

# New Muslims Class

## LESSON 3 **Salaat**



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# Today's Agenda

- Review previous lesson (Wudu/Intro to Salat)
- Prayer Times
- Learning how to Pray/ Etiquettes of the Mosque
- Dispensations
- What Invalidates the Prayer
- Arriving Late for Prayer

# Salat Times and Cycles (Raka)

- **Fajr Salat has 2 Raka**
  - Prayed between daybreak to sunrise
- **Dhuhr Salat has 4 Raka**
  - Prayed between noon to mid afternoon
- **Asr Salat has 4 Raka**
  - Prayed between mid afternoon to sunset
- **Maghrib Salat has 3 Raka**
  - Prayed between sunset to dusk
- **Isha Salat has 4 Raka**
  - Prayed between dusk to dawn

# Conditions of Salat

- **Purity of clothes and body from**
  - *Blood*
  - *Urine*
  - *Excrement*
- **Purity of location of Salat from**
  - *Blood*
  - *Urine*
  - *Excrement*
  - *Any seen impurities*
- **Being in state of purity (Wudu)**
  - *Purity is achieved by performing Wudu (ablution)*
  - *In certain conditions you would have to take bath (Ghusl) and perform Wudu before performing Salat*
- **Facing the Qibla**
  - *Salat has to be offered facing Qibla (Ka'bah: House of God built by Prophet Ibrahim in Makkah, Saudi Arabia)*
- **Covering the body**
  - *Men have to cover their body from above the navel to knees*
  - *Women cover their entire body except face, hands and feet*

# Before we start ...

- **Perform ablution (Wudu) as subscribed in Quran:**  
*“O you who believe, when you prepare for prayer, wash your face and your hands (and arms) to elbows, rub your heads (with water) and (wash) your feet to the ankles” (5:6)*
- **Prophet Mohammad (pbuh) said:**  
*“Prayer without ablution is invalid”*
- **Once you have performed Wudu, while standing turn your face and whole body towards Ka’bah (Qibla), The Holy House at Makkah**
- **Make intention for the prayer you want to perform (obligatory or supererogatory)**

# Etiquette of the Mosque

- Intention
- Entering the mosque
  - Oh Allah, open the doors of mercy for me!
  - *Allahuma aftahli abwaba rahmatik*
- Do the taHiyat (2 rakaat) (greeting the mosque)
- Leaving the mosque
  - Oh Allah, I ask you to bless me with your generosity.
  - *Allahuma inni as-aluka min fadlik*
- In the mosque
  - The angels are happy for people in the mosque

# Appearance of a Muslim

- Muslims have a distinct personality from others, and one's appearance reflects this.
- Washing up before Friday prayer is wajib.
- Arriving from a journey or visiting family and friends.

# Animation Slides of Salat

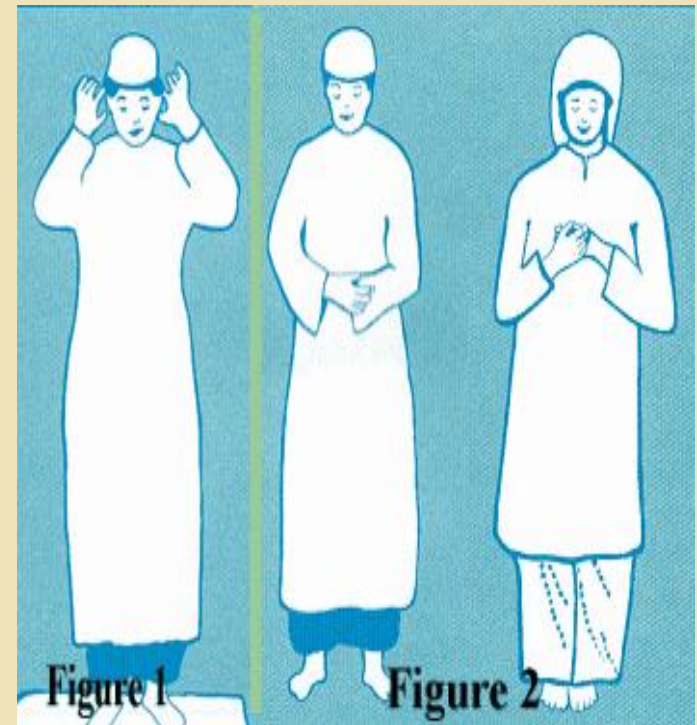
- Watch the animation slides of Salat to get an initial understanding of Salat rituals

