

# GUIDE TO PERFORMING SALAT FOR BEGINNERS

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Salam!

Let me start by saying that I love and appreciate you immensely for doing what is right. Whether you are a new convert, a Muslim teenager, or a Muslim adult that never performed Salat before, you are now embarking on the most important duty assigned to you in this life.

The main goal of Salat is to disconnect from our worldly affairs and reconnect with our Master. It is an obligation that Allah has mandated his servants to perform five times a day, as a bare minimum. In this tutorial, I will cover how the prayer is structured and the few differences among the five prayers.

Ready?

**PART I**  
**The Rak`a's**

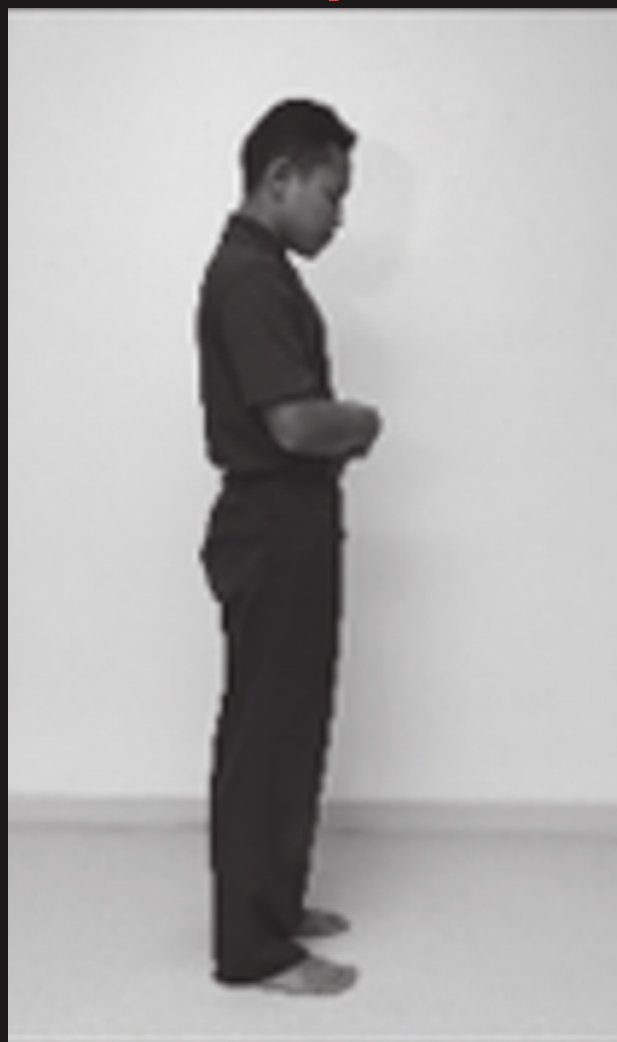
# What is a Rak`a?

Salat is an act of worship that includes greeting, praising, and supplicating to Allah, therefore, it is natural that you find yourself in Salat bowing and prostrating to the Most-High.

The combination of standing, bowing, prostrating, and sitting covers a sequence of 6 or 7 steps. This sequence of steps is called “Rak`a” (I will abbreviate the word with the letter ‘R’).

In this part, I will cover the 6 + 1 steps, and in the next part I will cover the transitioning through the whole prayer.

