MY PRAYER BOOK
A step-by-step guide to perfect your child’s obligatory prayer according to the Qur’ân and the Sunnah.
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Supervised by:

ABDUL MALIK MUJAHID

OUR BRANCHES, AGENTS AND STOCKISTS

K.S.A. Riyadh: Darussalam Showroom: Tel 00966-1-4614483 Fax: 4644945 Jeddah: Darussalam Showroom: Tel & Fax: 00966-2-6807752 Al-Khobar: Darussalam Showroom: Tel: 00966-3-8692900 Fax: 00966-3-8691551 U.A.E: Darussalam, Sharjah U.A.E: Tel: 00971-6-5632623 Fax: 5632624 Pakistan: Darussalam, 50 Lower Mall, Lahore: Tel: 0092-42-724 0024 Fax: 7354072 Rahman Market, Ghazni Street Urdu Bazar Lahore Tel: 0092-42-7120054 Fax: 7320703 U.S.A: Darussalam, Houston P.O Box: 79194 Tx 772779 Tel: 001-713-722 0419 Fax: 001-713-722 0431 E-mail: sales@dar-us-salam.com Darussalam, New York 572 Atlantic Ave, Brooklyn New York-11217, Tel: 001-718-625 5925 U.K: Darussalam International Publications Ltd. 226 High Street, Walthamstow, London E17 7JH, Tel: 0044-208 520 2666 Mobile: 0044-794 730 6706 Fax: 0044-208 521 7645 Darussalam International Publications Limited Regent Park Mosque, 146 Park Road, London Nw8 7RG Tel: 0044-207 724 3363 France: Editions & Librairie Essalam 135, Bd de Ménilmontant- 75011 Paris Tél: 0033-01- 43 38 19 56/ 44 83 Fax: 0033-01- 43 57 44 31 E-mail: essalam@essalam.com Australia: ICIS: Ground Floor 165-171, Haldon St. Lakemba NSW 2195, Australia Tel: 00612 9758 4040 Fax: 9758 4030 Malaysia: E&D Books SDN. BHD.-321 B 3rd Floor, Suria Klcc, Kuala Lumpur City Center 50088 Tel: 00603-21663433 Fax: 459 72032 Singapore: Muslim Converts Association of Singapore 32 Onan Road The Galaxy Singapore- 424484 Tel: 0065-440 6924, 348 8344 Fax: 440 6724 Sri Lanka: Darul Kitab 6, Nimal Road, Colombo-4 Tel: 0094-1-589 038 Fax: 0094-74 722433 Kuwait: Islam Presentation Committee Enlightenment Book Shop P.O. Box: 1613, Safat 13017 Kuwait Tel: 00965-244 7526, Fax: 240 0057 India: Islamic Dimensions 56/58 Tandel Street (North) Dongri, Mumbai 4000 009,India Tel: 0091-22-3736874, Fax: 3730689 E-mail:sales@IRF.net South Africa: Islamic Da'wah Movement (IDM) 48009 Qualbert 4078 Durban, South Africa Tel: 0027-31-304-6883 Fax: 0027-31-305-1292 E-mail: idm@ion.co.za
"Say: Verily, my prayer, my sacrifice, my living and my dying are for Allâh. The Lord of the ‘Âlâmîn (mankind, jinn and all that exists)." (6: 162)
How to pray

The Prophet Muhammad ﷺ said:

"Pray as you have seen me praying."

(Sahih Al-Bukhari)

The obligatory prayers are:
2 Rak‘at Fajr, 4 Rak‘at Zuhr, 4 Rak‘at ‘Asr, 3 Rak‘at Maghrib, 4 Rak‘at ‘Ishâ’. 
Stand straight facing the Qiblah, make Niyyah (intention in your heart) for the intended prayer.

Stand for prayer with your feet towards Qiblah.
Say Takbeer Tahrimah

الله أَكْبَرُ

“Allâhu Akbar”

Allâh is the Most Great.
Head and eyes directed to the place of prostration.

Raise both hands up to your ear lobes or shoulders and place your both hands over the chest.
Place the right hand over the left hand, place both hands over your chest, direct your head and eyes to the place of prostration.

Place the right hand over the left hand.
Place the right hand over the left hand like this.

Place the right hand over the left hand and keep both hands over your chest.

Keep the distance between the feet according to your need.
Then start the prayer with this supplication:

اللَّهُمَّ! باعِدْ بَيْنِي وَبَيْنَ خَطَايَايْ كَما باعِدْتَ بَيْنَ الْمُشْرِقِ وَالْمَغْرِبِ،
اللَّهُمَّ! نَقْنِّي مِنْ خَطَايَايْ كَما يَنْقِى التَّوْبُ الأَبْيَضُ مِنَ الْدَنَسِ، اللَّهُمَّ!
اغْسِلْنِي مِنْ خَطَايَايْ بِالْمَاَاءَ وَالْتَلْجَ وَالْبَرَدِ.