<http://english.islamway.com/bindex.php?section=flashes&cat=1>



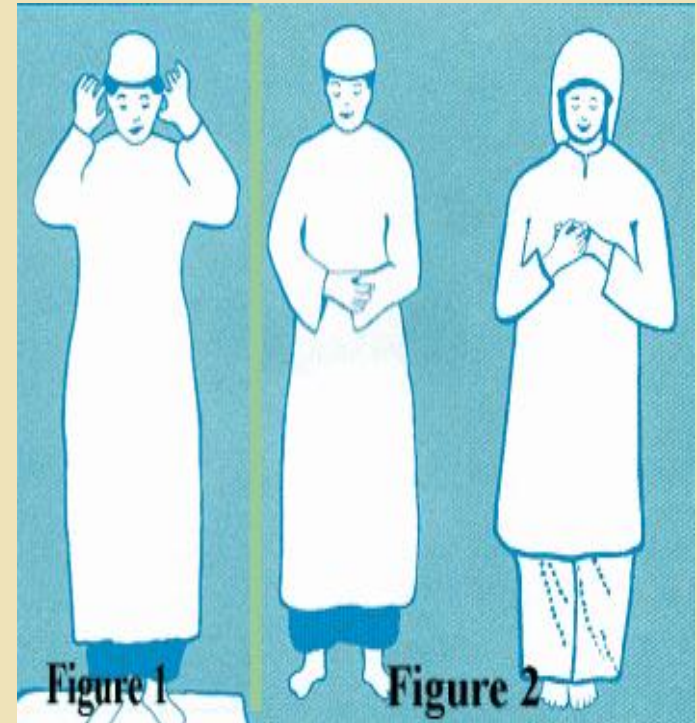
# Takbir Al Ihram (Step A)

- Raise your hands to the level of your ears, palm facing the front saying:
  - *Allahu Akbar* (Allah is Greatest) while looking downwards where you will prostrate
- Demonstration by the instructor



# Qiyam (Step B)

- Put your right hand over your left hand and left wrist, and put them both over your chest or over your stomach
- Recite Surah Al-Fatiha
- Prophet Mohammad (pbuh) said:  
*"Prayer without reciting the Surah Al-Fatiha is invalid"*
- After reciting Surah Al-Fatiha, recite Surah Al-Ikhlās or any other Surah from Quran
- Demonstration by the instructor



## Ruku (Step C)

- Once finished reciting Surah Al-Fatiha and another Surah from Quran, you should bow down, making your head and back on one level, and putting your hands with fingers spread out on your knees
- While being in that position you should say three times at least:

*Subhana Rabbiayl A'thim*

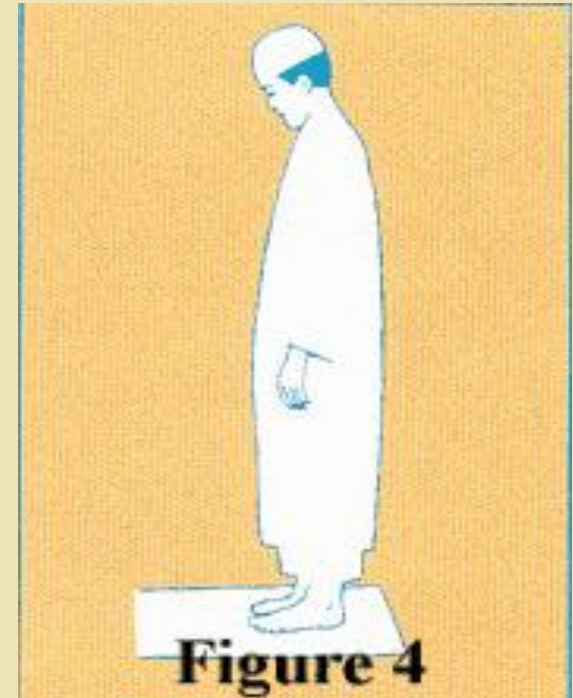
*(Glory be to my Lord, the Almighty)*

- You should feel serenity and tranquility while bowing
- Demonstration by the instructor



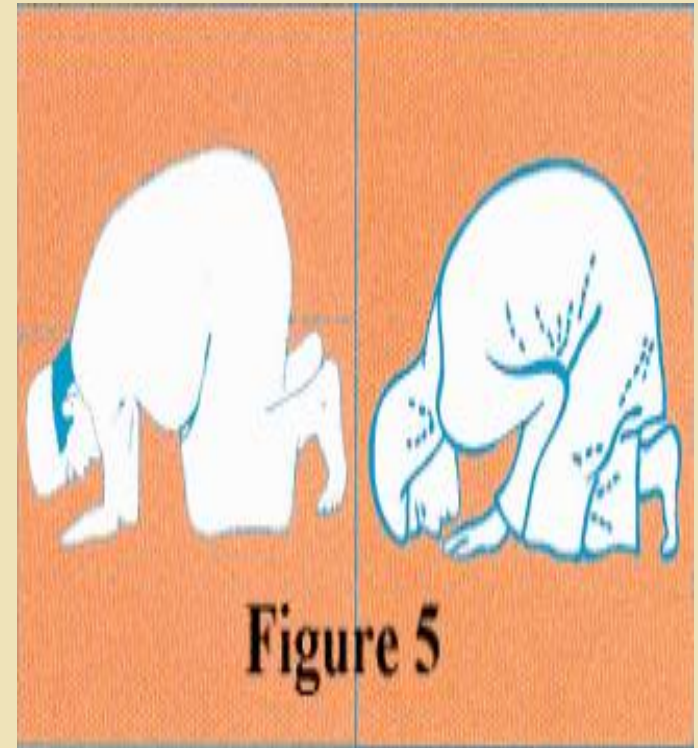
# Raising from Ruku (Step D)

