

Step #1



1. Clear your mind
2. Make your intention for the Prayer you are about to pray in your heart (without moving your lips) and that this prayer is for Allah alone.
3. During the prayer, ALWAYS look at the spot where you will place your head when prostrating, unless otherwise mentioned

Step #2



“Allahu Akbar”
(Allah is the Greatest)

Note: Every time you raise your hands to your ears, DO NOT touch them.

Step #8 (and 17)



“Subhana Rabbiyal
'Ala” (3 times)
How perfect my Lord is,
the Most High
Then while rising to perform
Step #9, say
“Allahu Akbar”

Step #9 (and 18)



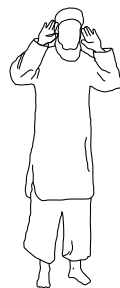
“Rab-high fir lee.”
(2 times)
Oh Lord, forgive me.
Optional Supplication
Then while prostrating
to perform Step #10, say...
“Allahu Akbar”

Step #3 (and 12)



“a'oothu billaahi min ash-shaytan ar-rajeem”
“Bismillaahir-Rahmaanir-Raheem”
“al Hamdu Lillaahi Rabbil aa'lameen”
“Ar Rahman nir Raheem”
“Maaliki Yawmid-Deen”
“Iyyaaka na'budu Wa Iyyaaka nasta'een”
“Ihdinas-Siraatal Mustaqeem”
“Siraatal-latheena an'amta 'alayhim ghayril
maghduubi 'alayhim walad daalleen”

Step #4 (and 13)



“Allahu Akbar”
(Allah is the Greatest)

Step #10 (and 19)



“Subhana Rabbiyal
'Ala.” (3 times)
How perfect my Lord is,
the Most High
Then while rising to perform
Step #11, say...
“Allahu Akbar”

Step #11



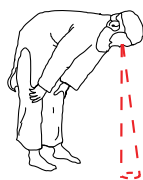
Rest here for a few seconds
then push up to step #12
(also step #3) using your fists

For steps 8, 10, 17 and 19, be sure
to place your forehead, nose, both
hands, both knees, and both feet
on the ground to perform it
correctly.

Go back to step #12 (also step #3) and continue
until you reach step #19 (also step #10)

In Step #3, after you recite the Fatiha, it is highly recommended
to recite another part of the Qur'an BEFORE going to Step #4.

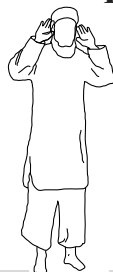
Step #5 (and 14)



hands on knees

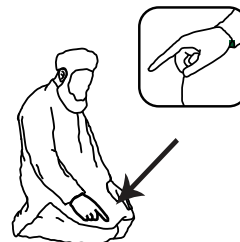
“Subhaana rabbiyal
'Adheem”
(3 times)
How perfect my Lord is,
the Supreme

Step #6 (and 15)



“Sami' Allahu liman
hamidah”
May Allah answer he
who praises Him.
“Rab-bana walakal
hamd”
Our Lord, for You is all Praise.

Step #20 (part 1)



“At-tahiyyaatu lil-laahi was
salawaatu wat-tay-yibaatu
As-salaamu 'alayka ay-yuhan-nabiyu
wa rahmatullahi wa barakaatuhu
As-salaamu 'alaynaa wa 'alaa
'ibaadil-lahi-saaliheen

(Shahaadah)

Ash-hadu al-laa ilaaha illa Allah,
Wa ash-hadu anna Muhammadan
'abduhu wa rasuluhu”

(part 2)

“Allahum-ma salli 'alaa Muhammad
wa 'alaa aali Muhammad
Kamaa sal-layta 'alaa Ibraahim
wa 'alaa aali Ibraahim
“Wa baarik 'alaa Muhammad wa
'alaa aali Muhammad
Kamaa baarakta 'alaa Ibraahim
wa 'alaa aali Ibraahim fil 'alaamin
Innaka hamidun majid”

Move your finger up and
down. And only during the
shahadah, point your finger
straight

Step #21

Turn head 90 degrees to the
right and say...



Step #22

Turn head 180 degrees to the
left and say same as Step #21



“As-salaamu 'alaikum
wa rahmatullah”
Peace and blessings
be upon you.

This is said for both step #21 and 22.

**Golden Rule #1: When praying by yourself,
move your lips in coordination with what
you are saying silently.**

**Golden Rule #2: When praying in congregation,
move your lips in coordination with what
you are saying silently EXCEPT when the
Imam is reciting.**



Step #7 (and 16)

While moving from
Position 7 to 8 say
“Allahu Akbar”
When performing step #8: go
down with your hands first
and NOT with your knees.

The End!!