Allâhumma bâʿid bayni wa bayna Khatayaya kama baʿatta baynal-mashriqi walmaghribi. Allâhumma naqqini min Khatayaya kama yunaqqath-thawbul-abyadu minad-danasi, Allâhummagh-silni min khatayaya bilmaʿi waththalji walbaradi.

“O Allâh! Keep me apart from my sins (faults) as you have kept apart the east and west. O Allâh clean me from my sins as a white garment is cleaned from dirt. O Allâh wash me off my sins with water, snow and hail.”

I seek refuge in Allâh, the All-Knowing, the All-Hearing, from Satan the accursed, from his evil suggestions and from his puffing up and from his witchcraft. In the Name of Allâh, the Most Gracious, the Most Merciful. All praise and thanks are Allâh’s, the Lord of the ‘Âlamîn. The Most Gracious, the Most Merciful. The Only Owner of the Day of Recompense. You (Alone) we worship, and You (Alone) we ask for help. Guide us to the Straight Way. The way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger, nor of those who went astray.
In the Name of Allah, the Most Gracious, the Most Merciful.

Say: He is Allah, the only One, Allah the Self-Sufficient Master; He begets not, nor was He begotten. There is no one co-equal or comparable unto Him.

(You can also recite any other Sûrah or any part of the Qur’ân other than this.)
Say:

الله أَكْبَرُ

“Allâhu Akbar”

Allâh is the Most Great.

Then go into bowing (Ruku`).
Head and eyes directed to the place of prostration.

Saying *Takbeer* raise both hands up to your ear lobes or shoulders.
Say in the *Ruku*:

"Subhana Rabbiyal Azeem"

Glorified is my Lord, the Most Great.

(Recite it three or more odd times.)
The back and head should be 90° to the rest of your body.

Bend your body so that your back and head are straight and in level with the ground, keep your eyes on the ground.

Place palms firmly on your knees and keep both hands and knees straight.
After raising the head from *Ruku*, say:

Sَمِعَ اللَّهُ لِمَنْ حَمِيَّدَهُ

"Sami‘-Allâhu liman hamidah"

*Allâh hears those who praise him.*

Rَبَّنَا وَلَكَ الْحَمْدُ

"Rabbana wa lakal-hamd"

*O our Lord, and all praise is to you.*
While raising head from the *Ruku*’, raise both hands up to your ear lobes or shoulders, and direct your head and eyes to the place of prostration.

After *Ruku*’, stand straight till every part of the body returns to its place.
While going down to *Sajdah* say...

الله أكبر

"Allâhu Akbar"

Allâh is the Most Great.

Then while prostrating say...

سُبْحَانَ رَبِّي الْأَعْالِي

"Subhana Rabbiyal-a‘la"

Glorified is my Lord, the Most High.

(Recite it three of more odd times.)
Place your hands down on the ground below your ears, and your forearms should not rest on the ground.

Your forehead along with the tip of your nose should touch the ground.

During prostration seven parts of your body should touch the ground:

1) The forehead along with the tip of the nose
2, 3) Both hands
4, 5) Both knees
6, 7) The bottom of your toes, all pointing in the direction of Qiblah.
While rising to the sitting position say...

اللهُ أَكْبَرَ

“Allahu Akbar”

Allah is the Most Great.

Then sit up and say:

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَأْهَدِنِي وَاجْبِرْنِي
وَعَافِنِي وَارْزُقْنِي وَارْفَعْنِي

“Allahummagh-firli warhamni wahdini wajburni wa ‘afini warzuqni warfa‘ni.”

O Allâh, forgive me and have mercy on me and guide me and hold me and heal me and provide sustenance for me and raise me up.
In between two prostrations sit on your left foot with your right foot vertical to the ground and your toes pointing in the direction of the *Qiblah*.

Sit relaxed with your back straight to the ground, with your hands resting comfortably on your thighs and knees.

Right foot vertical to the ground with toes in the direction of the *Qiblah*.
While going down in second prostration say...

الله أكبر

“Allâhu Akbar”
Allah is the Most Great.

Then while prostrating say...

سبحان ربي العلى

“Subhâna Rabbiyal-a‘la”
Glorified is my Lord, the Most High.

(Recite it three or more odd times)
Your feet should be vertical to the ground with your heels together and the toes pointing in the direction of the Qiblah.

Your forearm should not touch the ground but there should be space between it and the ground.