- Raise your head from bowing while saying:  
*Sami' Allahu leeman hamidah*  
(Allah listens to him who praises Him)
- Once standing with straight posture say:  
*Rabbana wa laka al hamd*  
(Our Lord, [and] to You be all praises)
- You should feel serenity and tranquility during this pause
- Demonstration by the instructor



# Sujud (Step E)

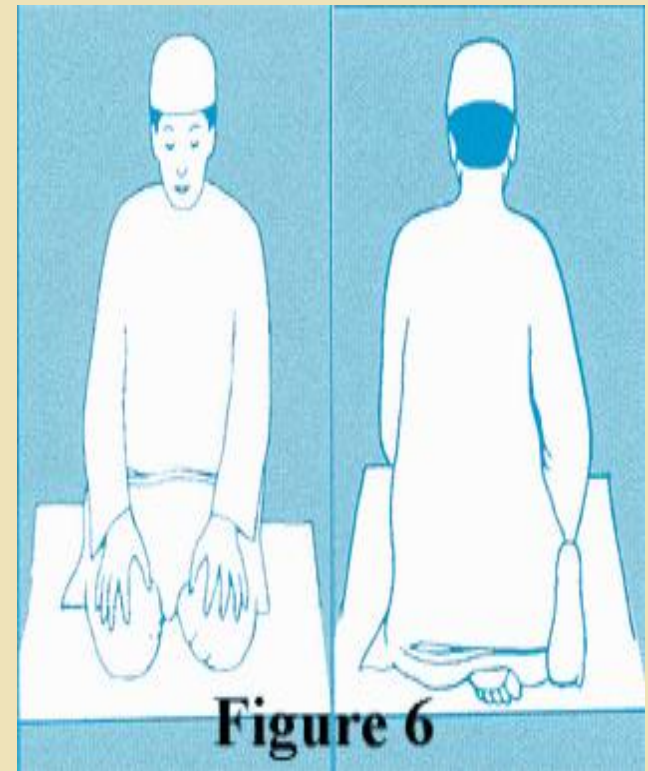
- While moving into prostration say:
  - *Allahu Akbar*
- Your knees should touch the ground before your hands, if possible. If you cannot touch your knees to the ground first, then touch your hands to the ground before your knees.
- While in prostration, make sure eight points touch the ground:
  - Forehead, Nose, both Hands, both Knees, and toes facing forward
- While in prostration, say at least three times:
  - *Subhana Rabbiyal A'ala (Glorified is my Lord, the Exalted)*
- You should feel serenity and tranquility during prostration





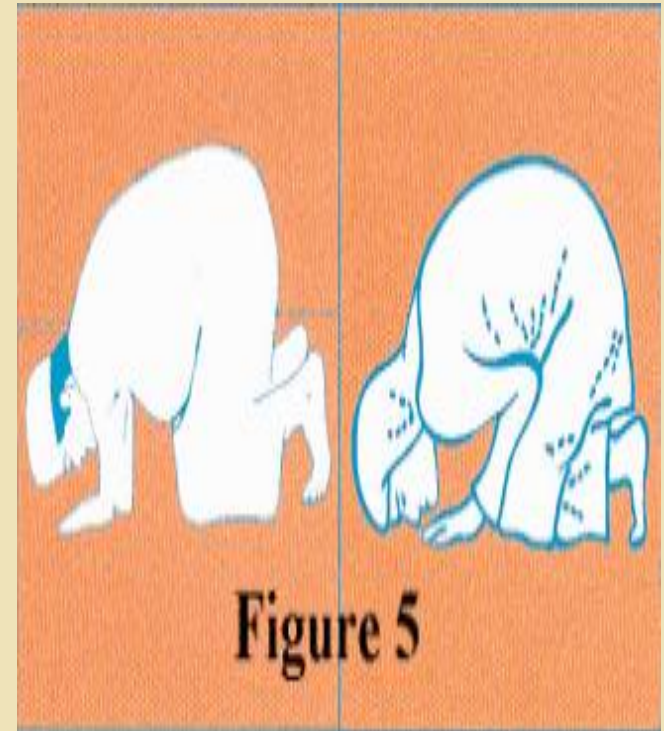
## Julus (Step F)

- While raising your head from the ground and moving into a sitting position say:
  - *Allahu Akbar*
- Lay your left foot flat on the ground and sit upon it, keeping your right foot erected
- Place your left palm on your left knee and right palm on your right knee
- You can make an optional prayer while sitting in this position by saying:
  - *Rabbi Ighfirli Warhamni*  
(O my Lord, forgive me)
- Demonstration by the instructor



