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تَعلِيم الإسلام

Teachings of Islam*

PART I

بِسمِ اللّٰهِ الرَّحمٰنِ الرَّحِيمِ

Bis-mil-laa hir-rah-maa nir-raheem.[1]
In the name of Allah, the Beneficient, the Merciful

نَحمَدُ اللّٰهَ العَلِيَّ العَظِيمَ وَ نُصَلِّيُ عَلٰى رَسُولِهِ الكَرِيمِ

Nah-ma-dul-laahal-a'liyyal-'azeem, wa nu-sallee 'alaa rasoolihil-kareem
We praise Allah, the Most High, Most Great, and pray for Allah's blessings upon His noble Prophet.

Q. What is your name?
A. My name is Ahmad/Aaminah.

Q. What is the name of your religion?
A. Islam. And I am a Muslim.

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* Based upon *Taleem-ul-Islam* by Allaama Mufti Muhammad Kifaayatullah. Translation by Dr. Mahmood Qaderi. (Sh. Muhammad Ashraf, Lahore, Pakistan. 1981.)

[1] In this first part of *Teachings of Islam* we will provide English transliteration of the Arabic text. It is necessary, however, to learn enough Arabic to be able to read it fluently. Under a qualified teacher, it is not difficult to learn to read Arabic. In the next three parts of *Teachings of Islam*, we will only provide Arabic text and the English meaning. (See the end of this book for a description of the transliteration scheme.)

Q. What does Islam teach?

A. Islam teaches that:

- Allah is one, and He alone should be worshipped, Hadrat Muhammad Mustafa (peace be upon him) is Allah's worshipper and His Messenger, and the Noble Qur'aan is the Book of Allah.
- Islam is the true religion. It teaches all good things about the here and the hereafter.

Imaan

Q. What is the *kalimah*[2] of Islam?

A. The *kalimah* of Islam is:

لَا اِلٰهَ اِلَّا اللّٰهُ مُحَمَّدٌ رَّسُوْلُ اللّٰهِ

Laa ilaa-ha il-lal-laa-hu muhammadur-rasoolul-laah

There is no god except Allah; Muhammad (peace be upon him) is His Messenger.

This *kalimah* is also called *kalimah tauheed* or *kalimah tayyibah*.

Q. What is kalimah shahaadah?

A. *Kalimah shahaadah* (*kalimah* of bearing witness) is:

اَشْهَدُ اَنْ لَّا اِلٰهَ اِلَّا اللّٰهُ وَ اَشْهَدُ اَنَّ مُحَمَّدًا عَبْدُهٗ وَ رَسُوْلُهٗ

Ash-hadu an-laa ilaaha il-lal-laa-hu wa ash-hadu an-na Muhammadan 'ab-duhoo wa rasooluh

I bear witness that there is no god except Allah and I bear witness that Muhammad (peace be upon him) is Allah's worshipper and His Messenger.

Q. What is *imaan* (faith)?

A. *Imaan* is to have faith in something and to proclaim it.

[2] *Kalimah* literally means "word" or utterance or proclamation.

Q. What is our *imaan mujmal* (faith in a nutshell)?

A. *Imaan mujmal* is:

اٰمَنْتُ بِاللّٰهِ كَمَا هُوَ بِاَسْمَآئِهٖ وَ صِفَاتِهٖ وَ قَبِلْتُ جَمِيْعَ اَحْكَامِهٖ

اِقْرَارٌ بِاللِّسَانِ وَ تَصْدِيْقٌ بِالْقَلْبِ

aamantu bil-laahi kamaa huwa bi as-maa-i-hi wa sifaatihi wa qabiltu jamee'a ahkaamihi. 'iqraarum bil-lisaani wa tasdeequm bil-qalb.

I believe in Allah as He is with all His names and attributes and I accept all of His orders. It is said with the tongue and confirmed in the heart.

Q. What is our *imaan mufas-sal* (elaborated faith)?

A. *Imaan mufas-sal* is:

اٰمَنْتُ بِاللّٰهِ وَ مَلٰٓئِكَتِهٖ وَ كُتُبِهٖ وَ رُسُلِهٖ وَ الْيَوْمِ الْاٰخِرِ وَالْقَدْرِ

خَيْرِهٖ وَ شَرِّهٖ مِنَ اللّٰهِ تَعَالٰى وَ الْبَعْثِ بَعْدَ الْمَوْتِ

aamantu bil-laahi wa ma-laa-i-katihi wa kutubihi wa rusulihi wal-yaumil-aakhiri wal-qadri khairihi wa shar-rihi minal-laahi ta'aalaa wal-ba'thi ba'dal-maut.

