



# 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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قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ  
وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

*“Say: Verily, my prayer, my sacrifice,  
my living and my dying are for Allâh.  
The Lord of the ‘Âlamîn (mankind,  
jinn and all that exists).” (6: 162)*

# How to pray

The Prophet Muhammad ﷺ said:

صَلُّوا كَمَا رَأَيْتُمُنِي أَصَلِّي (صحيح البخاري)

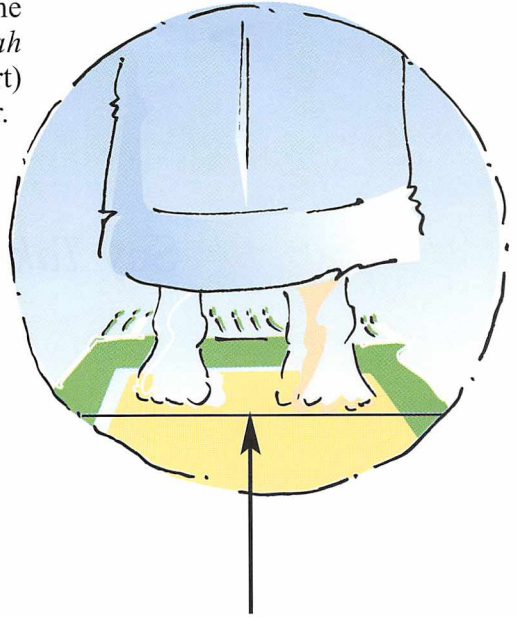
“Pray as you have seen me praying.”

*(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*.

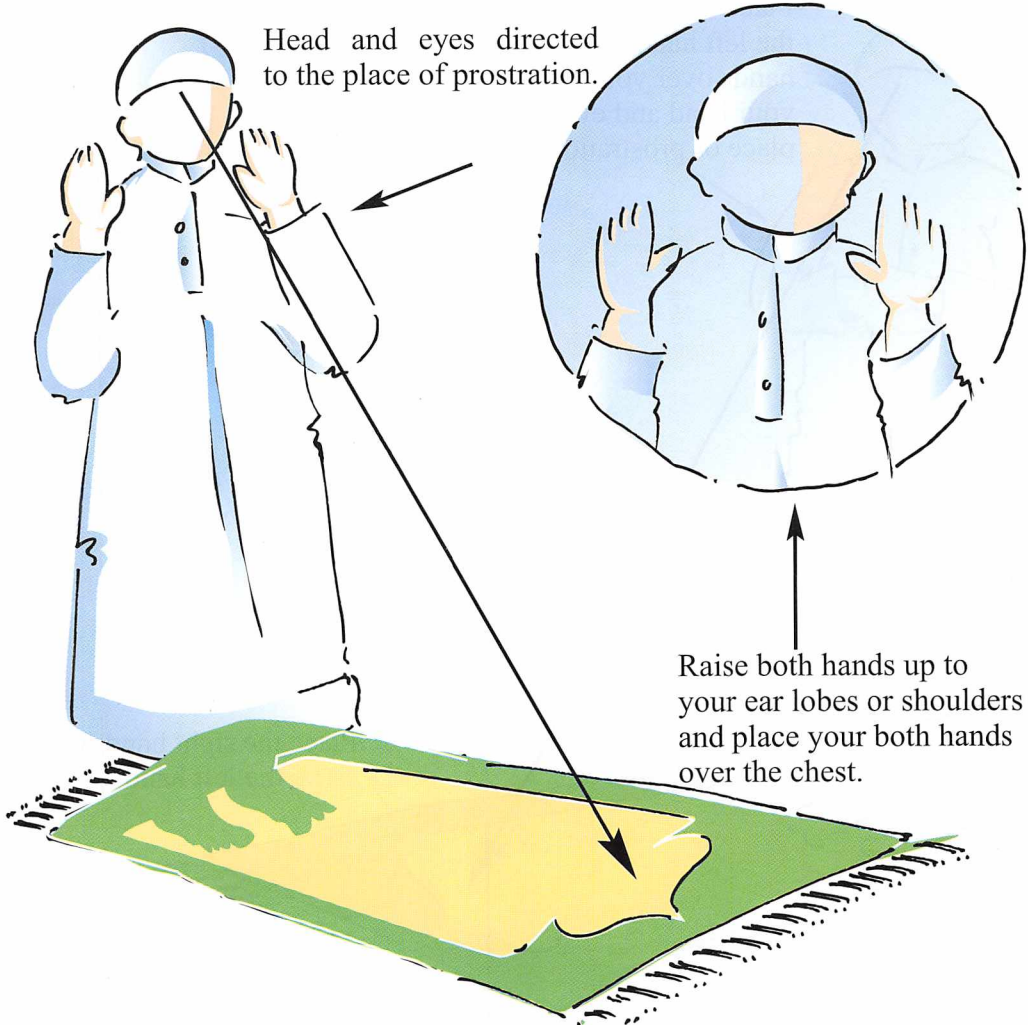
*Say Takbeer Tahrimah*

الله أكبر

“Allâhu Akbar”

