

WOMEN'S EDITION



# THE SALAT

## WORSHIP IN ISLAM PART II

WRITTEN BY ABU ISA HAMZAH WADDY

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah the Gracious the Most Merciful

# WHAT IS WORSHIP ?

Shaikh Al-Islam, Ibn Taymiyyah defined it, when he (may Allah have mercy upon him) said: “Worship is a name that refers to all of what Allah loves, and is pleased with, such as sayings, (i.e. Supplications, praise and remembrance) internal and external actions (i.e. Internal actions –belief, love and acceptance) (i.e. External actions – praying, giving charity, Hajj etc).

And all acts of worship that are done for Allah requires that it is done upon tawheed, so the Salaat, zakat, fasting, hajj, supplications, vows, reliance, fear and all the other forms of worship are singled out for Him alone, and not for other than Him.

As Allah The Most High says;

وَمَا أَرْسَلْنَا مِنْ قَبْلِكَ مِنْ رَّسُولٍ إِلَّا نُوحِي إِلَيْهِ أَنَّهُ لَا إِلَهَ إِلَّا أَنَا فَاعْبُدُونِ

And We did not send any Messenger before you, (Muhammad) but We inspired him (saying) : La Ilaha il Allah (there is no GOD except I (Allah), so worship Me (Alone). An-Anbiya 21:25

# The virtues of Salaat

The Salaat (prayer) is the second pillar of Islam after the testimony of faith. It is the first deed that one will be held accountable for on the Day of Judgment. So if ones Salaat is good and sound and accepted, then he/she will have achieved success in this life and in the Hereafter, but if it is incorrect and corrupt in some way then he/she has failed.

From its virtues is, If the Salaat is preformed correctly it prevents us from doing evil deeds

Allah says;

إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ

“Verily, the prayer prevents one from shameful and evil deeds”.

The prayer purifies and wipes away sin;

وَأَقِمِ الصَّلَاةَ طَرَفَيِ النَّهَارِ وَزُلْفًا مِّنَ اللَّيْلِ ۚ إِنَّ الْحَسَنَاتِ يُذْهِبْنَ السَّيِّئَاتِ ۚ ذَلِكَ ذِكْرَىٰ لِلذَّاكِرِينَ

“And offer the prayers perfectly, at the two ends of the day and in some hours of the night. Verily, good deeds remove evil deeds. That is a reminder for the mindful (hud 11:114)

# THE VIRTUES OF SALAAT

The prayer keeps a person upon Islam and shields him from disbelief, and it is a manifest proof that he is a muslim.

The Prophet said;

Between a man and shirk and disbelief is abandoning the Salaat (muslim)

Also if the prayer is good and sound then all of your affairs will be good and sound in this life and in the Hereafter.

The Prophet said:

The first thing for which a person will be accountable for on the Day of Resurrection is the Prayer. So if it is in order, then the rest of his actions will be in order. But if it is defective then the rest of his actions will be defective (at-Tabaraanee)

So the prayer is the means by which the believers can attain success in this life and the hereafter. Then it is upon every muslim to take care of his Salaat to make sure it is correct and sound in hopes to attain victory

.

# IT'S OBLIGATION

Allah has made the Salaat an obligation upon His servant, which the servant must fulfill. Allah says in His Noble Book;

إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

Verily, the prayer is enjoined on the believers at fixed times  
(An-Nisa 4:103)

Not only has Allah ordered us to pray, but also to pray on time (the times which He chose for us are Fajr, Dhur, Asr, Maghrib and Isha).

Allah says;

حَافِظُوا عَلَى الصَّلَوَاتِ وَالصَّلَاةِ الْوُسْطَى وَقُومُوا لِلَّهِ قَانِتِينَ

Guard strictly the (five obligatory) prayers especially the middle prayer (Asr). And stand before Allah with obedience (do not speak to each other during the prayer). (Al-Baqarah 2:238)

As the prayer is that thing, that qualifies ones Islam so, whoever abandons it has exited Islam. The Prophet said;

Between a man and shirk and disbelief is abandoning the Salaat.  
(Muslim)

So the muslims are to remain patient and constant and vigilant as it relates to the Salaat may Allah aid us. Ameen.

# PREPARATION

Before performing the Salaat you must make sure that there isn't any hadath (ritual impurities) the results left after using the bathroom which makes it conditional that you perform either Istinja or Istijmaar or combining between them both before making wudu or ghusl.

