



UNIS

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Salah – The Second Pillar of Islam (How Muslims pray)

Dear brother, Assalam-O-Alaikum!

We have been receiving many requests from brothers inside different correctional facilities for the method of performing Salah, the five daily ritual prayers. This issue of UNIS is in response to these requests. The best way to learn how to perform Salah is by observing somebody. However, we have tried our best to explain the method of Salah and all its prerequisites. The explanation is comprehensive and is meant to be used as a reference. Even though you may not be able to follow all the rules, it is important to start performing Salah immediately as best as you can. It is permissible, for example to hold a paper in your hand and read from it in the Salah, until you memorize all that you have to say. Also, considering the special circumstances you are in, do the best you can within the current regulations of the Department of Corrections.

There are minor differences among the scholars about some details of Salah. The basics are, however, the same. You may, therefore, see somebody making Salah in a slightly different way. This does not invalidate Salah in any way!

Salah is the second pillar of Islam. It refers to the five compulsory daily prayers. Salah is offered five times a day, individually or in congregation. We offer Salah to remember Allah. It brings us closer to Him. Allah says in the Qur'an:

“Establish Salah to remember me.” (20:14)

Five Daily Prayers

Salah is the practical proof of our faith in Allah and Islam. It has been made compulsory within certain fixed times. The five daily prayers are:

Fajar: from dawn until just before sunrise.

Zuhr: after midday until mid-afternoon.

Asr: from mid-afternoon until just before sunset.

Maghrib: after sunset until daylight ends.

Isha: night until dawn.

Prerequisites for Offering Salah

- ❖ The clothes and body must be free of all impurities, e.g. traces of urine or excrement.
- ❖ The place where Salah is to be offered must be pure and clean.
- ❖ The part of the body between the navel and the knees of a male must be fully covered, for female, the whole body except the hands and face must be covered.
- ❖ The worshipper must face the *Ka'ba* in the Great Mosque at Makkah (Saudi Arabia). From Michigan, the direction of *Ka'ba* is approximately North-East considering the nearest distance from here to *Ka'ba*.
- ❖ The worshipper must make *Niyah* (intention) in his or her mind of the particular Salah. *Fard* (obligatory) or

Sunnah or *Nafil*, he or she is about to offer.

- ❖ The worshipper must observe the times and rules prescribed for the respective Salah
- ❖ The worshipper must have performed the *Wudu* (ablution)
- ❖ The worshipper must have performed *Ghusal* (the washing of the whole body), if he or she was in a state of grave impurity (explained later).

Keep in mind that Muslims are not allowed to have a shower in the nude in the presence of others.

WUDU (ablution)

Before we begin to say Salah, we must first prepare ourselves. This preparation includes making sure we are clean, and this is done by carrying *Wudu*.

Wudu is essential for performing Salah; we CANNOT offer Salah without first making *Wudu*.

How to perform Wudu

Make sure that the water with which you are going to perform *Wudu* is pure, clean and not used before and its color, taste and smell are unchanged.

- (a) Make *Niyah* (intention) saying *Bismillah hir-rahma nir-raheem* (In the name of Allah, the most Gracious, the most Merciful); then wash both hands up to the wrists three times making sure that water has reached between the fingers. (See figures on the last page for this and the following steps.)
- (b) Put a handful of water into the mouth and rinse it thoroughly. Repeat three times.

- (c) Sniff water into the nostrils three times to clean them and then wash the tip of the nose three times.
- (d) Wash the face three times from right ear to left ear and from forehead to throat.
- (e) Wash the right arm (3 times), and then the left arm (3 times), thoroughly from wrist to elbow.
- (f) Move the palm of the wet hand over the head, starting from the top of the forehead to the back and pass both hands over the back of the head to the neck
- (g) Rub wet fingers into the grooves of both ears and holes and also pass the wet thumbs behind the ears.
- (h) Pass the backs of the wet hands over the nape.
- (i) Wash both feet to the ankles, starting from the right and making sure that water has reached between the toes and all other parts of the feet.