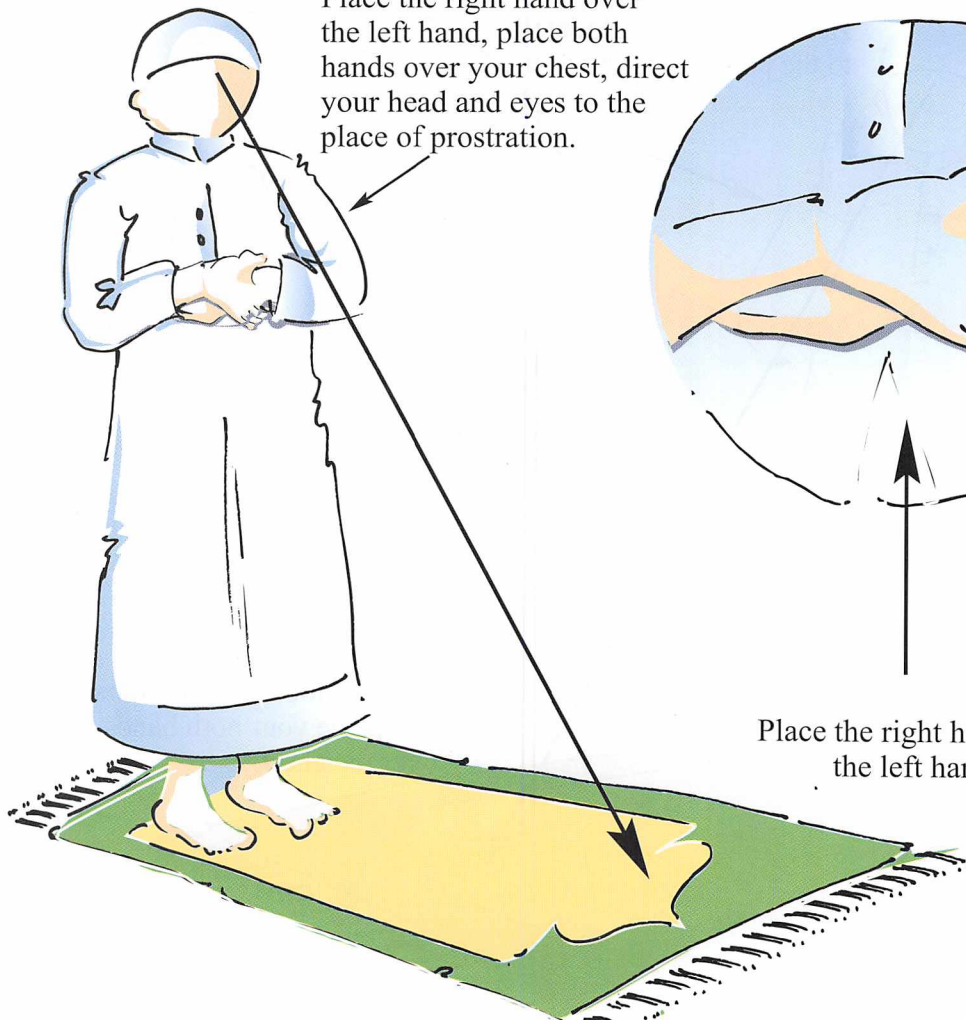
*Allâh is the Most Great.*

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.



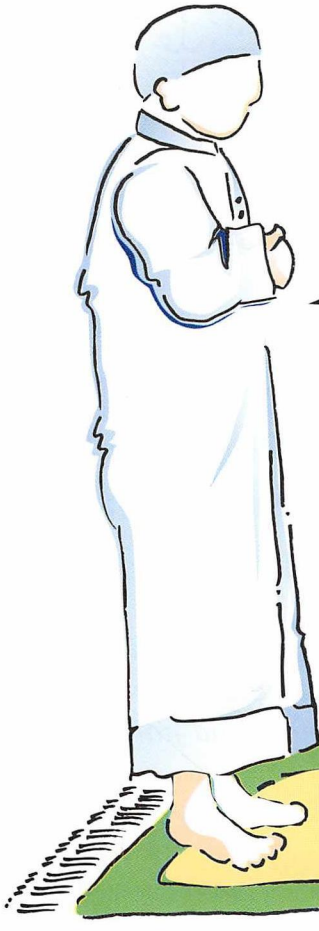
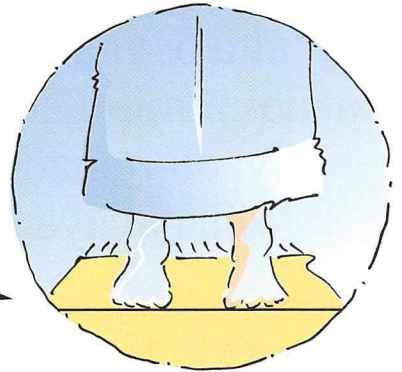
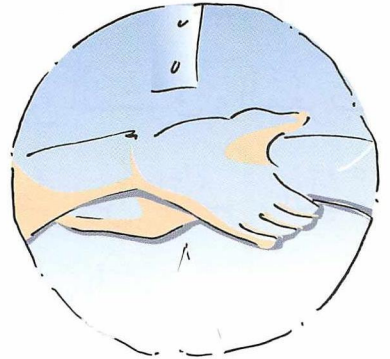
Place the right hand over the left hand.



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! بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ،  
اللَّهُمَّ! نَقِّنِي مِنْ خَطَايَايَ كَمَا يُنْقَى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ، اللَّهُمَّ!  
اغْسِلْنِي مِنْ خَطَايَايَ بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ.

Allâhumma bâ'id bayni wa bayna Khatayaya kama  
ba'atta baynal-mashriqi walmaghribi. Allâhumma  
naqqini min Khatayaya kama yunaqqath-thawbul-  
abyadu minad-danasi, Allâhummagh-silni min  
khatayaya bilma'i 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.”*

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمَزِهِ وَنَفْخِهِ وَنَفْثِهِ  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ  
 ﴿٣﴾ مَلِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ أَهْدِنَا  
 الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ  
 وَلَا الضَّالِّينَ ﴿٧﴾ آمين

“A ‘udhu billâhis-Samee‘il-‘Aleem minash-Shaytanir-rajeem min hamzihi wa nafkhihi wa nafthihi. Bismil-lâhir-Rahmânir-Raheem. Alhamdu lillâhi Rabbil-‘alameen. Ar-Rahmânir-Raheem. Maliki yawmid-deen. Iyyaka na‘budu wa iyyaka nasta‘een. Ihdinas-siratal-mustaqeem. Siratal-ladheena an‘amta ‘alayhim ghayril-maghdoobi ‘alayhim walad-dalleen.” Âmeen

*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.*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَكِدْ

وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

“Bismil-lâhir-Rahmânir Raheem.”