step 1



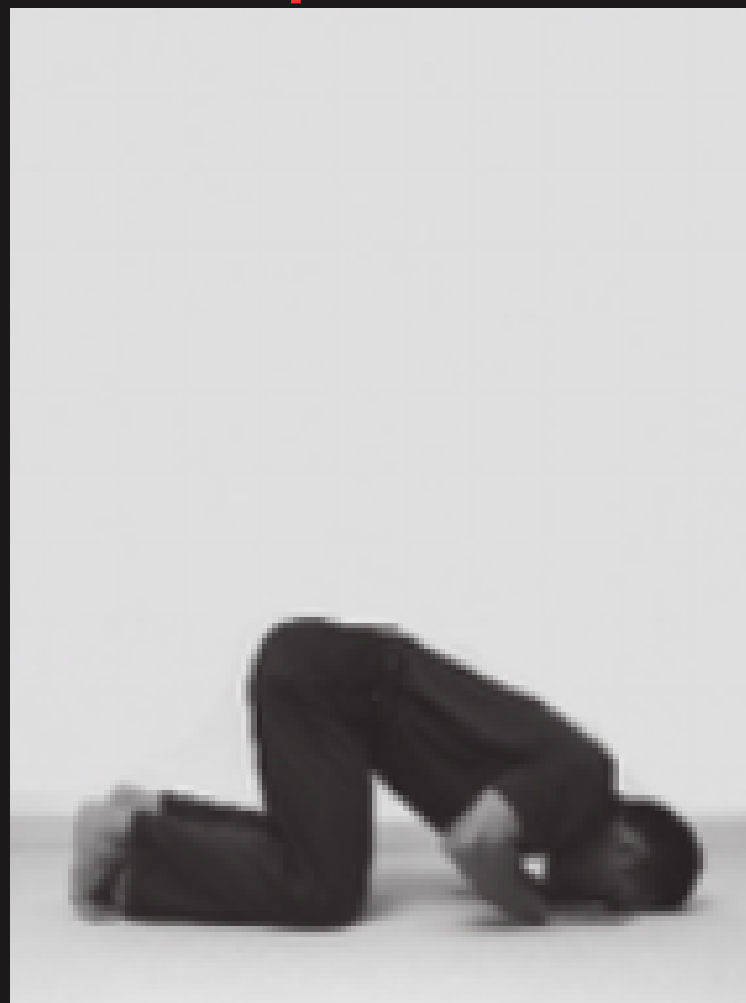
step 2



step 3



step 4 & 6



step 5 & 7





step 1

Standing 1  
(Qiyam 1)

Arms folded

There are 3 recitations in this step:

1.1: Seeking Refuge Supplication  
(Optional, but recommended)

1.2: Seven Verses of the Opener  
(Fatiha) Chapter (Mandatory)

1.3: Any Verses of the Quran

(Sunnah, meaning, it's a practice that prophet Mohammad added in Ra'ka #1 & #2 of each prayer, to incite Muslims to memorize verses of the Quran. As a beginner, you can skip this sunnah until you become acquainted with Salat, but don't abandon it.)

Here are the words for each of the 3 recitations:

## 1.1 Seeking Refuge Supplication

A-othu

bil-la-hi

mi-nal

shay-tan

Ar-ra-jeem

A seek refuge with Allah from the accursed Satan

## 1.2 Opener (Fatiha) Seven Verses

Bis-mil-lah

Ar-rah-man

Ar-ra-heem

In the name of Allah—the Most  
Gracious, Most Merciful

Al-ham-du-lil-lahi

Rabil

Aa-la-meen

(All) praise is (due) to Allah—Lord of  
the worlds

Ar-rah-man

Ar-ra-heem

The Most Gracious, Most Merciful



Opener (Fatiha) Seven Verses (cont'd)

Ma-lik

Yaum-mid

Deen

Master of the Day of Requital

Iyaka

Na-budu

Wa iyaka

Nas-ta-een

It is You we worship and it is You we  
ask for help

Ih-dinas

Siratal

Mus-ta-qeem

Guide us to the Straight Path

## Opener (Fatiha) Seven Verses (cont'd)

Siratal

La-thee-na

An-amta

Alay-him

Ghay-ril

Magh-doo-bi

Alay-him

Wa-lad-daa-leen

the Path of those on whom You have bestowed Your grace, not of those who have evoked Your wrath nor of those who have gone astray

After the seven verses you say:

Aa-meen

Amen



step 2

Bowing  
(Ruku`)

Hands at knees

Recite the following phrase, 3 times:

Sub-ha-na

Rabi-yal

Azeem

Glory to my Lord the Magnificent



step 3

Standing 2  
(Qiyam 2)

Arms down

Recite the following phrase:

Rab-bana

La-kal

Hamd

Our Lord, (all) praise to you



step 4

Prostration 1  
(Sujud 1)

Hands under  
shoulders

Recite the following phrase, 3 times:

Sub-ha-na

Rabi-yal

A'la

Glory to my Lord the Most High

Note: While your hands are under your shoulders, your elbows can be positioned away from your body or under your body. It is best for them to be away from your body when you have space, and under your body when you have people close to you praying as well.



step 5

Sitting 1  
(Juloos 1)

Hands on knees

Nothing to recite here, but you can make a short supplication of your choosing, and it can be in your own language.



step 6

Prostration 2  
(Sujud 2)

Hands under  
shoulders

Recite the following phrase, 3 times:

Sub-ha-na

Rabi-yal

A'la

Glory to my Lord the Most High



step 7

Sitting 2  
(Juloos 2)

Hands on knees

2 phrases to recite in this step.

### 7.1 Al-Tahiyat Phrase

At-tahi-yatu

Lil-lah-hi

Was-sala-wat

Wat-tayi-bat

As-salamu

Alay-ka

Ay-yu-ha

An-na-bi

Wa rah-matul

Lah-hi



Wa ba-ra-ka-tu

As-salamu

A-lay-na

Wa A-la

Iba-dal

lahi

As-sa-li-heen

All greetings to Allah, and all prayers and goodness. Peace be upon you, O prophet, and the mercy of Allah and his blessings. Peace be upon all Allah's righteous servants.

## 7.2 Al-Shahada Phrase

Ash-ha-du

Al-laa

I-laha

Il-lal-lah

Wa Ash-ha-du

An-na

Mu-ham-mad

Ab-da-hu

Wa ra-su-la-hu

I bear witness there is no deity except Allah and that Mohammad is his servant and messenger

While reciting the phrase, you need to raise your right-hand index finger.