At the end of the *Wudu* recite:

*Ash hadu an laa ilaha illal lahu
wahdahu la shareeka lahu wa ash hadu
anna muhammadan 'abduhu wa
rasuluhu*

(I bear witness that there is no god but Allah and He is one and has no partner and I bear witness that Muhammad is His servant and messenger).

Facilities in Wudu

- ❖ If you did a complete *Wudu* before putting on your socks (impermeable), it is not necessary to take them off every time you repeat *Wudu*. It is enough to wipe (rub) the upper part of the socks

with wet hands. Such *Wudu* lasts for twenty four hours only (three days for travelers), but fresh *Wudu* must be made after the socks are taken off.

- ❖ If there is a wound in part of the body which has to be washed in *Wudu*, and if washing that particular part is likely to cause harm, it is permissible to wipe the dressing of the wound with a wet hand.

Obligatory (Minimum Acts in the Performance of *Wudu*)

1. Washing the face
2. washing both the arms up to elbows
3. brushing over a quarter of the head with wet hands
4. washing both feet up to ankles

Fresh *Wudu* is needed after:

- ❖ natural discharge: excreta, semen, wind and the like from front or hind private parts.
- ❖ Flow of blood or pus and the like from any part of the body.
- ❖ Full mouth vomiting
- ❖ Loss of consciousness through falling asleep or drowsiness
- ❖ Temporary insanity, fainting fit, hysteria or intoxication

TAYAMMUM (Dry Ablution)

You can perform your *Salah* with *Tayammum* instead of *Wudu* when:

- ❖ You are sick and cannot use water
- ❖ Water is not available or just enough for drinking
- ❖ Use of water is harmful

How to perform *Tayammum*

1. make *Niyah* (intention) for *Tayammum*
2. place both hands lightly on earth, sand, stone or any other object having dust on it
3. blow the dust off the hands and wipe the face with them once in the same way as done in *Wudu*
4. repeat as in (2) and wipe the right arm up to the elbow with the left hand and left arm with the right hand

GHUSL (Bath)

Ghusl becomes obligatory after:

- ❖ Sexual intercourse
- ❖ Discharge or effusion of semen
- ❖ Completion of menses and confinement

Obligatory Conditions for the validation of *Ghusl*

1. to rinse the mouth thoroughly, so that all the parts are cleaned properly
2. to rinse the nose right up to the nasal bone

3. to wash all the parts of the body thoroughly, including the hair

AZAN (Call to Prayer)

It is strongly recommended that wherever possible Muslims should offer their *Fard* (compulsory) prayers in the mosque in congregation. To call Muslims to prayer, *Azan* (Call) is given by a person called *Mu'azzin* (Caller) who stands in the courtyard of mosque, faces the *Ka'ba*, raises his hands to his ears and calls out the following Arabic words (italicized) in a loud voice.

Allahu Akbar Allahu Akbar

Allahu Akbar Allahu Akbar

(God is the Greatest, God is the Greatest, God is the Greatest, God is the Greatest)

Ash'hadu an la-ilaha illallah

Ash'hadu an la-ilaha illallah

(I bear witness that there is no God but Allah. I bear witness that there is no God but Allah)

Ash'hadu anna muhammadar rasulullah

Ash'hadu anna muhammadar rasulullah

(I bear witness that Muhammad is Allah's messenger. I bear witness that Muhammad is Allah's messenger)

Hayya 'alas-salah

Hayya 'alas-salah

(Rush to prayer. Rush to prayer)

Hayya 'alal-falah

Hayya 'alal-falah

(Rush to success. Rush to success)

Allahu Akbar, Allahu Akbar

(God is the Greatest, God is the Greatest)

La ilaha illallah

(There is no God but Allah)

NOTE: during the *Azan* for the *Fajr*

Salah, the following is added after

'*Hayya 'alal-falah*'

Assalatu khairum minan naum

Assalatu khairum minan naum

(*Salah* is better than sleep. *Salah* is better than sleep)

IQAMAH

Iqamah is another call to prayer said inside the mosque, just before the actual start of *Salah* in congregation. When the Muslims stand up in rows, the *Mu'azzin* recites *Iqamah* which is exactly like *Azan*, except that after '*Hayya 'alal-falah*' the following is added:
Qad qamatis Salah
Qad qamatis Salah
(The prayer has begun. The prayer has begun)

NOTE: *Iqamah* is said in a lower voice than *Azan*.