I believe in Allah, in His angels, in His books, in His messengers, in the Day of Judgement, and (I believe) that all good and evil is decreed by Allah, and in the life after death.

Q. Who created you?

A. Allah created us, our fathers and mothers, the skies and the earth, this universe and everything in it.

Q. How did Allah create the universe?

A. By His power and command.

Q. What are the people called who do not believe in Allah?

A. They are called *kaafir* (unbelievers).

Q. What are the people called who do not worship Allah but worship other things, or those who believe in two or three gods?

A. Such people are called *kaafir* and *mushrik.*

Q. Will Allah pardon or forgive the *mushrik* or the *kaafir*?

A. *Kaafir* and *mushrik* will never be pardoned. They will always be kept in great pain and trouble in the hereafter.

Prophet Muhammad (ﷺ)

Q. Who was Hadrat Muhammad (ﷺ)[3] ?

A. Hadrat Muhammad (ﷺ) was Allah's worshipper and a Prophet and a Messenger of Allah. We belong to his *ummah*.

Q. Where was our Prophet Muhammad (ﷺ) born?

A. He was born in Makkah, a city in Arabia.

Q. What were the names of his father and grandfather?

A. 'Abdullah was the name of his father and 'Abdul-Muttalib was the name of his grandfather.

Q. Was our Prophet Muhammad (ﷺ) greater or lesser in position than the other prophets?

A. Our Prophet (ﷺ) was the greatest of all prophets. He is the holiest of all creation.

Q. Where did the Prophet Muhammad (ﷺ) live all his life?

A. He remained in the city of his birth, Makkah, for 53 years. Then he went to the Holy City of Madinah in obedience to the

[3] After the name of the Prophet Muhammad (ﷺ), Muslims must say: *Sal-lal-laahu 'alaihi wa sal-lam.* "Peace and blessings of Allah be upon him." "*Hadrat*" is a title of respect.

Command of Allah. There he lived for 10 years. He left for his heavenly abode at the age of 63.

Q. What about a person who does not believe in Prophet Muhammad (ﷺ) ?

A. One who does not accept Hadrat Muhammad (ﷺ) as Allah's prophet is a *kaafir*.

Q. What is meant by believing in Hadrat Muhammad (ﷺ) ?

A. To believe in Hadrat Muhammad (ﷺ) means that we accept him as the Prophet and Messenger of Allah, and that we should love him more than everything except Allah, and that we should obey his orders.

Q. How do we know that Hadrat Muhammad (ﷺ) is Allah's Prophet and Messenger?

A. It is because the Holy Book, the Qur'aan, bears witness to his prophethood and he (ﷺ), in his words and actions, maintained a standard of life to which only prophets can rise. Hadrat Muhammad (ﷺ) bore witness to his prophethood and he never lied in his entire life.

Q. How do we know that the Holy Qur'aan is Allah's book?

A. Because Hadrat Muhammad (ﷺ) said it is a Book of Allah and it was revealed to him by Allah. Its teachings and its style of expression are unmatched and it surpasses and eludes human skill and wisdom.

The Qur'aan

Q. Was the Holy Qur'aan revealed to Hadrat Muhammad (ﷺ) all at once or in parts?

A. The Holy Book was revealed to Prophet Muhammad (ﷺ) in parts. Sometimes one *aayah* (verse) and sometimes two or

more *aayaat* (verses) and sometimes one whole *surah* (chapter) was revealed, according to the need.

Q. How long did the Qur'aan take for its complete revelation?

A. Twenty-three years.

Q. How was the Holy Qur'aan revealed to the Prophet Muhammad (ﷺ) ?

A. The Holy Qur'aan was revealed through the angel Jibreel (peace be upon him). He would come to the Prophet (ﷺ) and recite before him one *aayah* or one *surah* which the Prophet (ﷺ) would remember and then get it written down by someone while many others memorized it.