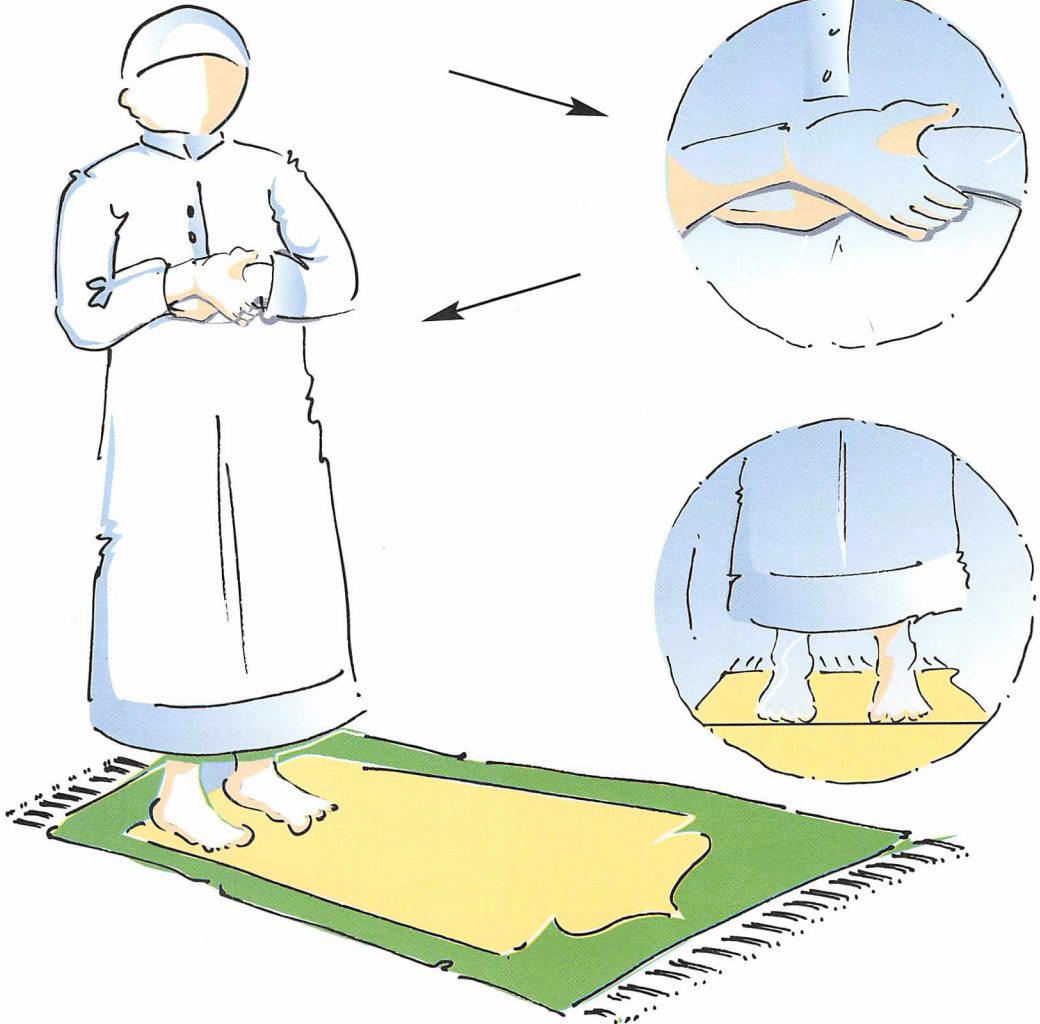
“Qul huwal-lâhu ahad. Allâhus-Samad.

Lam yalid wa lam yûlad.

Wa lam yakul-lahu kufuwan ahad.”

*In the Name of Allâh, the Most Gracious, the Most Merciful.  
Say: He is Allâh, the only One, Allâh 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:

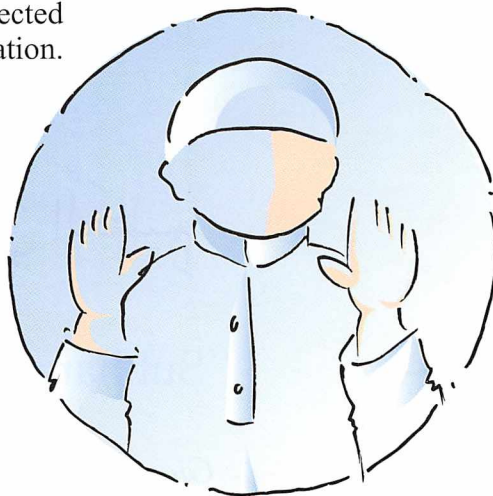
اللَّهُ أَكْبَرُ

“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'*:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

“Subhana Rabbiyal Azeem”

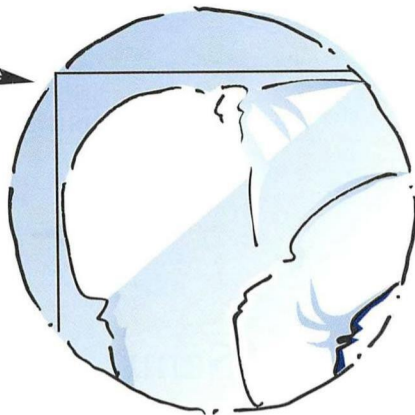
*Glorified is my Lord, the Most Great.*

(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:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

“Sami‘-Allâhu liman hamidah”

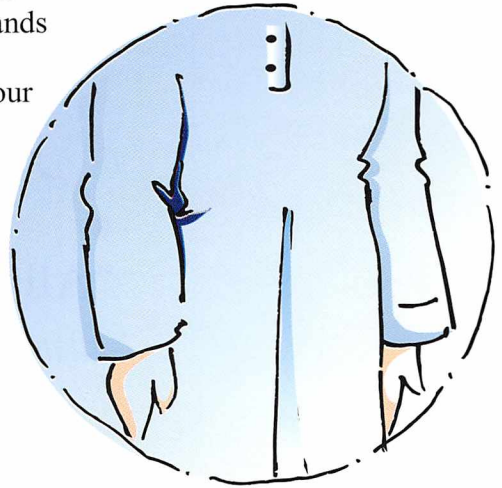
*Allâh hears those who praise him.*

رَبَّنَا 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...