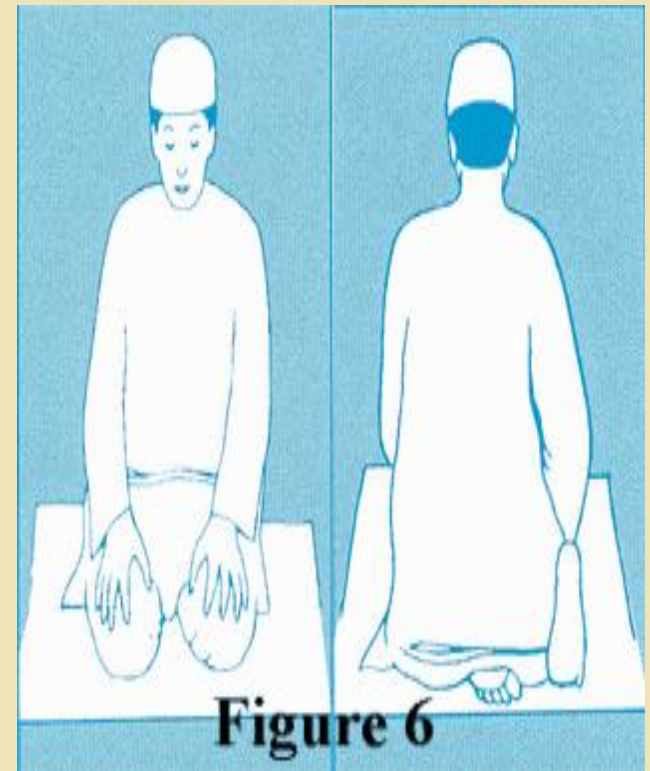
## Sujud (Step G)

- Move into the position of prostration again while saying: *Allahu Akbar*
- Repeating the steps of Sujud explained earlier
- Demonstration by the instructor



## Julus (Step H)

- While raising your head from the ground and moving into a sitting position say:
  - *Allahu Akbar*
- Lay your left foot flat on the ground and sit upon it, keeping your right foot erected
- Place your left palm on your left knee and right palm on your right knee
- At this stage first Raka (cycle) is finished
- After completing the first Raka, you would stand for the second Raka





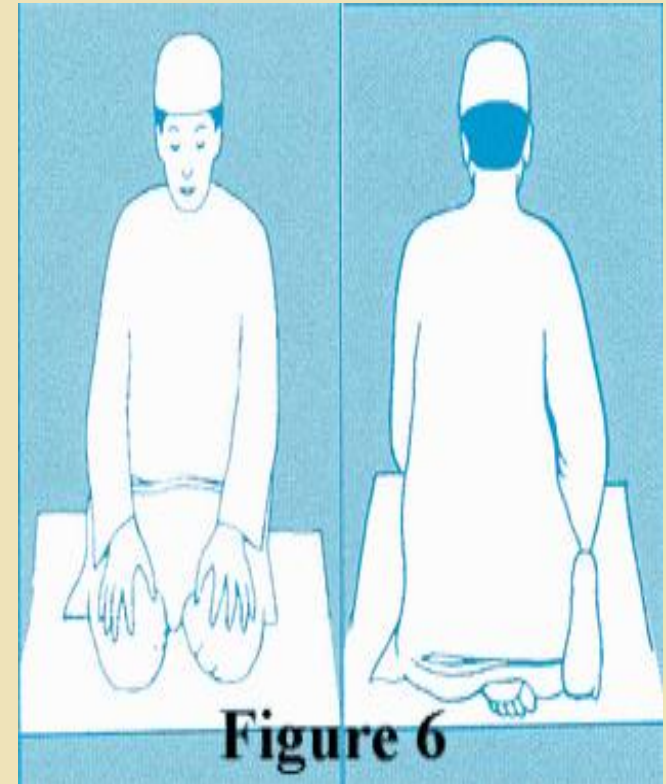
# Performing the 2<sup>nd</sup> Raka

- Every Raka is performed the same, after the first. So follow the steps reviewed by repeat steps B-H for each proceeding Raka.



# Tashahud (Step I)

- As you rise from the second prostration (sujud) of the second Raka, say *Allahu Akbar*, then sit in Julus (Step H)
- While in Julus, recite the Tashahud
- There are two Tashahud, the “first Tashahud” and “second Tashahud”
- The “first Tashahud” is called after the first two raka in Fajr, Dhuhr, Asr, Maghrib and Isha Salat
- Followed by “first Tashahud” the “second Tashahud” is called after the third raka in Maghrib and after fourth raka in Dhuhr, Asr and Isha Salat



# Tashahud (Step I)

- **First Tashahud:**

Attahiyatu Lillah was-salawatu attaybat, assalamu 'alaika ay-yuhan Nabi wa'Rahmattullahi wa'barakatuh, assalamu 'alayna wa 'ala ibadu'Llahis-Saliheen, **Ash-Hadu Alla-illaha-illa-lah Wa Ash-Hadu an-na Muhammadan Abduhu wa Rasuluh**