Q. Why did the Prophet (ﷺ) not write himself?

A. Because the Noble Prophet (ﷺ) was *ummiy*.

Q. What is *ummiy*?

A. A person who did not learn to read and write from any human being is called *ummiy*. Although the Prophet (ﷺ) did not receive any customary schooling, Allah bestowed upon him knowledge, the like of which is not found anywhere else in the world.

Q. Who is angel Jibreel (peace be upon him) ?

A. An angel who brought Allah's orders to His prophets and messengers.

Salaah

Q. How do Muslims adore and worship Allah?

A. They say *salaah* (*namaaz*), keep fasts (*saum*), give *zakaat* and perform *hajj*.

Q. What is *salaah* or *namaaz*?

A. *Salaah* is a special way of worship and prayer taught by Allah in the Holy Qur'aan, elucidated and explained practically by His apostle, Muhammad (ﷺ), in *ahaadeeth* (traditions).

Q. How is *salaah* performed?

A. *Salaah* is performed by standing before Allah facing the *Qiblah*, with hands crossed on the belly, in the mosque or at home, reciting the Qur'aan, praising Allah's greatness, bowing to Him in respect and putting the forehead on the ground to show humility to Him.

Q. Observing prayer – is it done in the *masjid* (mosque) or in the home?

A. Allah is Omnipresent (present everywhere and at all times)- whether a man or woman present themselves before Allah in the vicinity of a *masjid* or within the four walls of their house. You can say your prayers at home or in a mosque- Allah is everywhere. But for men there is greater reward in observing the prayers in a *masjid*.

Q. One has to wash the face, hands and feet before the *salaah*: what is that called?

A. It is called *wudu'* (ablution). *Salaah* done without *wudu'* is not acceptable and not valid.

Q. To which direction should a Muslim turn his or her face while offering prayer?

A. Towards Makkah.

Q. Why has it been ordered to turn one's face to Makkah?

A. Since it is in Makkah that the sacred house of Allah is located. It is called the *Ka'bah*. One must turn one's face towards the *Ka'bah* while offering *namaaz*.

Q. What name do we give to the direction of our prayer?

A. It is called *Qiblah.*

Q. How many times is the *salaah* offered during the whole day and night?

A. It is compulsory (obligatory) to say *salaah* five times during the day and night.

Q. What are the names of those five *salaat*?

A. They are:

- The first one, which is said before the sunrise, is called *Fajr*.
- The second one, offered in the afternoon, is called *Zuhr*.
- The third one, said in the late afternoon before sunset, is *'Asr*.
- The fourth, said just after sunset, is *Maghrib*.
- The fifth, said one and a half or two hours after sunset, is called *'Ishaa*.

Adhaan

Q. What is *Adhaan* (call for prayer) ?

A. When the time for *salaah* comes, a man stands up before the prayer and calls aloud these words[4]:

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

Allaahu akbar – Allah is the Greatest (4 times)

[4] In order to summon all the Muslims in the neighborhood to the *salaah*.

اَشْهَدُ اَنْ لاَّ اِلٰهَ اِلاَّ اللّٰهُ اَشْهَدُ اَنْ لاَّ اِلٰهَ اِلاَّ اللّٰهُ

Ash-hadu an-laa ilaaha il-lal-laah – I bear witness that there is no god except Allah (2 times)

اَشْهَدُ اَنَّ مُحَمَّدًا رَّسُوْلُ اللّٰهِ اَشْهَدُ اَنَّ مُحَمَّدًا رَّسُوْلُ اللّٰهِ

Ash-hadu an-na Muhammadar-rasoolul-laah – I declare that Muhammad is Allah's Messenger (2 times)

حَيَّ عَلَى الصَّلٰوةِ حَيَّ عَلَى الصَّلٰوةِ

Hay-ya 'alas-salaah – Come for *salaah* (2 times, turning the head to the right both times)

حَيَّ عَلَى الْفَلاَحِ حَيَّ عَلَى الْفَلاَحِ

Hay-ya 'alal-falaah – Come to success (2 times, turning the head to the left both times)

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

Allaahu akbar – Allah is the Greatest (2 times)

لاَ اِلٰهَ اِلاَّ اللّٰهُ

Laa ilaaha il-lal-laah – There is no god except Allah.

These words are called *adhaan*. In the *adhaan* of *Fajr* after *Hay-ya 'alal-falaah*, say 2 times:

اَلصَّلٰوةُ خَيْرٌ مِّنَ النَّوْمِ

As-salaatu khairum-minan-naum – Prayer is better than sleep.