اللَّهُ أَكْبَرُ

“Allâhu Akbar”

*Allâh is the Most Great.*

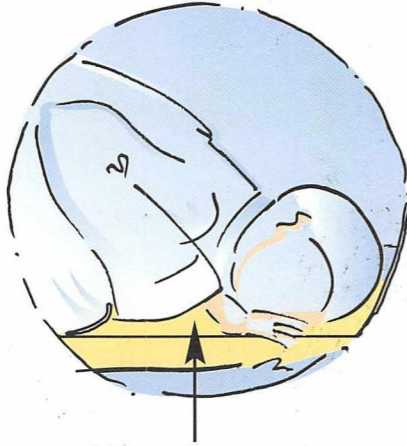
Then while prostrating say...

سُبْحَانَ رَبِّيَ الْأَعْلَى

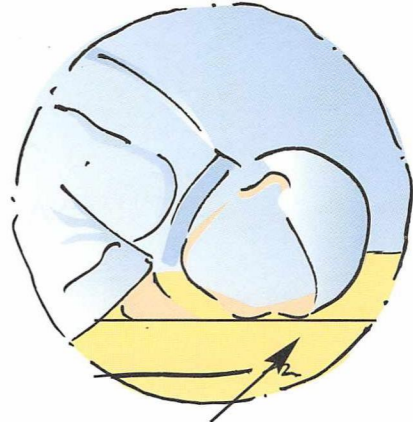
“Subhana Rabbiyal-a‘la”

*Glorified is my Lord, the Most High.*

(Recite it three of more odd times.)



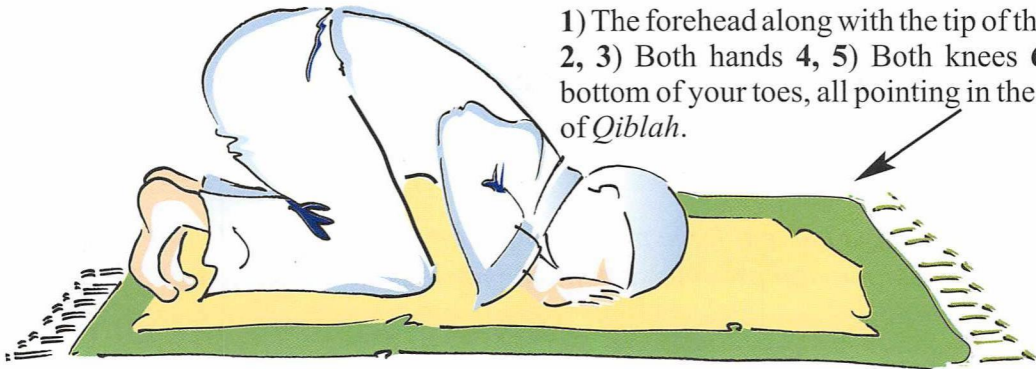
Place your hands down on the ground below your ears, and your forearms should not rest on the ground.



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...

اللَّهُ أَكْبَرُ

“Allâhu Akbar”

*Allah is the Most Great.*

Then sit up and say:

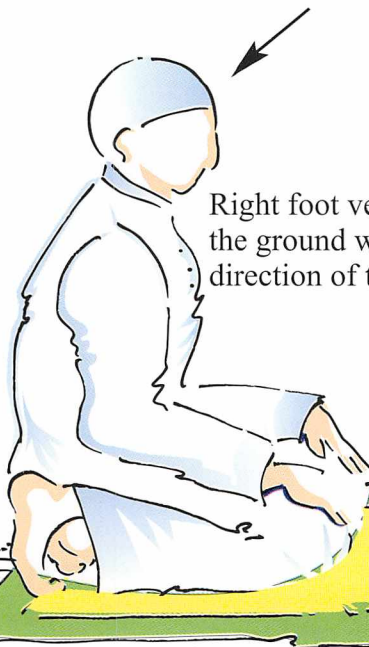
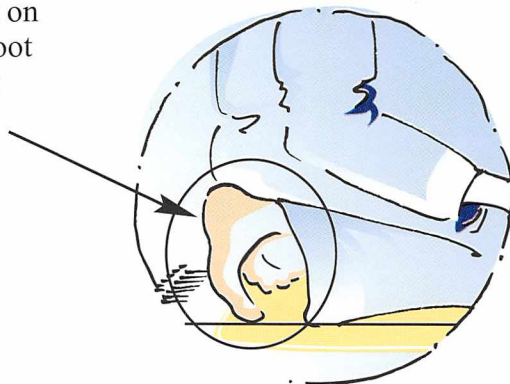
اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَاجْبُرْنِي  
وَعَافِنِي وَارْزُقْنِي وَارْفَعْنِي

“Allâhummagh-firli warhamni wahdini  
wajburni wa ‘âfini warzuqni warfa‘ni.”

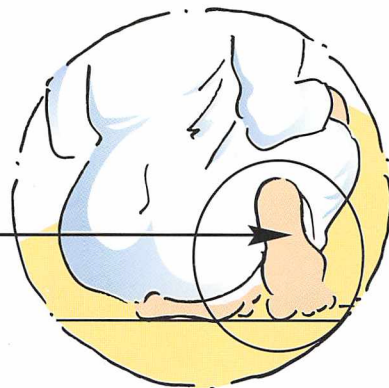
*O Allâh, forgive me and have mercy on me and guide me and hold me and  
heal me and provide sustenance for me and raise me up.*

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...