(You would raise the index finger of your right hand (pointing towards Qiblah) without lifting your hand from your thigh and knee and recite the orange. You will put your index finger to previous position (on thigh and knee) once you have recited the orange text)

- **Translation of First Tashahud:**

*Greetings, prayers and the good things of life belong to Allah. Peace, mercy and blessings of Allah be on you, O Prophet. May peace be on us and on the devout slaves of Allah. I testify that Mohammad is His slave and messenger.*

# Tashahud (Step I)

- **Second Tashahud:**

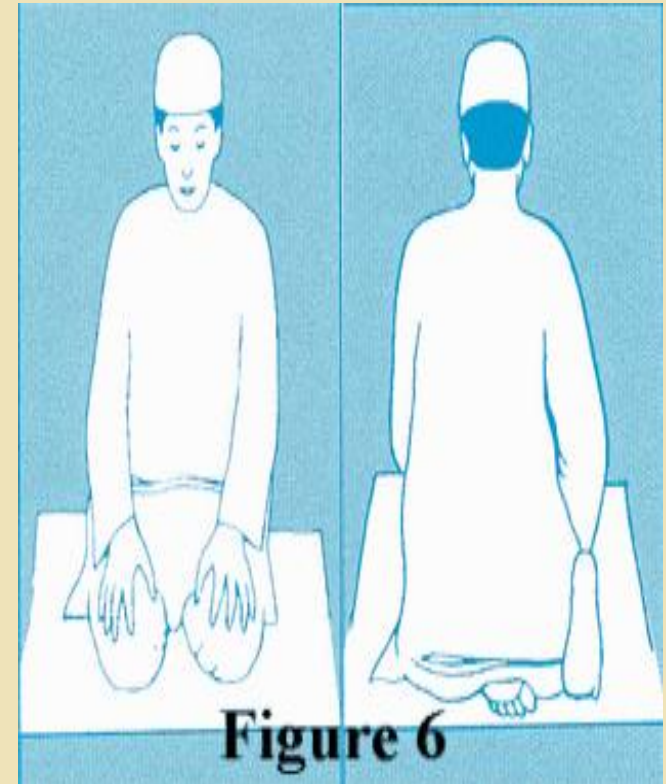
Allahuma salli 'ala Muhammad wa 'ala aalee Muhammad Kama sallayta 'ala Ibraheem Wa 'Ala Aalee Ibraheem. Wa baarik 'ala Muhammad wa 'ala aalee Muhammad Kama Barakta 'ala Ibraheem wa 'ala aalee Ibraheem, fil 'alameen, in-nakka Hameedum-Majeed.

- **Translation of Second Tashahud:**

*O Allah, bless Mohammad and his family as You blessed Ibrahim and his family. You are the Most Praised, The Most Glorious. O Allah, bestow Your grace on Mohammad and his family as You bestowed it on Ibrahim and his family. You are the Most Praised, The Most Glorious.*

# Tashahud (Step I)

- Once you have recited the first Tashahud in Duhr, Asr, Maghrib and Isha Salat, continue the Salat by standing up again in Qiyam (Step B) and completing the remaining Raka.
  - Dhuhhr Salat has 4 Raka
  - Asr Salat has 4 Raka
  - Maghrib Salat has 3 Raka
  - Isha Salat has 4 Raka
- The remaining Raka would be exactly similar to what is described before with few exceptions (these exceptions are explained in next section)



# Tasleem (Step J)

- After completing the second Tashahud, while in Julus, exit the prayer, turn your head to your right, look over your shoulder and say:

*Assalaamu 'Alaikum Warahmatullah*  
(May Allah's peace and blessings be on you)

- Then turn your head to the left, looking over your left shoulder and say:

*Assalaamu 'Alaikum Warahmatullah*  
(May Allah's peace and blessings be on you)