Q. What is *iqaamah* or *takbeer* (magnification of the Lord) ?

A. When people stand up for *salaah*, a person repeats the words of *adhaan*, this is called *iqaamah* or *takbeer*. The words of *adhaan* are repeated exactly the same in *iqaamah* but, after *hay-ya 'alal-falaah*, one says 2 times:

قَدْ قَامَتِ الصَّلٰوةُ

Qad qaamatis-salaah – The prayer is ready.

Q. What name is given to the person who recites *adhaan* or *takbeer*?

A. The person who recites *adhaan* is called *mu-adh-dhin* and the one who recites *takbeer* is called *mukab-bir*.

Q. When many people assemble and say *salaah* together, what do we call it? What name do we give to the person who leads the *salaah*? And what are the persons who pray *salaah* behind him called?

A. *Salaah* which is offered, not individually, but along with other people is called *salaah bil-jamaa'ah* (*namaaz ba jamaa'at* or "prayer in congregation"). The person who leads the *jamaa'ah* is called the *imaam*. A person who says *salaah* behind the *imaam* is known as a *muqtadi*.

Q. What is the person called who says *salaah* alone?

A. He is called *munfarid* ("solitary" or "isolated").

Q. What is the house called that is specially built for *salaah* and where the people pray *salaah* in *jamaa'ah*?

A. Such a place is called a *masjid* (mosque).

Q. What should one do in a masjid?

A. One should offer *salaah*, read the Holy Qur'aan or *wazeefa* or sit silently and respectfully. It is very bad to play, jump, make noise or talk of worldly affairs in a masjid.

Q. What are the benefits of *salaah*?

A. There are many benefits. Here we will tell you some of them:

- The body and clothes of a *namaazi* (*musalli* or one who prays *salaah*) are always neat and clean.
- Allah, the Almighty, is pleased with one who says *salaah*.
- Prophet Muhammad (ﷺ) is pleased with a *musalli*.
- Allah, the Almighty, favours those who pray *salaah*.
- Good men hold a *musalli* in high esteem.

- A *musalli* is saved from many evil deeds.
- Allah, the Almighty, keeps a *musalli* in peace and comfort after his death.

Q. What are the names of the expressions or phrases said in *salaah*?

A. The names of the expressions said in *salaah* are:

تَكْبِيْر - *Takbeer*

ثَنَاء - *Thana*

تَعَوُّذ - *Ta-'aw-wudh*

تَسْمِيَة - *Tasmiyah*

قِرَاءَة - *Qiraa'at* : *Faatihah* and another *Surah* or *aayaat*

تَسْبِيْح - *Tas-beeh* of *ruku'*

- *Tas-mee'a* of *ruku'* (رُكُوْع)

- *Tahmeed* of *ruku'*

- *Tasbeeh* of *sajdah* (سَجْدَة)

تَشَهُّد - *Tashah-hud*

دَرُوْد - *Darood*

دُعَاء - *Du'a* after *darood*

سَلَام - *Salaam*

Q. What are the wordings of the above mentioned expressions? Please recite a few *surah* as well.

A. The wordings of the expressions are:

Takbeer:

اَللّٰهُ اَكْبَرُ

Allaahu akbar

Allah is the Greatest

Thana:

سُبْحَانَكَ اللّٰهُمَّ وَ بِحَمْدِكَ وَ تَبَارَكَ اسْمُكَ وَ تَعَالٰى جَدُّكَ

وَ لَآ اِلٰهَ غَيْرُكَ

Subhaanakal-laahum-ma wa bi hamdika wa tabaarakas-muka wa ta'aalaa jad-duka wa laa ilaaha ghairuk

O Allah! Glory and Praise are for You, and blessed is Your name, and exalted is Your majesty; and there is no god except You.

Ta-'aw-wudh:

اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

A'oodhu bil-laahi minash-shaitaanir-rajeem

I seek refuge with Allah from the condemned Shaitaan.