اللَّهُ أَكْبَرُ

“Allâhu Akbar”

*Allah is the Most Great.*

Then while prostrating say...

سُبْحَانَ رَبِّيَ الْأَعْلَى

“Subhana Rabbiyal-a‘la”

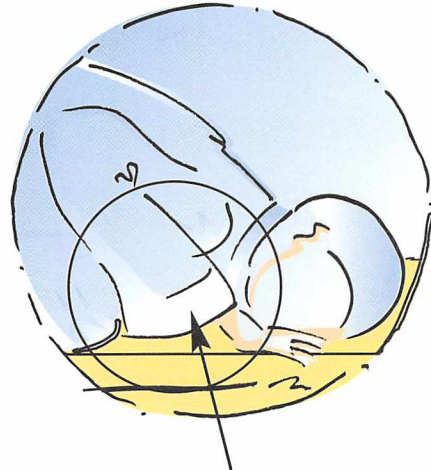
*Glorified is my Lord, the Most High.*

(Recite it three or more odd times)

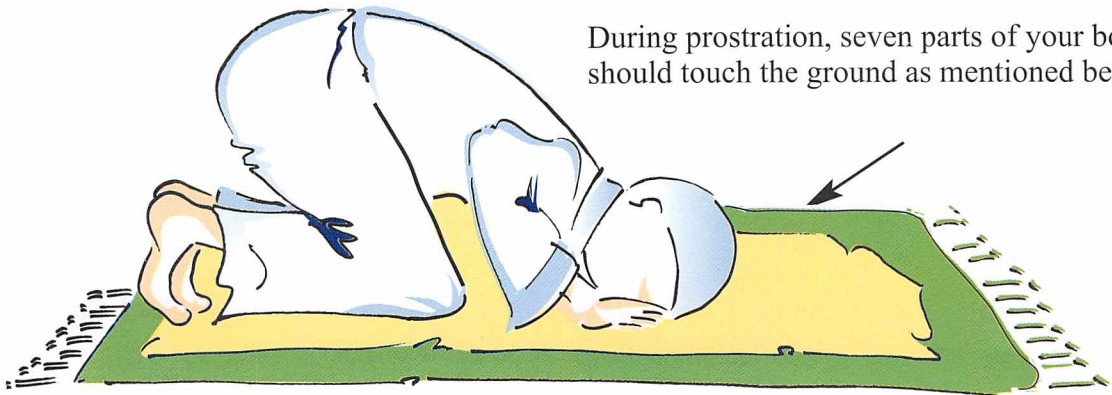




Your feet should be vertical to the ground with your heels together and the toes pointing in the direction of the *Qiblah*.



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*:

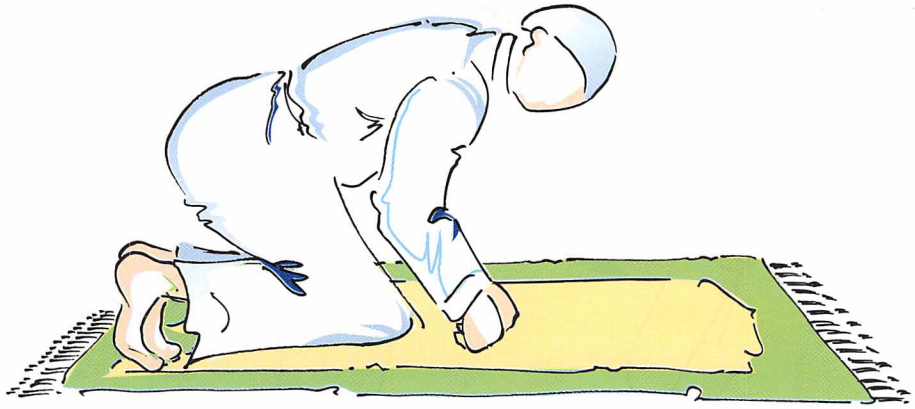
اللَّهُ أَكْبَرُ

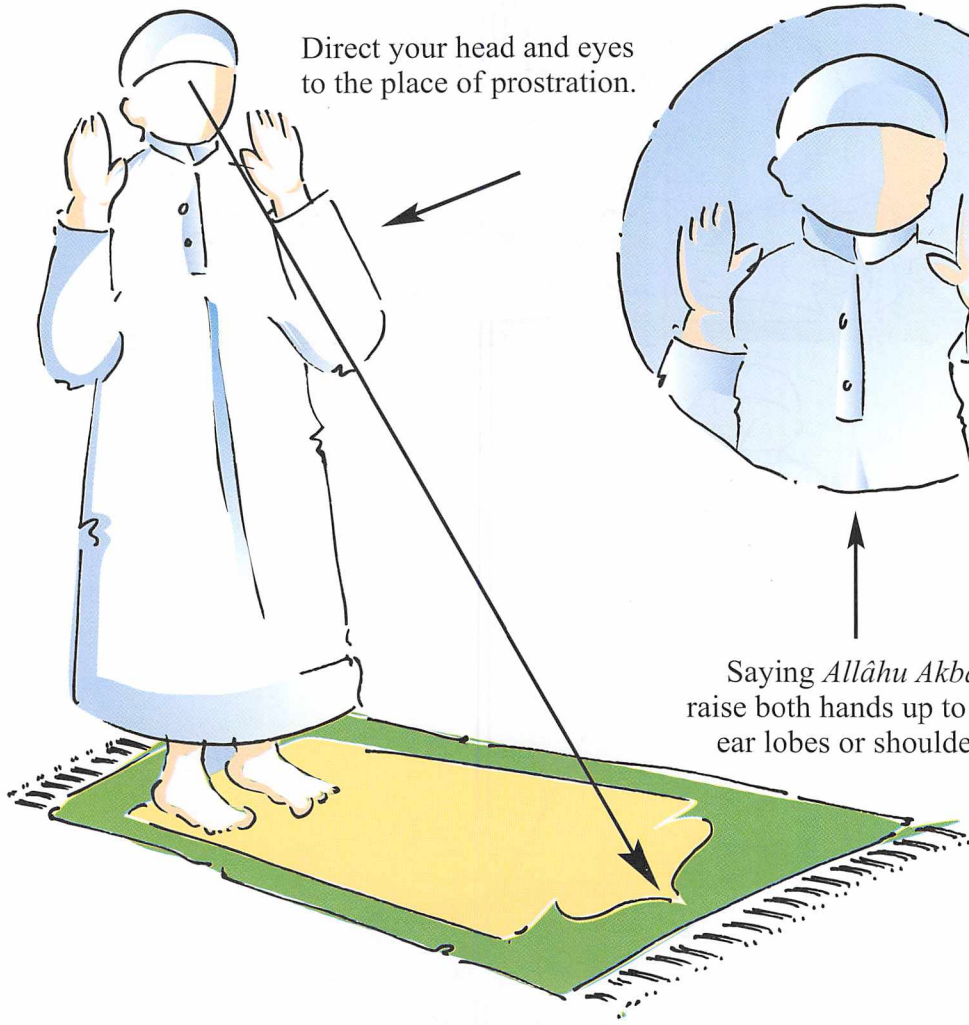
“Allâhu Akbar”