TYPES OF SALAH

- (a) **Fard (Obligatory) Salah** – *Fard* prayer is an obligatory prayer. Every believer is ordered by Allah to offer five obligatory prayers in a

day. Failure to observe any one of the five obligatory prayers is a serious and punishable sin

- (b) **Sunnah Mu`akkadah (Highly recommended)** – that is those which are emphasized by the Holy Prophet (SAW) and offered regularly by him before or after the *Fard Salah*
- (c) **Sunnah Ghair-Mu`akkadah (Recommended)** – that is those offered only occasionally by Prophet Muhammad (SAW)
- (d) **Nafl (Optional)** – this is a voluntary *Salah* which the Prophet (SAW) observed before or after *Fard* at special and isolated occasions. There is a reward for praying it and no sin for leaving it. It can be offered at any isolated instance according to the time and capacity of the believer. Prophet Muhammad (SAW) encouraged the believer to pray *Nafl* to help make up for any minor omissions or other defects in the obligatory *Salah*.

RAK`AH OF SALAH

Each unit of *Salah* is called a *Rak`ah*.

Following is a list of *Rak`ah* (in sequence) in each *Salah*:

Fajr: 2 *Sunnah* (HR) and 2 *Fard*

Zuhr: 4 *Sunnah* (HR), 4 *Fard*, 2 *Sunnah* (HR) and 2 *Nafl*

Asr: 4 *Sunnah* (R), and 4 *Fard*

Maghrib: 3 *Fard*, 2 *Sunnah* (HR) and 2 *Nafl*

Isha: 4 *Sunnah* (R), 4 *Fard*, 2 *Sunnah* (HR), 2 *Nafl* and 3 *Witr* (HR)

NOTE: 'HR' stands for highly recommended and 'R' for recommended. 'Witr' is like ordinary *Salah* with some exceptions and is explained later.

Times when you must not pray

- ❖ From the time one finishes *Fajr* prayer until 15-20 minutes after sunrise.
- ❖ When the sun is at its height (Zenith or Meridian)
- ❖ From the time one finishes *Asr* until sunset.

HOW TO PERFORM SALAH

Having cleansed yourself by *Wudu* now proceeds to perform *Salah*. *Wudu* is a ritual cleansing, but before you begin your *Salah*, you must make sure that you have a clean body, a clean place and that you are wearing clean clothes. Then proceed as following. **NOTE:** Pictures are provided on the last page for illustration:

- (1) Stand upright on your prayer mat facing the direction of *Ka`bah*. This

standing is called *Qiyam* and. The direction is called *Qiblah* in Arabic

- (2) Say your *Niyah* (intention) for the *Salah* you are going to offer either verbally or in your mind. For example, for 2 *Fard* of *Fajr*, you may say:

‘Two *Fard* of *Salatul-Fajr* for Allah, facing *Ka`bah*’

- (3) Raise your hands up to your ears (women and girls up to their shoulders) and say “*Allahu Akbar*” (Allah is the Greatest). This is called *Takbir Tahrima*
- (4) Place your right hand on your left hand just below the navel or on the chest (women and girls put their hands on chest) and recite:

Subhanaka allah-humma wa be hamdika wa tabara kasmuka wa ta`ala jadduka wa la ilaha ghairuk

(Oh Allah, glory and praise are for You, and blessed Your name and exalted is Your Majesty, there is no God but You) *A`udhu billahi minash-shaita nir-rajeem* (I seek shelter in Allah from the rejected Satan)

Bismillah hir-rahma nir-raheem

(In the name of Allah, the most Gracious, the most Merciful)

- (5) Recite *Surat-Ul-Fatihah* (opening chapter) of the *Qur`an*:

Al hamdu lil lahi rabbil `alamin.