Istinja: is the act of washing ones private parts with water by pouring the water over it after relieving oneself(urinating) removing any trace of it.

Istijmaar: Is the act of cleaning ones self with smooth stones (tissue can be used and water is recommended)after relieving oneself (i.e. defecating) removing the source of the impurity as well as any visible signs.

This is something that is done every time one uses the bathroom because after the removal of ritual impurities one can make wudu or ghusl then proceed to make Salaat.

# PREPARATION

Before performing the Salaat one must be in a state of Tahara (purity) which requires that one performs wudu (ablution) which is done according to the Quran and Sunnah(i.e. his sayings, actions and tacit approval)

Allah says in His Noble Book;

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ

“O you who believe! When you get up to pray, wash your faces and your hands up to the elbows. Wipe your heads (with water) and wash your feet up to the ankles”.(Al-Maa’dah)

As for the sunnah we have the hadith (traditions) of the Prophet;

Humraan(r.a.) reported that ‘Uthmaan(r.a.) called for water for Wudoo and he washed his hands to his wrists, than he put a handful of water with his right hand into his mouth, gargled with it and spat it out. He did this three times. Then he inhaled water into his nostrils from his right hand and exhaled it with the help of his left hand. He also did this three times. Then he washed his right arm up to his elbow three times and his left arm likewise. He then wet his hands and wiped them on his head once. Then he washed his right foot up to the ankle three times and likewise his left. He then said, “the Messenger (peace and blessings be upon him) perform Wudoo like this Wudoo of mine. (Bukhari and Muslim)



# PREPARATION

## How to perform wudu

1. Intentions (which is not said but made in the heart).
2. Then say Bismillah (In the name of Allah)
3. Then wash the hands three times
4. Then washing the face starting with the mouth and nose first (the rinsing of the mouth and nose is done by catching water in the right hand and simultaneously sipping and sniffing the water, then blowing the water from the nose (using the left hand) and expelling the water from the mouth, then with wet hands wipe the face
5. Then wash the hands up to the elbows (Starting on the right, make sure to go above the elbows to insure covering them)
6. Then wipe the head with wet hands including the ears ( this is done by starting at the front hair line and wiping back to the back of the hair line then back to the front, this is one wiping. Then with your index fingers run them on the inside of the ears and then run your thumbs behind the ears).
7. Then wash the feet up to the ankles (this means the whole foot including the heel between the toes making sure to go pass the ankles near the shin).
8. Then say; Ash-hadu an la ilaha illa allahu wahdahu la shareeka lahu, wa anna muhammadan abduhu wa rasooluhu  
I bear witness that there is no GOD except Allah (in truth) alone and He has no partners, and that Muhammad is His servant and Messenger.

# PREPARATION

## Note:

1. when wiping the face you must also run your fingers through your beard with wet hands.
2. each body part can be wiped once, twice or three times except for the head you should only wipe it once.

## The things that nullify wudu (ablution)

1. Whatever comes from the two private parts (i.e. urine or feces, passing wind and also any abnormal discharge)
2. Loss of consciousness (passing out or deep sleep)
3. Touching one's private parts with the hand, whether it's the front or back without a barrier( clothing or washcloth etc).

# PREPARATION

There are something's that require a person to make a *Ghusl* (a ritual bath done without soap to be performed in the shower) before making Salaat.

They are;

1. The newly converts to Islam (some scholars agree)
2. The women after her menses has ended
3. After intercourse with ones spouse
4. For the jummu'ah prayer
5. Postpartum bleeding after it stops
6. semen that comes forth (wet dream or by desire)
7. And upon the muslim that died (except on the battlefield)

We have the hadith of the Prophet (peace and blessing be upon him)

Aa'eshah reported that when the Prophet wanted to make *Ghusl* he used to first wash his hands then wash his private parts with his left hand. He would then make *Wudoo* like his *Wudoo* for *Salaat* . Then he would pour water on his head three times and rub it with his fingers into the roots of his hair. Following that he would pour water over the whole of his body and he would sometimes move aside and wash his feet again.

(Muslim)

# PREPARATION

How to perform Ghusl:

1. Intentions (which is not said but made in the heart).
2. Then say Bismillah (before entering the bathroom)
3. Then wash the hands three times.
4. Then wash the private parts with the left hand(only)
5. Then wash the hand with soap and water to remove any filth.(optional; refer to Shaykh Saleh as Saleh website the section on ghusl)
6. Then you should make wudu the way you would for Salaat.
7. Then pour water over your head starting with the right side then the left side then the middle  
(It is not necessary for the women to undo their hair when braided while making Ghusl after intercourse but it is recommended that she does so after her menses).
8. lastly stepping away from the area and washing the feet.