*Allâh is the Most Great.*

Begin *Rak'ah* with *Sûrat Al-Fâtihah*.

(It is obligatory to recite *Sûrat Al-Fâtihah* in every *Rak'ah*. Imam and the followers both have to recite it).





Direct your head and eyes  
to the place of prostration.

Saying *Allâhu Akbar*  
raise both hands up to your  
ear lobes or shoulders.

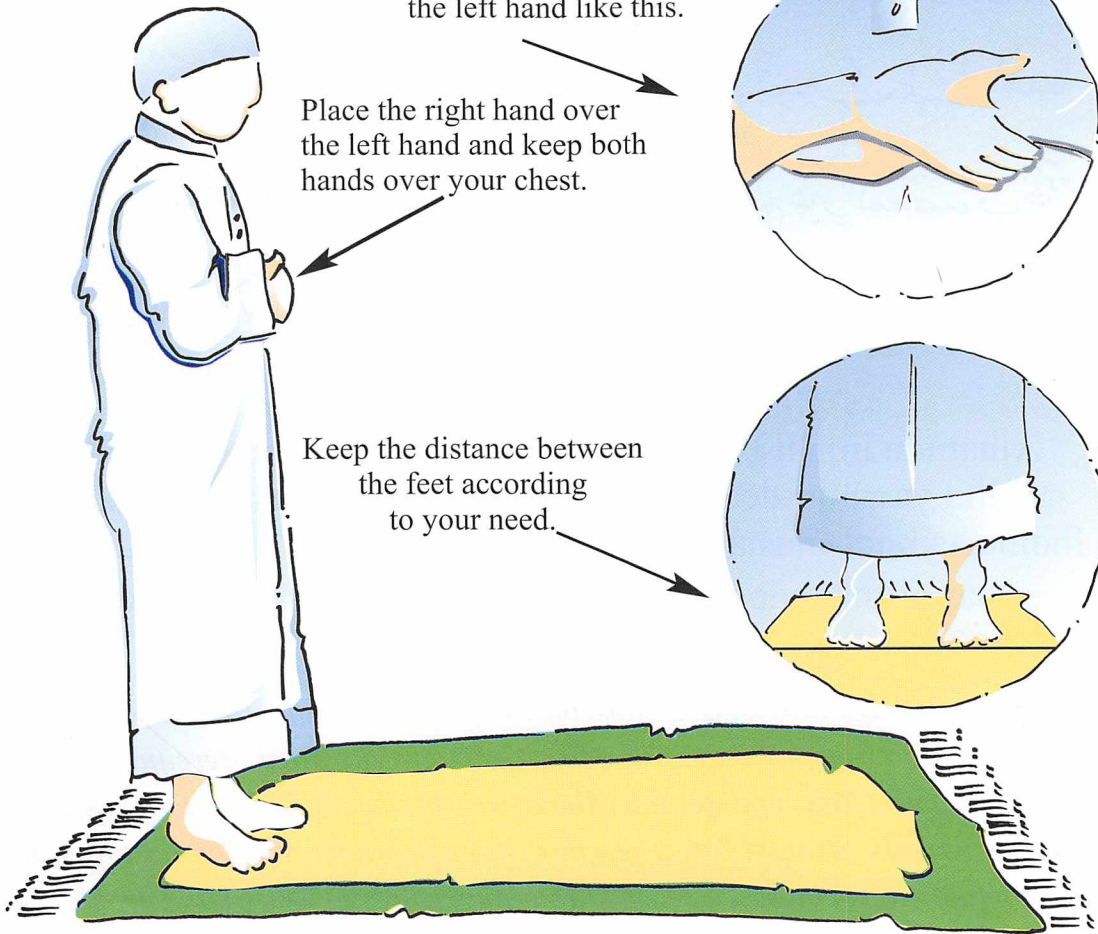
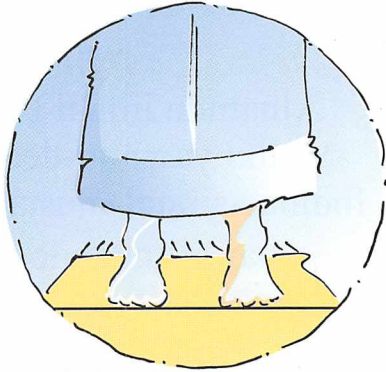
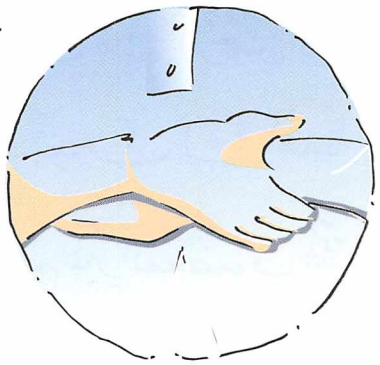




Place the right hand over the left hand like this.

