

A Committed Soul

# *A manual for Salaat*



Picture source: Pinterest

*Pray Before you are prayed upon!*

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## **Dedicace**

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

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



*“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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## *Improving your salaah*

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

*[Al-Bukhari and Ahmad]*

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.

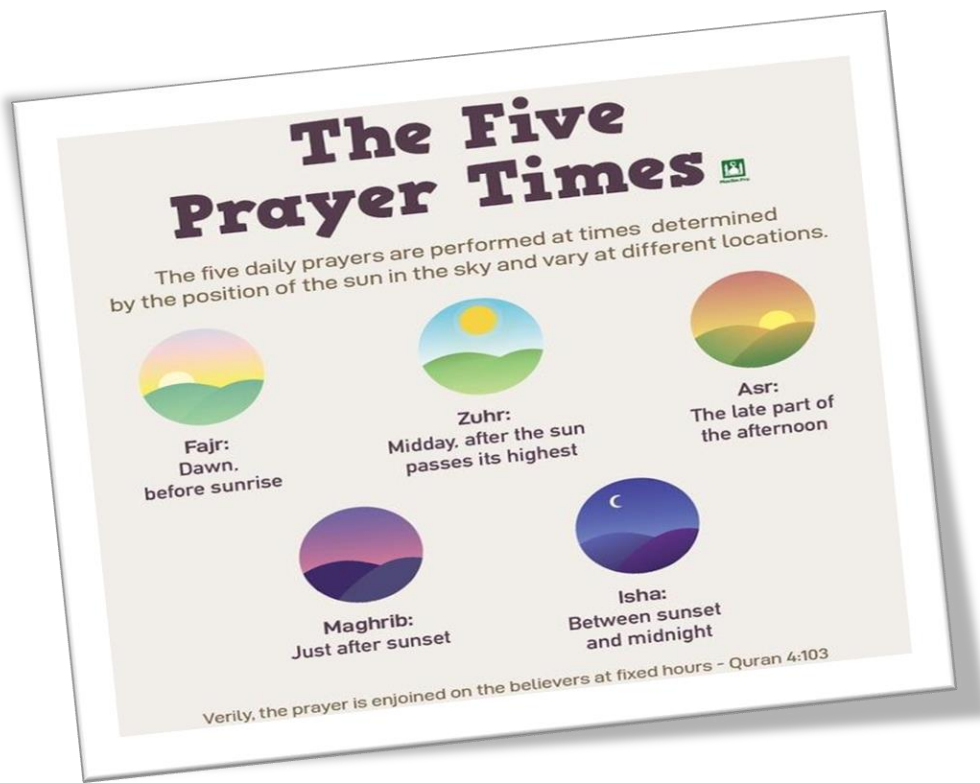
In the Holy Qur’an, Allah says:

*“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*



“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>Zuhr</i>	4
<i>Asr</i>	4
<i>Maghrib</i>	3
<i>Isha</i>	4