# HOW TO PRAY

Firstly, we must understand that the Salaat and any other act of worship must be done for the sake of Allah and Him alone

Allah says in His noble book

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

“Say; Verily my prayer, my sacrifice, my living and my dying are for Allah The Lord of the Alamin (mankind, jinn and all that exists).

(6:162)

Secondly the acts of worship must be done in the way the prophet did them. So as it relates to the Salaat he(peace and blessings be upon him) said; “Pray as you have seen me pray.” (Al-Bukhari)

Meaning that the men and women must pray in the same fashion in which the Prophet (peace and blessings be upon him) prayed.

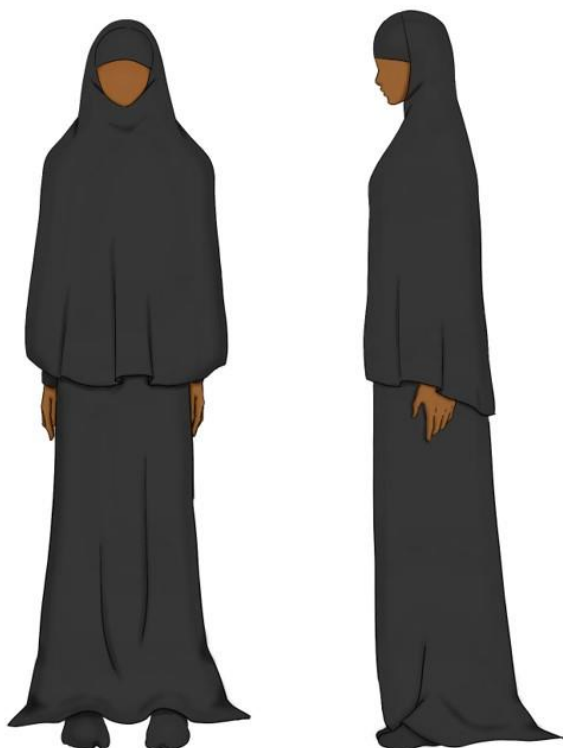
These two conditions must be met in order for a persons prayers or any act of worship to be accepted.

# HOW TO PRAY

We begin the prayer with the intentions (which is not said but made in the heart) either for Salaatul Fajr (the morning prayer) Dhur (the noon prayer) Asr (the afternoon prayer) Maghrib (the evening prayer) or Isha (the night prayer).

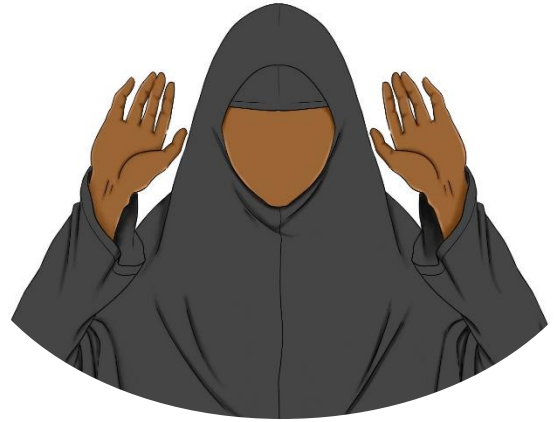
Then placing a Sutra in front of you (a barrier between himself and others which could be anything a spear, rock, wall, chair etc.)

Then one should stand facing the Qiblah (the direction of prayer which is in the direction of the Kabah)



# HOW TO PRAY

With your eyes looking at the place of prostration raise both hands up to your ear lobes or shoulders while saying Allahu Akbar (Allah is The Greatest) this is called the Takbir Ihraam (the opening Takbir).