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.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ  
 ﴿٣﴾ مَلِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ أَهْدِنَا  
 الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ  
 وَلَا الضَّالِّينَ ﴿٧﴾ آمين

“Bismil-lâhir-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.” –Âmeen

*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.*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ﴿١﴾ فَصَلِّ لِرَبِّكَ وَأَنْحَرِ ﴿٢﴾

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ﴿٣﴾

“Bismil-lâhir-Rahmanir-Raheem.

Inna a‘tainakal-Kauthar. Fasalli lirabbika  
wanhar. Inna shani’aka huwal-’abtar.”

*In the Name of Allâh, 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)

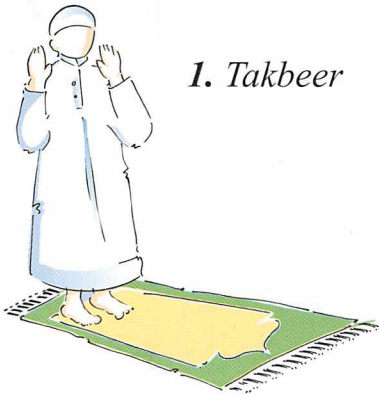
Rising for

**5. *Jalsah*** (Sitting between two prostrations)

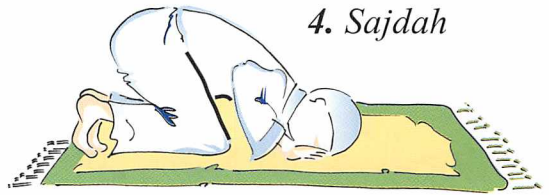
Going into second

**6. *Sajdah*** (Prostration)

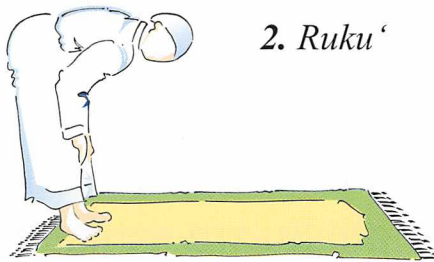




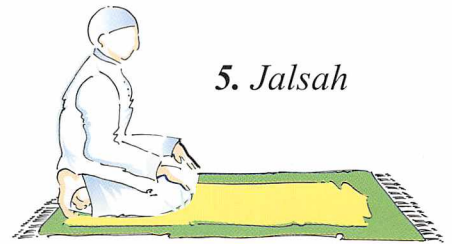
1. *Takbeer*



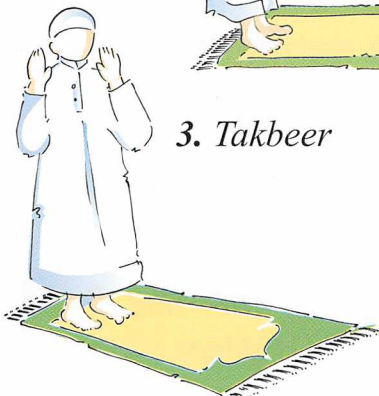
4. *Sajdah*



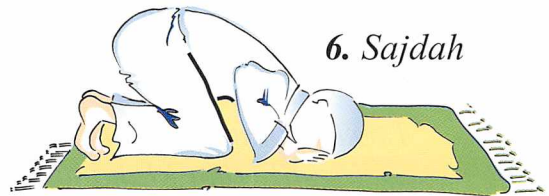
2. *Ruku'*



5. *Jalsah*



3. *Takbeer*



6. *Sajdah*

After raising head from *Sajdah*, sit for *Tashahhud* and recite:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ  
وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ.  
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

“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 ashhadu  
anna Muhammadan abduhu wa Rasuluhu.”

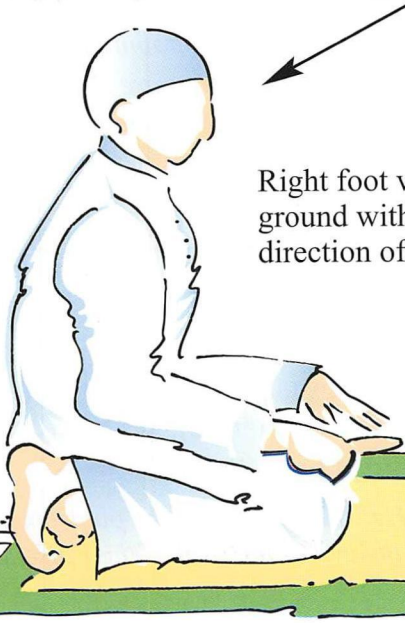
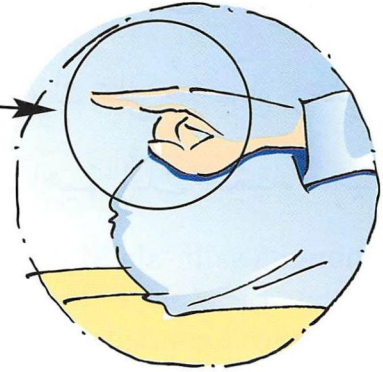
*All the compliments, prayers and good things are due to Allâh. Peace be upon you, O Prophet and Allâh’s Mercy and Blessing be on you. Peace be on us and on the true pious devotees of Allâh.*

*I testify that none has the right to be worshipped but Allâh and I testify that Muhammad is His slave and His Messenger.*

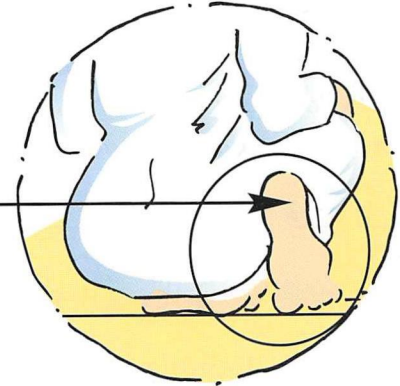
Point your index finger in the direction of the *Qiblah*, let the thumb and the middle finger form an “O”.