Arrahma nir-raheem Maliki

Yawmiddeen. Iyyaka na`budu wa Iyyaka

nasta`een. Ihdinas siraatal mustaqeem

siraatal ladheena an `anta `alaihim,

ghairil maghdoobi `alaihim wa lad

dhaalteen (Aameen).

(All praise is for Allah, the Lord of the Universe, the most Gracious, the most Merciful; Master of the day of judgment. You alone we worship, from You alone we seek help. Guide us along the straight path – the path of those whom You favored, not of those who earned Your anger or went astray)

NOTE: the recitation of *Al-Fatihah* is a must in all prayers.

- (6) Recite any other passage from the *Qur`an*. For example, *Surat-Ul Ikhlas*.

Bismillah hir-rahma nir-raheem.

Qul hu wal lahoo ahad, Allahus samad.

Lam yalid wa lam yoo lad, wa lam ya kul lahu kufu wan ahad

(Say, He is Allah, the One. Allah is Eternal and Absolute. None is born of Him nor is He born and here is none like Him)

- (7) Bow down, saying: *Allahu Akbar*. Place your hands on your knees and

say three times: *Subhana Rabbi wal `Azeem* (Glory to my Lord, the Great). This position is called *Ruku`*.

- (8) Stand up from the bowing position saying: *Sami` Allah Liman Hamidah* (Allah hears those who praise Him). *Rabbana Lakal Hamd* (Our Lord, praise be to You). This standing is called *Qiyam* or *`Idal* in Arabic.
- (9) Prostrate on the floor on your prayer mat saying: *Allahu Akbar* with your forehead, nose palms of both hands and your knees touching the floor. Recite three times *Subhana Rabbi wal A`la* (Glory to my Lord, the Highest) called *Tasbeeh*. This position is called *Sujood*. Your arms should not touch the floor.
- (10) Get up from the floor saying: *Allahu Akbar* and sit upright with your knees bent and palms placed on them. After a moment’s rest prostrate again on the floor saying: *Allahu Akbar* and recite *Subhana Rabbi wal A`la* three times. Get up from this position saying: *Allahu Akbar*.

This complete one *Rak`ah* or one unit of *Salah*. The second *Rak`ah* is performed in the same way, except that you DO NOT recite *Subhanaka* ... (in step 4) and after the second prostration you sit up-straight and recite quietly *At-Tashahhud* as follows: *At-Tahiyatu Lillahi* (All prayer is for Allah) *Was Salawatu Wat Tayyibatu* (and worship and goodness) *As-Salamu `Alaika Ayyu han-nabiyyu* (peace be upon you, O Prophet) *Wa Rahmatullahi Wa Barakaatuhu* (and the Mercy of Allah and His Blessings) *Assalamu `Alainaa* (peace be on us) *Wa`Ala Ibadillahis-Saliheen* (and on the righteous servants of Allah)

Raise the index finger of your right hand while saying the following: *Ash Hadu An Laa-ilaha Illal Lahu Wa Ash Hadu Anna Muhammadan `Abduhu Wa Rasooluhu.*

(I bear witness that there is no God but Allah and I bear witness that Muhammad is His servant and messenger).

In a three *Rak`ah Salah* (as in *Maghrib*) or a four *Rak`ah Salah* (*Zuhr*, *Asr* and *Isha*) you stand up for the remaining *Rak`ah* after *Tashahhud*. But for a two *Rak`ah Salah* you remain seated after the second *Rak`ah* and recite *As-Salam `aln nabiyya* (blessings for the Prophet) or *Darood* as:

Allahumma Sali `Alaa Muhammadin (O Allah, let Your blessing come upon Muhammad). *Wa `Ala Aali*

Muhammadin (and the family of Muhammad) *Kamaa Sallaita `Ala Ibrahim* (as You blessed Ibrahim) *Wa `Ala Aali Ibrahim* (and the family of Ibrahim) *Innaka Hameedun Majeed* (truly You are the Praiseworthy and Glorious) *Allahumma Baarik `Ala Muhammadin* (O Allah, bless Muhammad) *Wa `Ala Aali Muhammadin* (and the family of Muhammad) *Kamaa Baarakta `Ala Ibrahim* (as You blessed Ibrahim) *Wa `Ala Aali Ibrahim* (and the family of Ibrahim) *Innaka Hameedun Majeed* (truly You are the Praiseworthy and Glorious).