**PART II**  
**Transitions**

When you are done with step 6 or 7, you need to stand up to start a new Rak`a, unless you are in the last Rak`a. Here are the number of R's for each prayer.

Dawn (Fajr) Prayer: (2 R's)

Starting->R1->R2->Ending

Noon (Dhuhr) Prayer: (4 R's)

Starting->R1->R2->R3->R4-> Ending

Afternoon (Asr) Prayer: (4 R's)

Starting->R1->R2->R3->R4-> Ending

Sunset (Maghreb) Prayer: (3 R's)

Starting->R1->R2->R3-> Ending

Evening (Isha) Prayer: (4 R's)

Starting->R1->R2->R3->R4-> Ending

As you transition between the steps and the R's, except between step 2 & 3, you need to say:

Allah-hu

Akbar

Allah is greater (than anything)

When transitioning between step 2 and 3, you need to say:

Sa-mi-al

Lah-hu

Li-men

Ha-mi-dah

Allah hears those who praise him



Given that some R's are 6 steps and some are 7, and not all prayers have the same number of R's, if you memorize these rules, you will know what you need to do in each prayer:

- R1 is always 6 steps
- R2 is always 7 steps
- R3 is 6 steps, except for Sunset (Maghreb) prayer, it's 7 steps.
- R4 is always 7 steps
- Dawn (Fajr) prayer doesn't have R3 & R4
- Sunset prayer doesn't have R4
- Noon (Dhur), Afternoon (Asr) , and Evening (Isha) prayers have all four R's.

# **PART III**

## **Starting & Ending**

# Starting Salat

1) First try to disconnect from everything around you and from thoughts that tend to occupy your mind. Be conscious of God's presence. This will allow you to establish "Khu-shu'" in your Salat.

Khushu' means to be in a state of humility and consciousness in the presence of Allah. Think of Khushu' as the online green marker. As long as there is Khushu', you are connected with God during Salat. Whenever your thoughts drift you away, you get disconnected. Only the time you are connected will count.



2) When you are standing, ready to start Salat, you need to declare your intention, by whispering to the angels what prayer you intend to perform, making sure they record the right prayer in your book of deeds. If it is obvious what prayer, they don't need you to tell them, but you should say it anyway. As a matter of fact, everything you utter during prayer should be done in whispers so that the angels hear it and record it. Here is an example:

Naway-tu  
An Usal-li  
Salat [**Al-Asr**]  
lil-la-hi  
Ta-ala



I intend to pray the [**Asr**] prayer for Allah the Exalted.

3) To start, you raise your hands above your shoulders, as a gesture of surrendering to your Lord, and say:

Allah-hu

Akbar

Allah is greater (than anything)



4) Then you fold your arms to start with R1.



# Ending Salat

You can only end a prayer after reciting shahada in step 7, and the Rak`a you end in is based on what prayer it is. There are 2 parts to the ending:

## Part 1 - Ending Supplication (Optional)

You can recite any supplication(s) of your choosing, but a common practice among Muslims to recite the following "Ibrahamic Supplication"

Allah-hum-ma

Sal-li

A-la

Muhammad

Wa A-la

Ally Muhammad

Ka-ma

Sal-lay-ta

A-la

Ibra-heem

Wa A-la

Ally Ibra-heem

In-na-ka

Ha-meed-don

Ma-jeed

Oh Allah, bestow your favor on  
Muhammad and on the family of  
Muhammad as you had bestowed  
Your favor on Ibrahim and on the  
family of Ibrahim, You are  
Praiseworthy, Most Glorious.

Allah-hum-ma

Ba-rek

A-la

Muhammad

Wa A-la

Ally Muhammad

Ka-ma

Ba-rak-ta

A-la

Ibra-heem

Wa A-la

Ally Ibra-heem

In-na-ka

Ha-meed-don

Ma-jeed

Oh Allah, bless Muhammad and the family of Muhammad as you had blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.

Part 2 - Greeting the Angels  
(Mandatory)

There are two angels over your shoulders recording all of your deeds. You will need to look over your shoulders and greet them.

You start with the right side, then the left side, and you say at each side:

As-sal-lamu

Alay-kom

Wa Rah-ma-tul-lah

Peace be upon you, and (be upon you) the mercy of Allah



Congratulations! You now know how to perform Salat!

# Other aspects of Salat you need to learn:

1. Prayer dress code
2. Ablution (Wudu) and being in a state of purity (Tahara) before starting Salat
3. What breaks your state of purity?
4. Combining and shortening prayers while traveling
5. Prayer allowances for the handicapped
6. Daily prayer time schedule
7. Missing a prayer within its time window
8. Praying in a group or at the masjid (mosque).
9. Additional optional prayers (Nawafil)

May God bless you and accept your prayers, and All praise to Allah, Lord of the worlds.