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

## Summary

### For 2 Rakaat\* Prayer (Fajr)

#### **Rakaat 1**

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

#### **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





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

### For 4 Rakaat Prayer (Zuhr, Asr, Esha)

#### **Rakaat 1**

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

#### **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
- 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]

#### **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



## Du'as/Supplications in Prayer

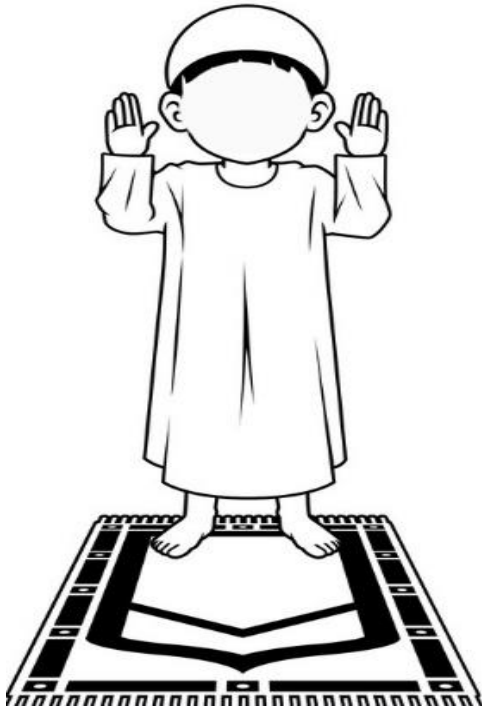
### Takbeer

### Takbir

الله أكبر

*Allahu Akbar*

Allah is the Greatest



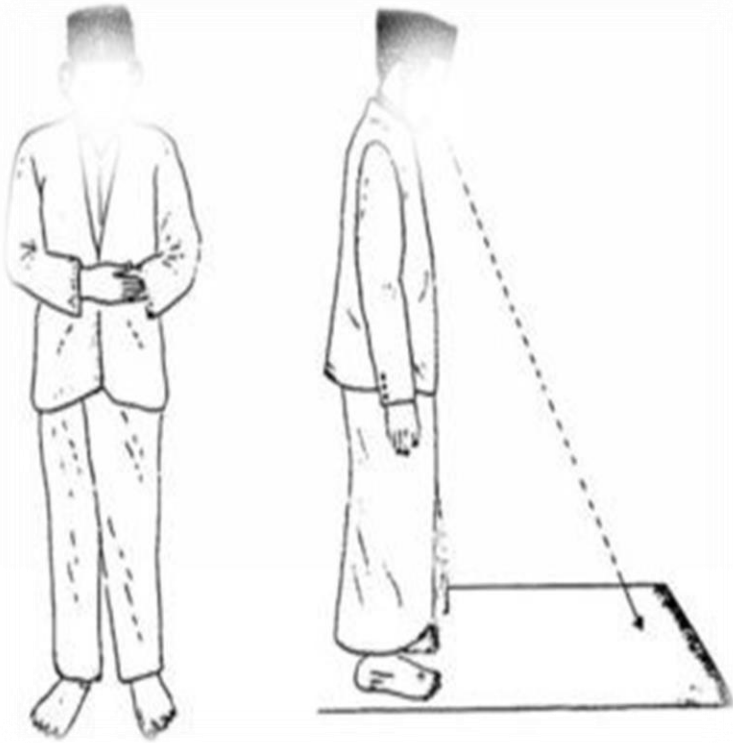
As illustrated in the picture,  
we raise our hands up to our  
earlobes and say the Takbeer

## 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.





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.

الرَّحْمَنِ الرَّحِيمِ

*Ar-Rahmaanir-Raheem*

The Most Gracious, the Most Merciful.

مَالِكِ يَوْمِ الدِّينِ

*Maaliki Yawmid-Deen*

Master of the Day of Judgment.



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

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

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

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.



## 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.

## During Rukhu’ one should say:

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَ بِحَمْدِهِ

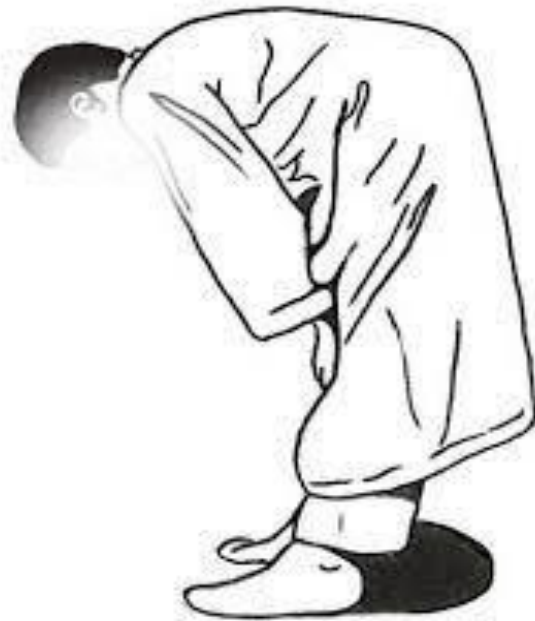
*Subhaana Rabbiyal-'Adheem Wa Bihamdihee*

“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)

Ruku







**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.

**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 Sujood, 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 Sujood (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

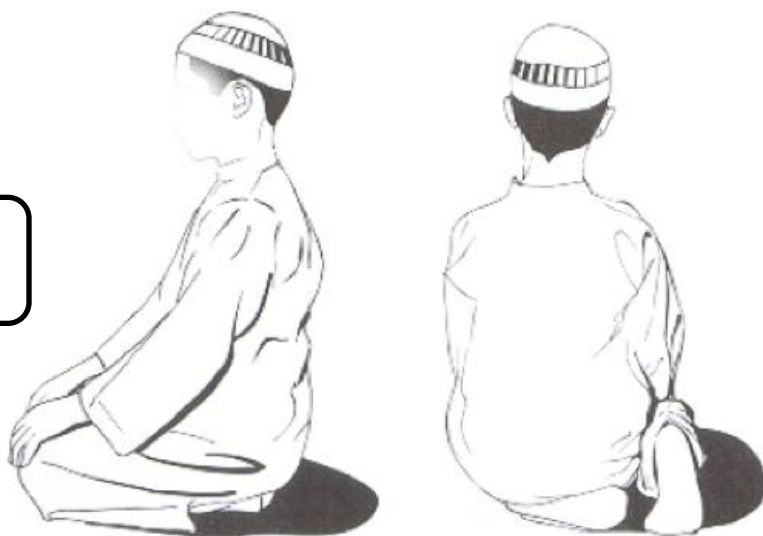
## Dua when sitting between two Sujood

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.



التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

*Attahiyyaatu Lillahi Was Swalawaatu Wattwayyibaatu*

All compliments, all prayer and worship are for Allah



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

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*Assalamu Alaika Ayyuhannabiyyu 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

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 ilahai llallahu Wa Ash hadu Anna Muhammadan rabduhu wa Rasooluh*’

## 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.

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.
- It is the specific dua recited at the end of the last rakah/portion of prayer.

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

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

### Dua of Istighfaar/Forgiveness

اللهم إني ظلمت نفسي ظلمًا كثيرًا، 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 magfiratan 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

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







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.

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 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



## 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/supplcations that we recite in our prayers on a daily basis. Understanding our conversations with Allah subhaanahu wa taa'ala 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](mailto:nusaumeer34@gmail.com).

Keep me in your humble duas.

Yours in Islam

**Nusayhah**