Tasmiyah:

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, Most Gracious, Most Merciful

Qiraa'at:

Suratul-Faatihah

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ۙ﴿۱﴾ الرَّحْمٰنِ
الرَّحِيْمِ ۙ﴿۲﴾ مٰلِكِ يَوْمِ الدِّيْنِ ؕ﴿۳﴾
اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ؕ﴿۴﴾
اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۙ﴿۵﴾ صِرَاطَ
الَّذِيْنَ اَنْعَمْتَ عَلَيْهِمْ ۙ۬ غَيْرِ
الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّآلِّيْنَ ﴿۷﴾

All praise is for Allah, the Sustainer of the worlds; Most Gracious, Most Merciful; Master of the Day of Judgment. Thee do we worship and Thee alone do we ask for help. Guide us to the straight way – the way of those upon whom Thou has bestowed Thy blessing; not those who earn Thy anger nor those who go astray.

Suratul-Kauthar

إِنَّآ أَعْطَيْنَٰكَ ٱلْكَوْثَرَ ۝١ فَصَلِّ لِرَبِّكَ وَٱنْحَرْ ۝٢
إِنَّ شَانِئَكَ هُوَ ٱلْأَبْتَرُ ۝٣

Lo! We have given you Abundance; So pray unto your Lord and sacrifice. Lo! It is your insulter who is without posterity.[5]

Suratul-Ikhlaas

قُلْ هُوَ ٱللَّهُ أَحَدٌ ۝١ ٱللَّهُ ٱلصَّمَدُ ۝٢ لَمْ يَلِدْ
وَلَمْ يُولَدْ ۝٣ وَلَمْ يَكُن لَّهُۥ كُفُوًا أَحَدٌۢ ۝٤

Say: He is Allah, the One! Allah, the eternally Besought of all! He begets not nor was He begotten. And there is none comparable to Him.[6]

Suratul-Falaq

قُلْ أَعُوذُ بِرَبِّ ٱلْفَلَقِ ۝١ مِن شَرِّ مَا خَلَقَ ۝٢
وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝٣ وَمِن شَرِّ ٱلنَّفَّٰثَٰتِ
فِى ٱلْعُقَدِ ۝٤ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝٥

Say: I seek refuge in the Lord of the Daybreak; From the evil of that which He created; From the evil of the darkness when it is intense, and from the evil of malignant witchcraft, and from the evil of the envier when he envies.[7]

[5] *Surah* 108.
[6] *Surah* 112.
[7] *Surah* 113.

Suratun-Naas

قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ۙ﴿۱﴾ مَلِكِ النَّاسِ ۙ﴿۲﴾
اِلٰهِ النَّاسِ ۙ﴿۳﴾ مِنْ شَرِّ الْوَسْوَاسِ ۙ الْخَنَّاسِ ۖ﴿۴﴾
الَّذِىْ يُوَسْوِسُ فِىْ صُدُوْرِ النَّاسِ ۙ﴿۵﴾ مِنَ
الْجِنَّةِ وَ النَّاسِ ﴿۶﴾

Say: I seek refuge in the Lord of mankind, the King of mankind, the God of mankind, from the evil of the sneaking whisperer, who whispers in the hearts of mankind – of the *jinn* and mankind.[8]

Tasbeeh of ruku':

سُبْحَانَ رَبِّىَ الْعَظِيْمِ

Subhaana rab-biyal-'azeem
Glory be to my Lord, the Great

Tasmee'a of ruku':

سَمِعَ اللّٰهُ لِمَنْ حَمِدَهُ

Sami'al-laahu li man hamidah
Allah hears the one who praises Him

Tahmeed of ruku':

رَبَّنَا لَكَ الْحَمْدُ

Rab-banaa lakal-hamd
Our Lord, praise be to You

Tasbeeh of sajdah:

سُبْحَانَ رَبِّىَ الْاَعْلٰى

Subhaana rab-biyal-a'laa
Glory be to my Lord, the Highest

[8] *Surah* 114.

Ta-shah-hud:

اَلتَّحِيَّاتُ لِلّٰهِ وَ الصَّلَوٰتُ وَ الطَّيِّبَاتُ ۔

اَلسَّلَامُ عَلَيْكَ اَيُّهَا النَّبِيُّ وَ رَحْمَتُ اللّٰهِ وَ بَرَكَاتُهُ ۔

اَلسَّلَامُ عَلَيْنَا وَ عَلٰى عِبَادِ اللّٰهِ الصَّالِحِيْنَ ۔

اَشْهَدُ اَنْ لَّا اِلٰهَ اِلَّا اللّٰهُ وَ اَشْهَدُ اَنَّ مُحَمَّدًا عَبْدُهٗ وَ رَسُوْلُه

At-tahiy-yaatu lil-laahi was-salawaatu wat-tay-yibaatu. As-salaamu ‘alaika ay-yuhan-nabiy-yu wa rahmatul-laahi wa barakaatuh. As-salaamu ‘alainaa wa ‘alaa ‘ibaadil-laahis-saaliheen. Ash-hadu an laa ilaaha il-lal-laahu wa ash-hadu an-na Muhammadan ‘abduhu wa rasooluh.

