

Formal Salat Guide for Dhuhr, Asr and Isha Prayers

- 1) Determine the time for the prayer and do **Wudu**,
- 2) Make **Athan** (call to prayer) then the **iqamah** (2nd call to prayer)
- 3) Lay out your prayer rug and stand facing the direction of prayer.
- 4) State your **Intention** by saying aloud:
“A[◌] AUD^ḥ BILLĀHI MINA-S^ḥAYṬĀNI-R-RAJĪM BISMILLĀHI-R-RAHMĀNI-R-RAHĪM NAWAYTU AN UṢALLIYA [◌]ARBA[◌]A RAK[◌]ĀTIN FARḌU ṢALĀTU-L-D^ḥUHRI (or ASR or ISHA)” (I seek refuge in Allah the Most Merciful Most Compassionate, from the accursed shaytan, I intend to pray the 4 obligatory rakas for dhuhr, asr or isha prayer)

- 5) Raise hands to side of head and **say aloud**:

“ALLAHU AKBAR” (God is Greater, this begins the prayer)

- 6) You **may** now make an optional supplication to Allah **quietly** to yourself. Such as “All praise and blessings to You Allah, You are my Lord and Sustainer”

- 7) Recite the Fatiha **quietly** for dhuhr and asr or **out loud** for isha prayer:

BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤIM (In the Name God, Most Merciful Most Compassionate)

AL-ḤAMDU-LI-LLĀHI RABBI-L-[◌]ĀLAMIN (All praise to God, Lord of all the worlds)

[◌]AR-RAḤMANI-R-RAḤIM (Most Merciful Most Compassionate)

MĀLIKI YŌMI-D-DĪN (Master of the Day of Judgment)

[◌]IYYĀKA NA[◌]BUDU WA [◌]IYYAKA NASTA[◌]IN (You alone do we worship & ask for help)

[◌]IHDINA-Ṣ-ṢIRĀTA-L-MUSTAQĪM (Guide us on the right path)

ṢIRĀTA-L-LLAD^ḥĪNA [◌]AN[◌]AMTA [◌]ALAYHIM (The path of those upon whom You favor)

GAYRI-L-MAG^ḥḌŪBI [◌]ALAYHIM (Not those upon whom Your wrath is brought down)

WA LA-D-ḌĀĀĀLLĪN. ĀMĪN. (Nor of those who go astray. Amen)

- 8) You **may** recite any other sūrah (chapter) or āyah (verse) of the Qur’an that you know, **quietly** for dhuhr and asr or **out loud** for isha prayer.

- 9) Raise your hands and **say aloud**:

“ALLAHU AKBAR” and then bow from the waist, hands on thighs.

- 10) While bowing you **may say, quietly** :

“SUBḤĀNA RABBIYA-L-[◌]ADḤĪM” (Glory to my Lord the tremendous) 3-, 5, 7 or 11 Times

- 11) Stand, while moving to stand you **may say, aloud**:

“SAMI[◌]A-LLĀHU LIMAN ḤAMIDAH” (Allah hears those who praise Him)

- 12) Once standing you **may say, aloud**:

“RABBANĀ LAKA-L-ḤAMD” (Our Lord to You all praise is due)

- 13) Raise your hands and **say aloud**:

“ALLAHU AKBAR” and then move to prostration, forehead on the floor, palms flat on floor next to ears.

- 14) While in prostration you **may say, quietly**:

“SUBḤĀNA RABBIYA-L-[◌]A[◌]LĀ” (Glory to my Lord Most High) 3, 5, 7 or 11 Times

- 15) While moving to sit back **say aloud**:

“ALLĀHU AKBAR” (God is Greater than....)

- 16) While sitting you **may say, quietly**:

“RABBI-G^ḥFIRLĪ WA IR-HAMNI” (My Lord forgive me and send me mercy)

17) While move back into prostration **say aloud**:

“ALLĀHU AKBAR” (God is Greater than....)

18) While back in prostration you **may say, quietly**:

“SUBĤĀNA RABBIYA-L-^oA^cLĀ” (Glory to my Lord Most High) 3, 5, 7 or 11 Times

19) You have finished the first rakat. **Stand up** while saying **aloud**:

“ALLĀHU AKBAR”

20) **Repeat lines 7-18** using a different sūrah or āyat for line 8. This is the second rakat.

21) After the second rakat, instead of standing, sit back on your knees and **say quietly**:

“AT-TAHIYYĀTU-L-MUBĀRAKĀTU ṢALAWĀTU ṬAYYIBĀTU LI LLĀH. AS-SALĀMU ^cALAYKA AYYUHA N-NABIYYU WA RAḤMATU LLĀHI WA BARAKĀTUH. AS-SALĀMUN ^oALĀYNA WA ^cALĀ ^oIBĀDI LLĀHI Ṣ-ṢĀLIḤĪN.
(Point right pointer finger) ASḤ-HADU AL LĀ ILĀHA ILLA LLĀH(U) WA ASḤ-HADU ANNA MUḤAMMADAN RASŪLU-LLĀH”.