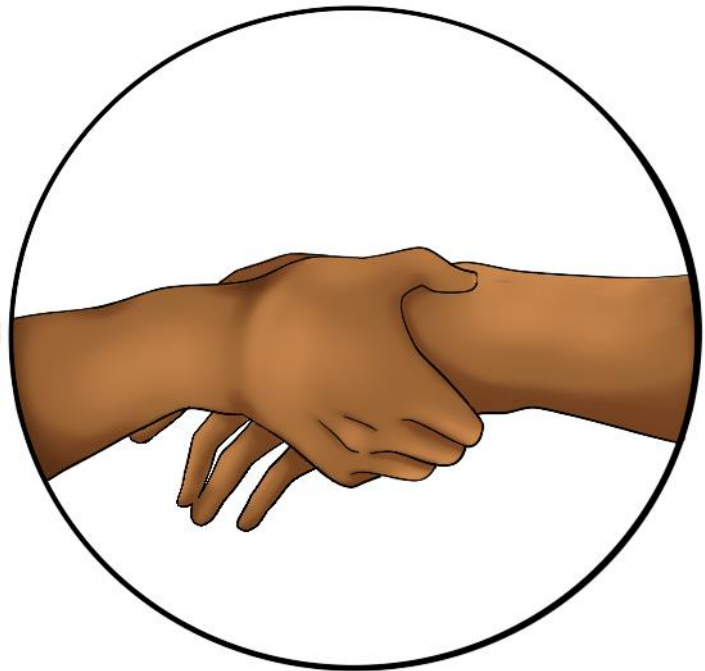


# HOW TO PRAY

Then place both hands on your chest (right hand over the left hand)

and say the following supplication: Subhaanak Allaahumma wa bihamdika. Wa tabaarakasmuka wa ta'aala jadduka. Wa laa ilaaha ghayruka. ( Free from all imperfections are you, O Allaah, and all praise is Yours. Blessed is Your name, Glorified be Your Greatness, and there is no deity worthy of worship besides you).

A'udhu billahis-Samee'il-AleemMinash-Shaytanir-rajeem min hamzihi wa nafkhihi wa nafthihi (I seek refuge in Allah, the All-Hearing and the All-Knowing from the accursed devil, from his madness or evil suggestions, from his puffing up and From his witchcraft).



The right hand should be holding the wrist of the left hand.



# How to pray

Then you are to recite Surah Al-Fatiha (the first chapter of the Quran). Bismil-lahir-Rahmanir-Raheem. Alhamdu lillahi Rabbil alameen. Ar-Rahmanir-Raheem. Maliki yawmid-deen. Iyyaka na'budu wa iyyaka nasta'een. Ihdinas-siratal mustaqeem. Siratal-ladheena an'amta alayhim ghayril maghdoobi alayhim walad-dalleen. Ameen

(In the Name of Allah, the Most Gracious the Most Merciful, All praise and thanks is for Allah, Lord of the Alamin(all that exist). The Most Gracious the Most Merciful. The (only) Owner of the Day of judgment. 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 and Favor, not (the way) of those who earned Your Anger, nor of those who went astray).



# HOW TO PRAY

You may then recite any surah from the Quran as an example Surah Iklas (112). Bismil-lahir-Rahmwanir-Raheem. Qul huwal-lahu ahad.Allahus-Samad. Lam yalid wa lam yulad. Wa lam yakul-lahu kufuwan ahad.

In the Name of Allah, the Most Gracious, the Most Merciful. Say: (O Muhammad ) 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 onto Him.



# How to pray

After the recitation then raise both hands again and make the takbir(saying Allahu Akbar)



Then go down into the Ruku (bowing position)



# HOW TO PRAY

While in the bowing position one says: Subhana Rabbiyal  
Adheem  
(Glorified is my Lord, the Most Great) three times.

Keep your back at a 90 degree angle placing the hands upon the  
Knees keeping them straight.



# How to pray

While raising up from the bowing position, raise both hands and say: Sami-Allahu Liman hamidah. Rabbana wa lakal-hamd.(Allah hears those who praise Him. O our Lord, and all praise is for you).



Then stand straight till you body is at rest.



# HOW TO PRAY

Next say the Takbir ( Allahu Akbar) once again while raising your hands like before, then go down in to Sujood (prostration)

Then once you have enter into it (the prostration) making sure that all seven points are touching the floor the forehead, the tip of the nose, both hands, both knees, the bottom of your toes, all pointing in the direction of the Qiblah. Then one says: Subhana Rabbiyal-a'la (Glorified is my Lord, the Most High) recited three or more odd number of times.



# How to pray

Then while rising up into the sitting position you say the Takbir(Allahu Akbar). As you sit with your hands resting on your knees one says: Allahumma ighfir-li warhamni, wahdini, wa a'fini warzuqni,(O Allah Forgive me have mercy on me , guide me, heal me, and provide sustenance for me).



