

How to Pray

كَيْفَ تُصَلِّي

FIRST • WUḌŪ

- 1 Say *Bismillāh*, and wash both hands
- 2 Rinse the mouth — three times
- 3 Rinse the nose — three times
- 4 Wash the face — hairline to chin
- 5 Wash each arm to the elbow, right first
- 6 Wipe the head — once
- 7 Wipe the ears, inner and outer
- 8 Wash each foot to the ankle, right first

Bukhārī, Muslim • ṣaḥīḥ. Wuḍū is broken by using the toilet, by passing wind, by deep sleep, and by loss of consciousness.

THE FIVE PRAYERS

PRAYER	Farḍ	Sunnah
Fajr • dawn	2	2
Ẓuhr • midday	4	4+2
‘Aṣr • afternoon	4	—
Maghrib • sunset	3	2
‘Ishā’ • night	4	2+witr

Sunnah counts follow the majority. Witr is wājib per the Ḥanafī school, a confirmed sunnah per the other three.

THEN • THE PRAYER, IN ORDER

01 Stand, intend, and raise the hands

اللَّهُ أَكْبَرُ
Allāhu akbar — Allah is the greatest. The intention is in the heart; nothing is said aloud.

02 The opening praise

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ، وَلَا إِلَهَ غَيْرُكَ
Then seek refuge: *a’ūdhu billāhi minash-shayṭānir-rajīm*.

03 Recite al-Fātiḥah, then a passage of the Qur’ān

Al-Fātiḥah is recited in every unit. There is no prayer for one who does not recite it.
Bukhārī, Muslim • ṣaḥīḥ

04 Bow — rukū’ — the back level

سُبْحَانَ رَبِّيَ الْعَظِيمِ
Three times. Glory to my Lord, the Magnificent.

05 Rise, and stand still

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ • رَبَّنَا وَلَكَ الْحَمْدُ
The first on rising, the second once standing.

06 Prostrate — sujūd — on seven bones

سُبْحَانَ رَبِّيَ الْأَعْلَى
Three times. The forehead and nose, both palms, both knees, and the toes of both feet.

07 Sit, then prostrate a second time

رَبِّ اغْفِرْ لِي
This completes one rak’ah. Stand and repeat from step 3 for each remaining unit.

08 Sit for the tashahhud

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
In the final sitting, follow it with the ṣalāt upon the Prophet ﷺ.

09 Turn the face right, then left

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ
The prayer is complete.

Face the qiblah. Stand on clean ground, with the body covered — for a man from navel to knee, for a woman all but the face and hands.

Pray as you have seen me praying.

Bukhārī • ṣaḥīḥ

NEW TO PRAYER? Begin with Fajr and Maghrib — two units and three. Add the rest as they become familiar. Learn al-Fātiḥah first; until you have it, repeat *subḥānallāhi wal-ḥamdu lillāhi wa lā ilāha illallāhu wallāhu akbar*, as the Prophet ﷺ taught a man who could not yet recite.

Abū Dāwūd, Nasā’ī • ḥasan. Ḥ • M • S • Ḥb agree on all steps shown.