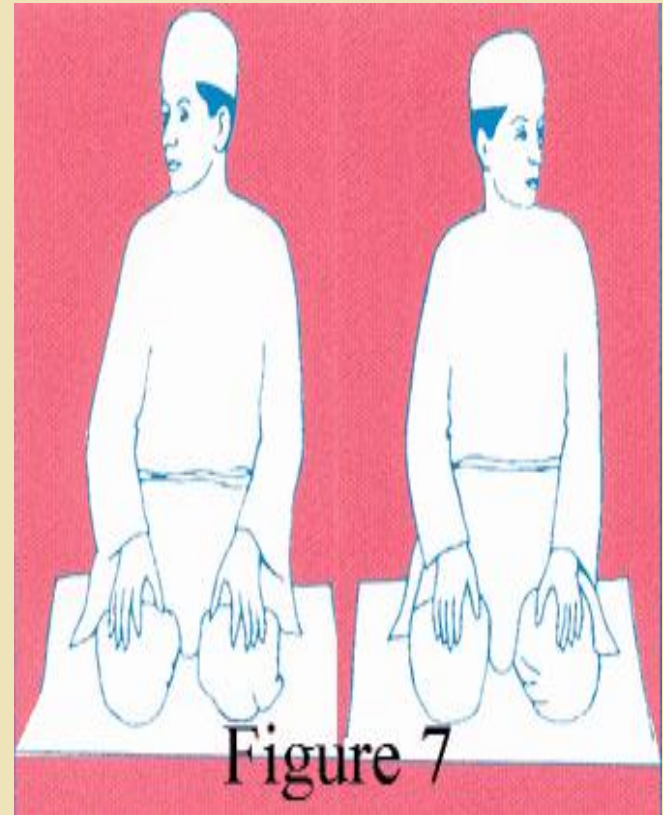


Figure 7

# Fajr (Dawn) Salat Explained

- Fajr is prayed between the first light of dawn and sunrise
- Fajr Salat contains 2 cycles (Raka)
- After the second Suju'd in the second Raka, sit in Julus and say the first and second Tashahud, and end with Tas'leem (Step J), completing your Fajr prayer



# Dhuhr (Noon) Salat Explained

- Dhuhr is prayed between noon and mid afternoon
- Dhur contains 4 cycles (Raka)
- After completing two cycles, you would recite the first Tashahud while sitting in Julus
- After reciting the first Tashahud, continue the Salat by standing up again in Qiyam (Step B) performing 2 more complete cycles
- In third and fourth Raka, only recite Surah Al-Fatiha while in Qiyam
- After the second Suju'd in the fourth Raka say the first and second Tashahud while sitting in Julus, and complete your Dhur prayer with Tas'leem



# Asr (Afternoon) Salat Explained

- Asr is prayed between afternoon and before sunset
- Asr contains 4 cycles (Raka)
- After completing two cycles, you would recite the first Tashahud while sitting in Julus
- After reciting the first Tashahud, continue the Salat by standing up again in Qiyam (Step B) performing 2 more complete cycles
- In third and fourth Raka, only recite Surah Al-Fatiha while in Qiyam
- After the second Suju'd in the fourth Raka say the first and second Tashahud while sitting in Julus, and complete your Asr prayer with Tas'leem

# Maghrib (Sunset) Salat Explained

- Maghrib is prayed between sunset and dusk
- Maghrib contains 3 cycles (Raka)
- After completing two cycles, you would recite the first Tashahud while sitting in Julus
- After reciting the first Tashahud, continue the Salat by standing up again in Qiyam (Step B) performing 1 more complete cycle
- In third Raka, only recite Surah Al-Fatiha while in Qiyam
- After the second Suju'd in the third Raka say the first and second Tashahud while sitting in Julus, and complete your Maghrib prayer with Tas'leem

# Isha (Evening) Salat Explained

- Isha is prayed between dusk and dawn
- Isha contains 4 cycles (Raka)
- After completing two cycles, you would recite the first Tashahud while sitting in Julus
- After reciting the first Tashahud, continue the Salat by standing up again in Qiyam (Step B) performing 2 more complete cycles
- In third and fourth Raka, only recite Surah Al-Fatiha while in Qiyam
- After the second Suju'd in the fourth Raka say the first and second Tashahud while sitting in Julus, and complete your Isha prayer with Tas'leem

# What Invalidates Salat ?

- While performing Salat, following situations would invalidate the Salat. You must immediately exit the prayer, get back into a state of purity by performing Wudu and offer your Salat all over again
  - Passing wind, Defecating, Urinating
  - Excrement of Blood or any other substance
- It is not necessary to perform Wudu for every prayer, if the last Wudu performed is still valid
  - Things that require you to renew your Wudu are:
    - » Passing wind, Defecating, Urinating
    - » Excrement of Blood or any other substance
    - » Falling into a deep sleep thereby losing consciousness
    - » Temporary loss of consciousness due to fainting spells or hysteria

# Dispensations (Rukhsa)

- Women do not pray during their menstrual cycle
- A person who is not sane does not have to offer Salat
- A person in the final moments of his life does not have to offer Salat
- If a person is sick or injured and cannot stand, may offer Salat while sitting
- If a person is sick or injured and can not sit, may offer Salat while laying down

# Arriving Late for Congregational Prayers

- If you arrive late and find that obligatory prayer has already begun, join the row of worshippers. Enter the prayer by raising your hands to the level of your ears, palm facing the front saying *Allahu Akbar*.
- Then immediately join the worshippers at whatever stage they are at in the prayer. If it is at the prostration, then go immediately into the prostration position with rest of the worshippers.
- Even if you arrive immediately before the Imam is about to conclude the Prayer with the final Salam (Tasleem), join the worshippers in their position at that point so that you get the blessings of praying in congregation

# Arriving Late for Congregational Prayers

- After the Imam has made the final Salam (Tasleem), you do not follow the Imam in making tasleem. You resume your standing position to complete the number of Rakas you have missed
- If you have joined the prayer any time up to and including the time of Ruku, that whole Raka is counted, and you do not make it up.
- If you have joined after that time, when the Imam begins to move from bowing position to a standing position, then the whole Raka and any preceding Raka's you have missed must be made up.
  - Example: If the prayer is 4 raka's and you enter late in the 1<sup>st</sup> raka, then you have 1 raka to complete.