(Greetings, blessing & the best of prayers to Allah. Peace be upon you O Prophet, & the mercy of Allah and His blessings. Peace be upon us, & upon Allah’s righteous slaves. I testify that there is no god except Allah & that Muhammad is the Messenger of Allah.)

22) Return to standing, **say aloud**: “ALLĀHU AKBAR” (God is greater than...) as you stand up.

23) Now you have completed a two rakat cycle. For dhuhr, asr and isha you will repeat this whole cycle once again (**lines 7-21**) except that for each of two remaining rakat cycles you will **say the Fatiha silently** and you leave out the extra surahs/ayats from line 8) for a total of four rakat. After you have said line 21 for the second time at the end of the fourth rakat you add the following:

24) **Say quietly**:

“ALLĀHUMMA ṢALLI ^oALĀ SAYYIDINĀ MUḤAMMADIN WA ^cALĀ ĀLI SAYYIDINĀ MUḤAMMADIN. KAMĀ ṢALLAYTA ^cALĀ SAYYIDINĪ IBRĀHĪM WA ^cALĀ ĀLI SAYYIDINĀ IBRĀHĪM. ALLĪHUMMA BĀRIK ^cALĀ SAYYIDINĀ MUḤAMMADIN. WA ^cALĀ ĀLI SAYYIDINĀ MUḤAMMADIN. KAMĀ BĀRAKTA ^cALĀ IBRĀHĪM WA ^cALĀ ĀLI SAYYIDINĀ IBRĀHĪM(A). FIL ^cĀLAMĪNA INN-AKA ḤAMĪDUN MAJĪD”

(O Allah send prayers upon our Master Muhammad, and upon the family of our Master Muhammad, as you sent prayers upon our Master Abraham and upon the family of our Master Abraham. O Allah send blessings upon our Master Muhammad, and upon the family of our Master Muhammad, as you sent blessings upon our Master Abraham and upon the family of our Master Abraham, in all the worlds, for truly You are the Most Praiseworthy and Noble.)

25) Look to your right and **say aloud**: “AS-SALĀMU ^cALĀYKUM WA RAḤMATU LLĀH”

(The peace be upon you and Allah’s mercy and His blessing.)

26) Look to your left and **say aloud**: “AS-SALĀMU ^cALĀYKUM WA RAḤMATU LLĀH”

(The peace be upon you and Allah’s mercy and His blessing.)

This completes the format for the four rakat’s of dhuhr, asr and isha prayer. You notice that the only difference between these three prayers is that for Isha prayer the Fatiha and the axtra surah/ayats of line 8 are said out loud, while during Dhuhr and Asr prayers they are said silently.

Follow all prayers with the **After Prayer Practices** found on pages 46-47.

Formal Salat Guide for Maghrib Prayer

Maghrib prayer is almost exactly like Isha prayer. The only difference is that there are only three rakats instead of four. You leave out the first rakat from the second round in line 23. So you do steps 1-22 for the first two rakats (just like in isha prayer) then repeat steps 7-18 leave out 19, 20 and 22 and do steps 21, 24, 25 then 26.

For line #4 the intention for mughrib prayer is:

“A[◌]AUDḥ BILLĀHI MINA-SḥAYṬĀNI-R-RAJĪM BISMILLĀHI-R-RAHMĀNI-R-RAJĪM NAWAYTU AN UṢALLIYA TḥALĀTHA RAK[◌]ĀTIN FARḐU ṢALĀTU-L-MAGḥRIBI”

Or you may say in english “I intend to pray three rakats of mughrib prayer for Allah’s face” and add the “A[◌]AUDḥ BILLĀHI MINA-SḥAYṬĀNI-R-RAJĪM” at the beginning of the first Fatiha.

Maghrib prayer is prayed during the narrow window between the time of sunset and twenty minutes after sunset. There are great apps for your smartphone that calculate the times for each prayer and the direction of prayer for your area

Note: Take your time learning the prayers. Start with the simple version described earlier in this book “Getting started with salat” and then slowly add the other pieces. The best way to learn is by praying with others. Don’t be afraid to ask questions or seek clarification. If you have specific questions that are still unanswered ask imam **Said Bin Yunus**, See the “Ask an imam” section on the SSC website, www.suficommunities.org

Sunna prayers

Sunna prayers are extra rakats the Prophet Muhammad, peace and blessings of Allah be upon him, would do before or after the obligatory prayers. They are performed individually not in congregation. Below is the list of the sunna prayers for each of the obligatory prayers.

Fajr prayer- 2 rakats before

Dhuhr prayer- 4 rakats before and 2 rakats after

Asr prayer- 4 rakats before

Maghrib- 2 rakats after

Isha- 4 rakats before and 2 rakats after