All prayer is for Allah and worship and goodness. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah. I bear witness that there is no god except Allah, and I bear witness that Muhammad is His servant and messenger.

Darood shareef:

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّ عَلٰى اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلٰى

اِبْرَاهِيْمَ وَ عَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ

اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَّ عَلٰى اٰلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلٰى

اِبْرَاهِيْمَ وَ عَلٰى اٰلِ اَبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ

Allaahum-ma salli ‘alaa Muhammadi(n)w-wa ‘alaa aali Muhammadin kamaa sal-lay-ta ‘alaa Ibraaheema wa ‘alaa aali Ibraaheema in-naka hameedum-majeed. Allaahum-ma baarik ‘alaa Muhammadi(n)w-wa ‘alaa aali Muhammadin kamaa baarakta ‘alaa Ibraaheema wa ‘alaa aali Ibraaheema in-naka hameedum-majeed.

O Allah, let Your blessing come upon Muhammad and the family of Muhammad as You blessed Ibrahim and his family. Truly You are the Praiseworthy, the Glorious.

O Allah, bless Muhammad and the family of Muhammad as You blessed Ibrahim and his family. Truly You are the Praiseworthy, the Glorious.

Du’a *after* darood*:*

اَللّٰهُمَّ اِنِّیْ ظَلَمْتُ نَفْسِیْ ظُلْمًا كَثِیْرًا

وَّ لَا یَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ فَاغْفِرْلِیْ مَغْفِرَةً مِّنْ عِنْدِكَ

وَ ارْحَمْنِیْ اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِیْمُ

Allaahum-ma in-ni zalamtu nafsiy zulman katheera(n)w-wa laa yaghfirudh-dhunooba il-laa an-ta faghfir-liy maghfiratam-min ‘indika war-ham-niy in-naka antal-ghafoorur-raheem.

O Allah! I have been unjust to myself and no one grants pardon for sins except You. Therefore, forgive me with Your forgiveness and have mercy on me. Surely, You are the Forgiver, the Merciful.

رَبِّ اجْعَلْنِیْ مُقِیْمَ الصَّلٰوةِ وَمِنْ
ذُرِّیَّتِیْ ۖ رَبَّنَا وَ تَقَبَّلْ دُعَآءِ ﴿۴۰﴾ رَبَّنَا اغْفِرْ لِیْ وَ
لِوَالِدَیَّ وَلِلْمُؤْمِنِیْنَ یَوْمَ یَقُوْمُ الْحِسَابُ ﴿۴۱﴾

O Lord! Make me and my children steadfast in *salaah*. Our Lord! Accept the prayer. Our Lord! Forgive me and my parents and the believers on the Day of Judgement.[9]

[9] *Surah* 14, *Ayaah* 40.

Salaam:

اَلسَّلَامُ عَلَيْكُمْ وَ رَحْمَةُ اللّٰهِ

As-salaamu ‘alaikum wa rahmatul-laah
Peace and blessings of Allah be upon you.

Du’a *after prayers:*

اَللّٰهُمَّ اَنْتَ السَّلَامُ وَ مِنْكَ السَّلَامُ

تَبَارَكْتَ يَا ذَا الْجَلَالِ وَ الْاِكْرَامِ

Allaahum-ma an-tas-salaamu wa min-kas-salaamu, tabaarak-ta yaa dhal-jalaali wal-ikraam
O Allah! You are the bestower of peace, and from You comes peace. Blessed are You, O Lord of Glory and Honor.