# Lesson Summary

- Covered prayer times
- Learned the Salat
- Learned about dispensations
- Learned what invalidated the prayer
- Learned what to do when arriving late for prayer



# New Muslims Class

## LESSON 3 Appendix



DISCOVERISLAM

# Advanced Topics in the Prayer

- Shortening Salat
- Missed Salat
- Tasbeeh: After Salat
- Types of Salat
- Congregational Prayers
- Jumah (Friday Prayers)
- Eid Prayer

# Shortening the Salat

- If a Muslim travels more than 48 miles from his home town and stays out of town for less than 10 days is strongly encouraged to shorten his/her Salat
- If you meet to above requirements then you are considered to be a traveler
- A traveler does not have to offer any non obligatory Salat
- A travel shortens the Fard Salat by half for Dhuhr, Asr and Isha and offers:
  - 2 Fard Raka for Dhuhr Salat
  - 2 Fard Raka for Asr Salat
  - 2 Fard Raka for Isha Salat
- A traveler does not shortens the Fard Salat for Fajar and Maghrib and offers:
  - 2 Fard Raka for Fajr Salat
  - 3 Fard Raka for Maghrib Salat

# Missed Salat (QaDa)

- Due to extremely unavoidable circumstances when you are not able to perform any of the five daily Fard Salat, you are required to make up for the missed Salat at your earliest convenience
- While making up for the missed Fard Salat, non obligatory prayers are NOT offered.
- Missing a Fard Salat intentionally due to work, travel, study and other things of this nature are not considered “extremely unavoidable circumstances”
- If Fard Salat is missed unintentionally due to oversleeping or forgetfulness, then there is no sin in missing the prayer
- Allah (SWT) is Most Merciful and Most Forgiving

# At a Loss of Words

- If at any time during your prayer you cannot recall the words, do not lose heart
- Simply praise Allah using the simple phrases you may remember, such as Allahu Akbar, Subhan Allah, Alhamdulillah and complete the sequence to the end
- Time, practice, patience and seeking help from Allah will eventually make your Salat perfect

# Tasbeeh

- According to the Hadith of Prophet Mohammad (pbuh) all Muslims are encouraged to recite the following after every Fard Salat called Tasbeeh:
  - 33 times “Subhan Allah” (Glory be to Allah)
  - 33 times “Alhamdulillah” (All praise is to Allah)
  - 34 times “Allahu Akbar” (Allah is greatest)
- Tasbeeh is recited to get extra thawab (reward) and to get closer to Allah (SWT)

# Daily Salat are Offered in Following Order

- **Fajr Salat**
  - 2 Raka Sunnah Salat
  - 2 Raka Fard Salat
- **Dhuhr Salat**
  - 4 Raka Sunnah Salat
  - 4 Raka Fard Salat
  - 2 Raka Sunnah Salat
  - 2 Raka Nafil Salat
- **Asr Salat**
  - 4 Raka Sunnah Salat
  - 4 Raka Fard Salat
- **Maghrib Salat**
  - 3 Raka Fard Salat
  - 2 Raka Sunnah Salat
  - 2 Raka Nafil Salat
- **Isha Salat**
  - 4 Raka Sunnah Salat
  - 4 Raka Fard Salat
  - 2 Raka Sunnah Salat
  - 2 Raka Nafil Salat
  - 3 Raka Wajib Salat
  - 2 Raka Nafil Salat

# Performing Non Obligatory Salat

- Non Obligatory Salat (Wajib, Sunnah and Nafil) is performed exactly the same way as Fard Salat
- All the same Dua and physical actions are required as Fard Salat with one exception in Witr Salat”
- There is one extra Dua which is required to be recited while performing the Witr Salat in Isha called “Dua Al-Qunoot”
- “Dua Al-Qunoot” is recited in the third Raka of Witr
- In third Raka, you will recite Surah Al Fatiha followed by any Surah from Quran (As you do in any first two Raka of Fard Salat) while in Qiyam
- Once done, you Pronounce Takbir Al Ihram by saying “Allah u Akbar” (Allah is great) while looking downwards where you will prostrate



# Performing Non Obligatory Salat

- Raise your hands to your shoulders or near to the lobes of your ears while pronouncing Takbir Al Ihram
- Put your right hand over your left hand and left wrist, and put them both over your chest or over your stomach (Place your hands in the same way you had them placed while in Qiyam)
- Recite “Dua Al Qunoot”
- After reciting “Dua Al Qunoot” , you will bow down while saying “Allahu Akbar”, making your head and back on one level, and putting your hands with fingers spread out on your knees (Ruku)
- From this point onwards, you will follow all the steps explained earlier to complete the remaining Salat