During prostration, seven parts of your body should touch the ground as mentioned before.
And with the help of both hands, stand up for offering second Rak‘ah saying Takbeer:

\[\text{“Allāhu Akbar”}\]

“Allāh is the Most Great.

Begin Rak‘ah with Sūrat Al-Fātihah.

(It is obligatory to recite Sūrat Al-Fātihah in every Rak‘ah. Imam and the followers both have to recite it).
Saying *Allâhu Akbar* raise both hands up to your ear lobes or shoulders.

Direct your head and eyes to the place of prostration.
Place the right hand over the left hand like this.

Place the right hand over the left hand and keep both hands over your chest.

Keep the distance between the feet according to your need.
In the Name of Allah, the Most Gracious, the Most Merciful. All praise and thanks are Allah’s, the Lord of the ‘Alamîn. The Most Gracious, the Most Merciful. The Only Owner of the Day of Recompense. You (Alone) we worship, and You (Alone) we ask for help. Guide us to the Straight Way. The way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger, nor of those who went astray.
In the Name of Allah, the Most Gracious, the Most Merciful.

Verily, We have granted you Al-Kauthar (a river in Paradise). Therefore turn in prayer to your Lord and sacrifice (to Him Only). For he who hates you, he will be cut off (from prosperity in this world and in the Hereafter).
After this repeat the same (actions) in this second *Rak‘ah* which you have performed in the first *Rak‘ah*:

Saying

1. *Takbeer* (Allâhu Akbar)

Going into

2. *Ruku‘* (Bowling)

Standing upright into

3. *Qaumah* (Raising both hands up to your ear lobes or shoulders)

Going into first

4. *Sajdah* (Prostration)

Rising for

5. *Jalsah* (Sitting between two prostrations)

Going into second

6. *Sajdah* (Prostration)
1. Takbeer
2. Ruku'
3. Takbeer
4. Sajdah
5. Jalsah
6. Sajdah
After raising head from *Sajdah*, sit for *Tashahhud* and recite:

> “At-tahiyatu lillâhi was-salawatu wat-tayyibatu as-salamu ‘alayka, ayyuhan-nabiyyu wa rahmatullahi wa barakatuhu, as-salamu ‘alayna wa ‘ala ‘ibadil-lahis-saliheen. Ashhadu alla ilaha illallâhu wa asshadu anna Muhammadan abduhu wa Rasuluhu.”

All the compliments, prayers and good things are due to Allâh. Peace be upon you, O Prophet and Allâh’s Mercy and Blessing be on you. Peace be on us and on the true pious devotees of Allâh. I testify that none has the right to be worshipped but Allâh and I testify that Muhammad is His slave and His Messenger.
Point your index finger in the direction of the Qiblah, let the thumb and the middle finger form an “O”.

Sit relaxed for the first Tashahhud with your back straight to the ground, with your left hand resting comfortably on your left thigh and knee.

Make your right hand into a fist and point your right index finger in the direction of the Qiblah and keep your eyes on the index finger.

Right foot vertical to the ground with toes in the direction of the Qiblah.
O Allah, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave, and from the trials of life and death, and from the evil of the trail of the False Messiah.

(You can also recite other invocations beside this which are mentioned in the books of Ahadith).
In the last Tashahhud sit on your left thigh with your right foot vertical to the ground and your toes pointing in the direction of the Qiblah.

Sit relaxed on your buttocks with your left hand resting comfortably on your left knee.

Right foot vertical to the ground with toes in the direction of the Qiblah.
While turning you head to the right say...

السلام عليكم ورحمة الله

"As-salamu 'alaykum wa rahmatullâh"

Peace be upon you and the Mercy of Allâh.

Then turning your head to the left say...

السلام عليكم ورحمة الله

"As-salamu 'alaykum wa rahmatullâh"

Peace be upon you and the Mercy of Allâh.
Make Salutation first to the right and then to the left.
Importance of Salat (prayer)

1. The Prophet ﷺ said: “Order your children to pray at the age of seven and beat them to do so at the age of ten and separate them (boys & girls) in their beds.”
   (Abu Daud and At-Tirmidhi)

2. The Prophet ﷺ said: “Between a person and disbelief is the discarding of prayer.”
   (Muslim)

Imam Nawawi said while explaining this Hadith: The Prayer is like a barrier between Kufr (disbelief) and Islam, so whoever does not Perform prayer, he will enter in Kufr (he will be disbeliever).

Virtue of Prayer

The Prophet ﷺ said:
“If there was a river at the door of anyone of you and he took a bath in it five times a day, would you notice any dirt on him?”, They said, “Not a trace of dirt would be left.” The Prophet ﷺ said: “That is the example of the five prayers with which Allâh blots out evil deeds.” (Sahih Al-Bukhari and Muslim)