# How to pray

Note: while in the sitting position you should be sitting on the left foot With the right foot is vertical to the floor, toes towards the Qiblah.

sitting on the  
left foot



right foot vert.  
to the floor





# How to pray

Then say the Takbir (Allahu Akbar) and then return back to the position of prostration and say; Subhana Rabbiyal-a'la (Glorified is my Lord the Most High) three times (note: make sure all seven points are touching the floor, (1) forehead and nose (2) the palms of the hands (3) both knees (4) and the toes )



# How to pray

And once again briefly sit up and make takbir “Allahu Akbar”. This completes one rakat (one unit of prayer).



# HOW TO PRAY

Most of the prayers have more than one rakat, some have two rakaats like fajr or three rakaats like Maghrib or four rakaats like Dhur,,Asr and Isha.

Those prayers that consist of three or four rakaats, it is required that you sit briefly in the second rakaats and say the first part of the Tashaahud (the testimony of faith). After saying the first part of the Tashaahud, you would then stand up and complete what remains of the prayer (i.e. one or two rakaats).

If it is a prayer that consist of only two rakaats then it is required that you recite the entire Tashaahud (first and second parts) in the second rakat, then make taslim (giving salaams to the right and left (which will be explained on the following pages)).

# HOW TO PRAY

How to perform the Tashaahud: After returning to the sitting position. Point your index finger straight out, while making a circle with the thumb and middle finger, curving the other fingers inward making a slight fist.



# HOW TO PRAY

While looking at your index finger say; ( This is the first part of the Tashaahud)

“At-tahiyatu lillahi was-salaawatu wat-tayyibatu as salaamu ‘alayka, ayyuhan-nabiyyu wa rahmatullahi wa barakatuhu, as-salaamu ‘Alayna wa ‘ala ‘ibadil-lahis-saliheen. Ashhadu alla ilaha illallahu wa ashhadu anna Muhammadan abduhu wa Rasuluhu.”

All the compliments, prayers and good things are due to Allah. Peace be upon you, O Prophet and Allah’s Mercy and Blessing be on you. Peace be on us and on the true pious devotees of Allah. I testify that none has the right to be worshipped but Allah and I testify that Muhamad is His slave and His Messenger. (If this is a pray consisting of 3 or more rakat then you would say the Takbir (Allahu Akbar) and stand up once again in Qiyam (the standing position and do as what was mentioned earlier as seen on page 17).

# HOW TO PRAY

But if this is the last rakaa meaning the second, third or fourth rakaa then you recite all of the Tashaahud which is..

“At-tahiyatu lillahi was-salawatu wat-tayyibatu  
As-salamu ‘alayka, ayyuhan-nabiyyu  
Wa rahmatullahi wa barakatuhu,  
As-salamu ‘Alayna wa ‘ala ‘ibadil-lahis-saliheen.  
Ashhadu alla ilaha illallahu wa ashhadu  
Anna Muhammadan abduhu wa Rasuluhu

*All the compliments, prayers and good things are due to Allah. Peace be upon you, O Prophet and Allah’s Mercy and Blessing be on you. Peace be on us and on the true pious devotees of Allah. I testify that none has the right to be worshiped but Allah and I testify that Muhammad is His slave and His Messenger.*

“Allahumma salli ‘ala Muhammad wa ‘ala ali Muhammad kama sallayta ‘ala Ibraheema wa ‘ala ali Ibraheema innaka Hameedum-Majeed. Allahumma barik ‘ala Muhammad wa ‘ala ali Muhammad kama barakta ‘ala Ibraheema wa ‘ala ali Ibraheema innaka Hameedum-Majeed.

*O Allah bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.*

# HOW TO PRAY

Then after the Tashaahud one says...

“Allahumma inna a’udhu bika min ‘adhabi jahannama, wa min ‘adhabil-qabri, wa min fitnatil-mahya walmamati, wa min sharri fitnatil-maseehid-dajjal.”

***O Allah, I seek refuge in You from the Punishment of Hell-fire, and from the punishment of the grave, and from the evil of the trail of the False Messiah.***

After which you drop the finger of the right hand and allow the hands to come to rest upon the knees.



# HOW TO PRAY

Then you make Tasleem. This is done by turning ones head to the right while saying...

“As-salaamu ‘alayyikum wa rahmatullah”

***Peace be upon you and the Mercy of Allah.***

Then turning your head to the left say...

“As-salaamu ‘alayyikum wa rahmatullah”

***Peace be upon you and the Mercy of Allah.***