## Why do we perform Non Obligatory Salat ?

- Non obligatory prayers (Wajib, Sunnah and Nafil) were performed by Prophet Mohammad (pbuh)
- We perform non obligatory prayers to follow Prophet Mohammad pbuh foot steps
- We perform non obligatory prayers to get closer to Allah (swt) and strengthen our connection with Allah (swt)

# Jama'h Salat (Congregational Prayers)

- Muslim men are strongly recommended and encouraged to perform daily five Fard Salat at Masjid (mosque) in congregation
- If all five prayers are not possible for Muslim men to perform in the Masjid (due to work) then they should at least try to perform Fajr and Isha Salat in congregation in Masjid
- Several Ahadith have been narrated on this subject
- Jama'h Salat is performed the same way as you were praying alone with some exceptions
- While praying in Jama'h, you would follow the Imam (person who is leading the congregation prayer)

# Jama'h Salat (Congregational Prayers)

- When Imam stands in Qiyam, you would follow him and stand in Qiyam
- When Imam goes in Ruku, you would follow him and go in Ruku
- You would follow all the steps of Salat as explained earlier behind the Imam until the end of Fard Salat
- All non obligatory Salat will be offered the same way as you were praying alone
- Prophet Mohammad (pbuh) said:  
“Prayer in congregation brings 27 times the reward of Prayer performed individually”

# Jum'ah Salat (Friday Congregational Prayers)

- Jum'ah prayer can only be missed in following conditions:
  - Severe weather conditions
  - Being seriously ill yourself or having to look after someone who is ill
  - Living or working in remote area and there is no possibility to attend the prayers
  - If you are traveling
  - If you have unsuccessfully tried to negotiate time off work

# Eid Salat

- Eid Salat are only offered on two occasions, Eid-ul-Fitr and Eid-ul-Adha
  - Eid-ul-Fitr
    - » Muslims celebrate this Eid on the 1st day of Shawwal following the blessed month of Ramadan (9<sup>th</sup> month of the year), in which they are required to fast throughout the month daily from dawn to dusk
    - » Eid Salat is wajib and consists of two Raka with additional Takbeers. It is followed by a Khutba (lecture) by the Imam
    - » Offered like any other congregational prayer with few exceptions:
      - **There are 7 Takbeers in the first Raka, after Takbeer Al-Ihram and before reciting Surah Al-Fatiha**
      - **There are 5 additional Takbeers in the second Raka, after rising from Julus and before reciting Surah Al-Fatiha**

# Eid Salat

- **Eid-ul-Fitr**

- Muslims celebrate this Eid on the 10<sup>th</sup> day of Dhul Hijjah (12<sup>th</sup> month of the year) after the day of Arafat (Hajj)
- Attending Eid Salat in congregation is highly recommended for the whole family
- Even women who are having their monthly period, though they cannot pray, are strongly recommended to attend with the rest of the family
- Offered the same way as Eid-ul-Fitr Salaat
- Muslims are required to sacrifice animals, according to their ability, in order to relive the tradition of Prophet Ibrahim

# Glossary

**Fard** Obligatory

**Imam** A person who leads the congregational prayers

**Ghusl** Taking a bath to purify oneself

**Jama'ah Salat** – Congregational prayers

**Jum'ah Salat** – Friday prayers

**Julus** – Sitting position in prayer with left foot flat on the ground and right foot erected. Left hand resting on left thigh and right hand resting on right thigh

**Ka'bah** – House of God in Makkah

**Nafil Salat** – Non-obligatory prayer which the Holy Prophet (PBUH) offered sometimes.

**Qada Salat** – Missed prayers

**Qibla** – Facing towards Ka'bah when performing salat

**Qiyam** – Standing up straight in prayer

**Raka** – Cycles in prayer

**RukhSa** – Dispensation which exempt a person from offering prayers

**Ruku** – Bowing down with hands on your knees and keeping your back flat

**Shahada** – Declaration of faith

**Sujud** – Prostrating in prayer with forehead and nose touching the ground, both hands flat on the ground, knees and toes touching the ground and the back arched

**Sunnah** – Practices of Prophet Muhammad (PBUH)

**Takbir Al Ihram** – First step in prayer in which a person raises his/her hands to the level of the ear, palms facing the front and recites "Allahu Akbar"

**Tasbeeh** – Verses recited in praise of Allah (SWT)

**Tashahud** – Verses recited in prayer after 2, 3 or 4 raka before Tasleem.

**Tasleem** – Final step in prayer in which a person looks to his/her right and then left shoulder, each time reciting "Assalamu Alaikum Warahmatullah"

**Wudu** – Ablution, performed before starting prayers



## Further References

- <http://www.islamway.com/>
- <http://www.islam-guide.com/>
- <http://www.islamicity.com/Mosque/salat.htm>
- “A Simple Guide to Prayer for Beginners” By Batool Al-Toma