How to Pray

One rakat, step by step, with every word to say

• ARABIC • HOW TO SAY IT • MEANING

FOLLOW ALONG



1 Begin with Takbir Takbiratul Ihram

Stand up straight, facing the qiblah. Make the intention in your heart that you are going to pray. Raise your hands up to your ears, palms facing forward. Say 'Allahu akbar.' This opens your prayer.

اللهُ أَكْبَر

allahu akbar

Allah is the Greatest.



2 Say the Opening Dua Dua al-Istiftah

After takbir, before we read Al-Fatiha, we say a short opening dua. It praises Allah and helps our heart get ready to pray. We say it just once, at the very start of the prayer.

اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا

allahu akbaru kabira wal-hamdulillahi kathira wa-subhana llahi bukratan wa-asila

Allah is the Greatest, abundantly. All praise is for Allah, abundantly. Glory be to Allah, morning and evening.



3 Stand and Recite Al-Fatiha Surah Al-Fatiha: The Opening

After takbir, place your right hand over your left hand below your belly button. Now recite Al-Fatiha, the Opening of the Quran. Al-Fatiha is recited in every rakat of every prayer. It's the most important surah we know.

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

bismi llahi ar-rahmani ar-raheem · al-hamdu lillahi rabbi al-alameen · ar-rahmani ar-raheem · maliki yawmi ad-deen · iyyaka na'budu wa-iyyaka nasta'een · ihdina as-sirata al-mustaqeem · sirata allatheena an'amta alayhim ghayri al-maghdoobi alayhim wa-la ad-dalleen

In the name of Allah, the Most Gracious, the Most Merciful. All praise is for Allah, Lord of all worlds. The Most Gracious, the Most Merciful. Master of the Day of Judgment. You alone we worship, and You alone we ask for help. Guide us to the straight path. The path of those You have blessed, not of those who earned anger, nor of those who went astray.



4 Add a Short Surah Surah Al-Ikhlas: The Sincerity

After Al-Fatiha, recite any short surah you know. You can pick one you've memorized. Let's use Al-Ikhlas. It's short, beautiful, and teaches us about the oneness of Allah, the most important truth in Islam.

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

qul huwa llahu ahad · allahu as-samad · lam yalid wa-lam yoolad · wa-lam yakun lahu kufuwan ahad

Say: He is Allah, the One. Allah, the Eternal Refuge. He does not give birth, nor was He born. And there is none equal to Him.



5 Bow Down Ruku

Say 'Allahu akbar' as you bow down. Place your hands on your knees with your fingers spread apart. Keep your back flat, like a tabletop. Look down at the floor. Say 'Subhana rabbiyal adheem' three times.

سُبْحَانَ رَبِّيَ الْعَظِيمِ

subhana rabbiya al-adheem

Glory to my Lord, the Magnificent.



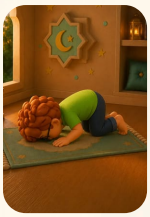
6 Stand Back Up I'tidal

Rise back up from the bow. Let your arms hang naturally at your sides. As you rise, say 'Sami Allahu liman hamidah.' Once standing straight, say 'Rabbana wa lakal hamd.'

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ رَبَّنَا وَلَكَ الْحَمْد

sami'a llahu liman hamidah rabbana wa-laka al-hamd

Allah hears those who praise Him. Our Lord, all praise is for You.



7 Prostrate Sujud

Say 'Allahu akbar' as you go down to the floor. This is sujud, the most special part of prayer. Your forehead AND nose touch the mat. Your hands are flat on the mat near your shoulders. Your knees are on the mat. Your toes are curled forward. Seven points touching the ground. Say 'Subhana rabbiyal a'la' three times. This is when you are closest to Allah.

سُبْحَانَ رَبِّيَ الأَعْلَى

subhana rabbiya al-a'la

Glory to my Lord, the Most High.



8 Sit Briefly Jalsa (between the two sujuds)

Push up from sujud and sit on your left foot, with your right foot upright on its toes. Place your hands flat on your thighs. Say 'Allahu akbar' as you come up from the floor to sit. Pause for just a moment, calm and still. Then say 'Allahu akbar' again as you go back down for your second sujud.

اللهُ أَكْبَر

allahu akbar

Allah is the Greatest.



9 First Sitting Tashahhud (end of 2nd rakat)

After every second rakat, sit in the tashahhud position. Rest on your left foot with your right foot upright on its toes. Place your hands on your thighs. When you reach the words 'ash-hadu an la ilaha illallah,' raise your right pointer finger. This shows that Allah is One.

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللهِ الصَّالِحِينَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

at-tahiyyatu lillahi was-salawatu wat-tayyibat as-salamu alayka ayyuha an-nabiyyu wa-rahmatu llahi wa-barakatuh as-salamu alayna wa-ala ibadi llahi as-saliheen ash-hadu an la ilaha illa llah wa-ash-hadu anna muhammadan abduhu wa-rasooluh

All greetings are for Allah, and prayers, and good actions. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and the righteous servants of Allah. I bear witness that there is no god but Allah. And I bear witness that Muhammad is His servant and messenger.



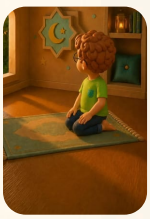
10 Final Sitting Durood al-Ibrahimi (end of final rakat)

This is the final sitting of every prayer. Sit the same way as before. First, recite the tashahhud you learned in step 9. Then, add the durood to send peace and blessings on the Prophet Muhammad, peace be upon him. The durood is special: we only say it here, in this final sitting.

اللَّهُمَّ صَلِّ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ وَبَارِكْ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ فِي الْعَالَمِينَ إِنَّكَ حَمِيدٌ مَجِيدٌ

allahumma salli ala muhammadin wa-ala ali muhammad kama sallayta ala ibrahima wa-ala ali ibrahim wa-barik ala muhammadin wa-ala ali muhammad kama barakta ala ibrahima wa-ala ali ibrahima fi al-alameen innaka hameedun majeed

O Allah, send Your peace upon Muhammad and the family of Muhammad, as You sent peace upon Ibrahim and the family of Ibrahim. And send Your blessings upon Muhammad and the family of Muhammad, as You sent blessings upon Ibrahim and the family of Ibrahim, in all the worlds. Indeed, You are Praiseworthy, Glorious.



11 End with Salaam Salaam

To end your prayer, turn your head to the right and say 'Assalamu alaikum wa rahmatullah.' Then turn your head to the left and say it again. You are sending peace to the angels on each shoulder. Your prayer is now complete.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

as-salamu alaykum wa-rahmatu llah

Peace be upon you and Allah's mercy.

Rakat in each prayer	2 Fajr	4 Dhuhr	4 Asr	3 Maghrib	4 Isha