After this, say the following *Du`aa* (request to Allah)

Rabbij `alnee muqeemas salata wa min zurriyatee rabbana wa taqqabbal du`aa.

Rabba-naghfirlee wali walli daiyya wa lil mu`mineena yawma yaqoom-ul-hisaab.

(O Lord, make me and my children steadfast in *Salah*. Our Lord, accept the prayer. Our Lord forgive me and my parents and the believers on the day of judgment.)

- (11) Now turn your face to the right saying: *Assalamu `Alaikum Wa Rahmatullah* (peace and mercy of Allah be upon you) and then to the left repeating the words. This complete the two *Rak`ah Salah*.

In a three and four *Rak`ah Salah* you get up to complete the remaining *Rak`ah* after *Tashahhud* in the second *Rak`ah* as explained before. In the remaining *Rak`ah* you recite only *Al-Fatihah* and nothing else from the *Qur`an* when you stand; other wise the remaining *Rak`ah* are performed exactly like the first two. At the end of the last *Rak`ah* (third or fourth), you sit down after the prostration and recite *At-Tashahhud*, *Darood*, *Du`aa* and *Salam* (step 11) just as you do at the end of the two *Rak`ah Salah* (Note one exception: When you are praying *Sunnah* prayers, you recite some portion from the *Qur`an* after *Al-Fatihah*, in all the *Rak`ah*).

Salah in Jama`ah (Congregation)

When *Salah* is offered in congregation, then in the *Fard Salah* of *Fajr*, *Maghrib* and *Isha*, the *Qur`an* is recited aloud by the *Imam* (one who leads the prayer) in the first two *Rak`ah* while in *Zuhr* and *Asr*, it is recited silently in all *Rak`ah*. When praying behind the *Imam*, the followers do not read *Al-Fatihah* or *Qur`an*. In all prayers, *Tasbeeh* (*Subhana Rabbiyal `Azeem* and *Subhana Rabbiyal `Aala*), *Tashahhud* and *Darood* are said quietly.

WITR SALAH

The *Witr* (odd number) prayer has three *Rak`ahs*. The first two *Rak`ahs* are said like the first two *Rak`ahs* of the *Maghrib* prayer, then, after *Tashahhud* in the second *Rah`ah*, stand up saying Allahu Akbar for the third *Rah`ah*. Recite *Surat-ul-Fatihah* and some other verses from the *Qur`an*, but before going to *Ruku`* raise your hands up to the ears saying Allahu Akbar and recite the following *Du`aa* after placing your hands below your navel or on the chest. This *Du`aa* is called *Du`aa al-Qunoot*.

Allahumma inna nasta-eenuka wa nastaghfiruka, wa nu'minu bika wa nata wakkalu alaika wa nuthnee alaikal khair, wa nashkurka wa laa nakfurka wa nakhla'u wa natruku manyyaf juruka, allahumma iyyaka na'budu, wa laka nusallee wa nasjudu wa ilaika nas'aa wa nahfidu wa narju rahmataka wa nakhshaa 'azaabak inna 'azaabaka bil kuffari mulhiq.

(O Allah, we seek Your help and ask Your forgiveness and we believe in You and trust in You. We praise You in the best way and we thank You and we are not ungrateful and we cast off and forsake him who disobeys You. O Allah, You alone we worship and to You we pray and before You we prostrate, to You we turn in haste, and hope for Your mercy and fear Your punishment. The punishment overtakes the unbeliever).

