prayer prevents the worshipper from indulging in anything that is undignified or indecent. (Quran 29:46)



Conclusion

The **Manual for Salaat** ends here. I hope you found this guide useful. I am grateful to Allah for this opportunity. In addition, my appreciation goes to all those who reviewed and offered their guidance. I strongly encourage you to read, comprehend, and reflect on the du'as/suplications that we recite in our prayers on a daily basis. Understanding our conversations with Allah subhaanahu wa taa'alaah is crucial. This is how we become more connected with Him.

Distribute the manual to your friends and family so that we can all reap the rewards of Sadaqah Jaariyah!

Kindly share your thoughts, comments and criticisms on nusaumeer34@gmail.com.

Keep me in your humble duas.

Yours in Islam

Nusayhah