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 you right hand into a first 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*.



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ. اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ  
مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ.

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

*O Allâh 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 Allâh, bless Muhammad and the family of Muhammad as You have  
blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.*

”اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَمِنْ عَذَابِ الْقَبْرِ، وَمِنْ فِتْنَةِ الْمَحْيَا  
وَالْمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ“

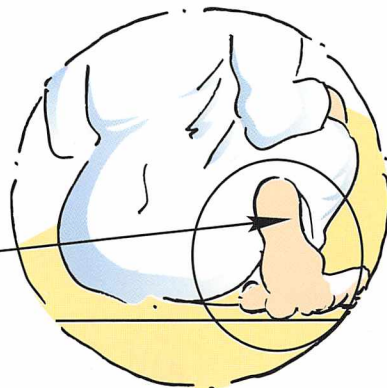
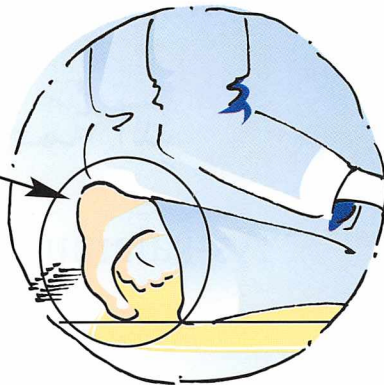
“Allâhumma inni ‘udhu bika min ‘adhabi jahannama, wa min  
‘adhabil-qabri, wa min fitnatil-mahya walmamati, wa min  
sharri fitnatil-maseehid-dajjal.”

*O Allâh, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the  
grave, and from the trails of life and death, and from the evil of the trail of the False Messiah.*

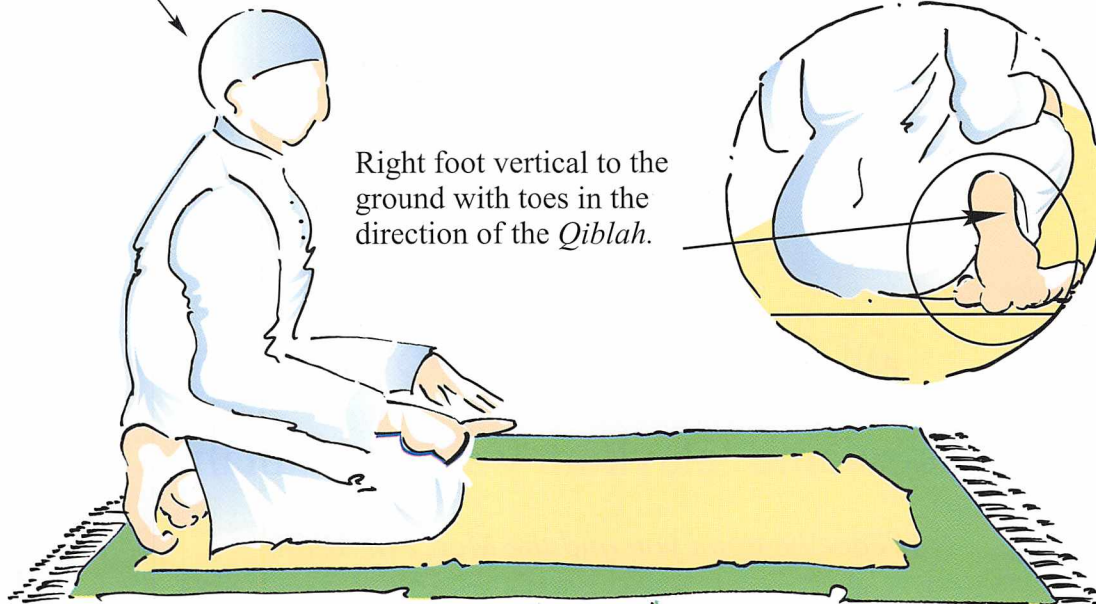
(You can also recite other invocations beside this which are mentioned in the books of Ahadith).

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...

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

“As-salamu ‘alaykum wa rahmatullâh”

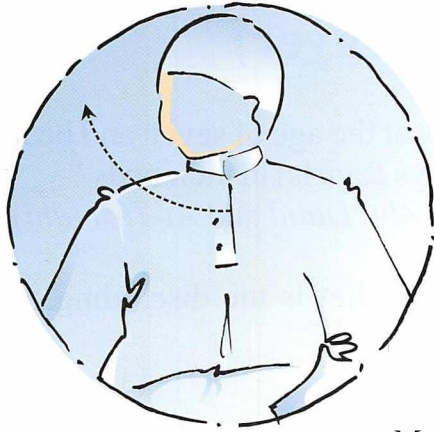
*Peace be upon you and the Mercy of Allâh.*

Then turning your head to the left say...

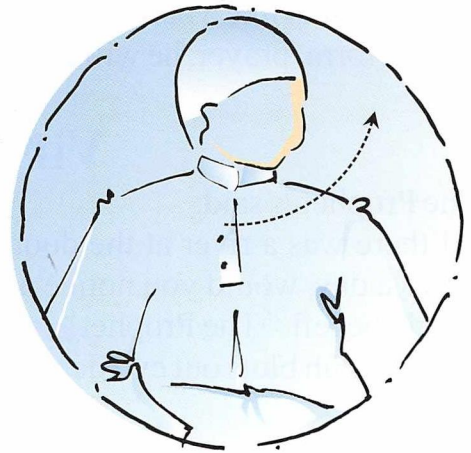
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

“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*)