After this say Allahu Akbar, bow down in *Ruku`* and complete the rest of the prayer like the *Maghrib* prayer.

SAJDATUS SAHW (Prostration of Forgetfulness)

Since we are human beings, we are likely to make mistakes and commit errors. If we forget to do something in our *Salah*, we can make up for it by making two extra *Sajdah* (prostration) as we do in any *Rak`ah* of *Salah*. This is called *Sajdatus Sahw*. This is done at the end of the last *Rak`ah* of *Salah*. What you have to do is say *Tashahhud* and then turn your face to the right saying Assalamu `alaikum wa rahmatullah and make two extra *Sajdah* with *Tasbeeh* (*Subhana Rabbiyal `Aala*, three times) and then recite *Tashahhud* again with *Darood* and *Du`aa*. Then you turn your face first to the right and then to the left saying Assalamu `alaikum wa rahmatullah to finish the *Salah*.

The *Sajdatus Sahw* is necessary if you forget to do any essentials of *Salah*, for example, forgetting to recite parts of the *Qur`an* after *Al-Fatihah*, forgetting to say the first *Tashahhud* in a four *Rak`ah Salah*, or saying *Salaam* after two *Rak`ahs* in a four *Rak`ah Salah*.

INVALID SALAH

Your *Salah* will not be valid if you do any of the following:

- [1]miss out *Niyyah* (intention) [2]miss out *Takbir Tahrima* [3]forget to recite *Al-Fatihah* [4]forget or do not make *Ruku`* or *Sujood* [5]do not face *Qiblah* (*Ka`ba*) [6]do not have *Wudu* [7]talk during *Salah* [8]eat or drink during *Salah* [9]do not sit for *Tashahhud* in the last *Rak`ah*
- Under these circumstance, you must repeat your *Salah*. *Sajdatus Sahw* will not be enough.

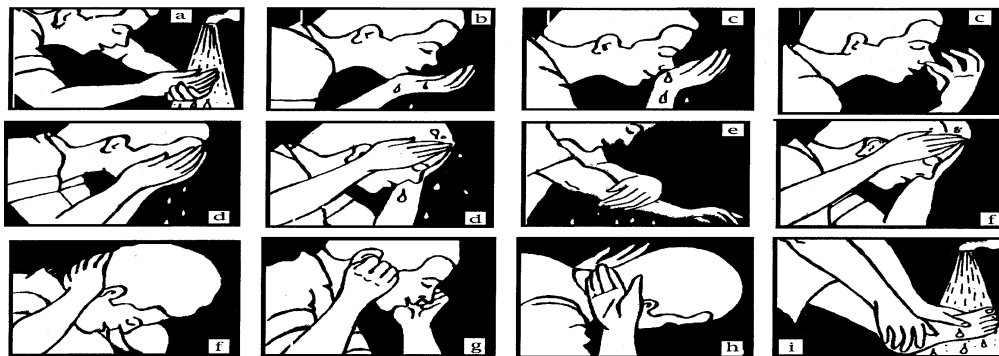
SALATUL JUMM`AH (Friday Prayer)

Salatul Jumm`ah or Friday prayer is offered in congregation. All adult male Muslims must take part. It is offered on Friday during *Zuhr* time. It is not a must for women, but they can join this prayer.

People assemble for this *Salah* immediately after noon. On arriving at the mosque or the prayer hall, they offer 2, 4, 6 or more *Rak`ahs Sunnah* prayer and then the *Imam* (prayer leader) delivers a *Khutbah* (sermon). After the *Khutbah*, the *Imam* leads two *Rak`ah Fard* prayer. After the *Fard* prayer, 2, 4, 6 or more *Rak`ahs* of *Sunnah* or *Nafl* prayers are offered privately by each person.

Muslims are a community, *Salatul Jumm`ah* is a community prayer.

Each week on Friday, Muslims living in an area get together to offer this prayer.



Steps in making Wadu. Letters on the pictures refer to the steps in the text.