Du’a qunoot:

اَللّٰهُمَّ اِنَّا نَسْتَعِيْنُكَ وَ نَسْتَغْفِرُكَ وَ نُؤْمِنُ بِكَ وَ نَتَوَكَّلُ عَلَيْكَ وَ

نُثْنِىْ عَلَيْكَ الْخَيْرَ وَ نَشْكُرُكَ وَ لَا نَكْفُرُكَ وَ نَخْلَعُ وَ نَتْرُكُ مَنْ

يَّفْجُرُكَ ۰ اَللّٰهُمَّ اِيَّاكَ نَعْبُدُ وَ لَكَ نُصَلِّىْ وَ نَسْجُدُ وَ اِلَيْكَ

نَسْعٰى وَ نَحْفِدُ وَ نَرْجُوْ رَحْمَتَكَ وَ نَخْشٰى عَذَابَكَ اِنَّ عَذَابَكَ

بِالْكُفَّارِ مُلْحِقٌ ۰

Allaahum-ma in-naa nasta’eenuka wa nastaghfiruka wa nu’minu bika wa natawak-kalu ‘alaika wa nuthni ‘alaikal-khair wa nashkuruka wa laa nakfuruka wa nakhla’u wa nat-ruku ma(n)y-yafjuruk. Allaahum-ma iy-yaaka na’budu wa laka nusal-li wa nasjudu wa ilaika nas’aa wa nah-fidu wa narju rahmataka wa nakhshaa ‘adhaabaka, in-na ‘adhaabaka bil-kuf-faari mul-hiq.
O Allah! We ask Thy help and ask for Thy pardon and believe in Thee and rely upon Thee. And we praise Thee in the best way and we thank Thee and we are not ungrateful to Thee. And we cast off and leave one who disobeys Thee. O Allah! Thee alone we worship and to Thee do we pray and

prostrate. And to Thee to we turn in haste. And we hope for Thy blessings and fear Thy punishment. Truly Thy punishment is for the disbelievers unavoidable.

Wudu'

Q. How to do *wudu'* ?

A. Sit at a high place. Take clean water in a clean pot. It is better to face the *Qiblah* but if there is no possibility of it, there is no harm. Roll up your sleeves to your elbows; then recite *Bismillaah* and wash both the hands up to the wrists, three times.

Then gargle three times and brush your teeth. If you do not have a brush or *miswaak*, rub your teeth with your (right index) finger.

Then put water into your nostrils three times and clean them with your left little finger, then wash your face three times. Do not splash water on your face with force but run water on the forehead softly and wash from the forehead down to the chin and on either side of the face up to the ears.

Then wash the right arm up to the elbow three times, and do the same with the left arm.

Then wet your hands and pass them over the head, ears and neck. This is called *masah*. *Masah* should be done on each part only once.

Then wash each foot three times up to the ankle, first the right foot, then the left.

Method of Prayer

Q. How to perform the *salaah*?

A. The method of performing *salaah* is:

After performing *wudu'*, stand upright facing the *Qiblah* at a clean place, dressed in neat and clean clothes.

Then say *niyyah* (intention), raise both hands up to the ears and say *Allaahu akbar*, then cross them on the belly below the navel.[10] Put the right hand on top of the left one.

Do not look hither and thither while saying prayers.[11] Stand with respect and full attention to Allah.

After crossing the hands, recite *thana*, then *ta-'awwudh* and *tasmiyah*. Then recite *al-Faatihah*. After finishing *al-Faatihah*, say softly "*aameen*." Then recite another *surah* that you know.

Then say *Allaahu akbar* and bow for *ruku'*. In the *ruku'*, catch hold of the knees with your hands and say the *tasbeeh* for *ruku'* three or five times. Then, saying *tasmee'a* stand upright again and also say *tahmeed*.

Then, saying *takbeer*, prostrate for *sajdah*. Put your knees on the ground first, then hands and then place your nose and then forehead on the ground. Say *tasbeeh* of *sajdah* three or five times. Then say *takbeer* and get up and sit upright. Sit for a few moments and then say *takbeer* and perform the second *sajdah* in the same way.

Then say the *takbeer* again and stand up without putting your hands on the ground.

This is one complete *rak'ah* and the next one begins. After *tasmiyah*, recite *al-Faatihah* again and add another *surah*.

Then perform *ruku'*, *qaumah* (standing up), and the two *sajdah*. Get up and sit upright from the second *sajdah* and recite *tashah-hud*, then *darood shareef* and *du'a* and then perform the *salaam* – first turning your face to the right and then towards the left. Two *rak'aat* have been completed.

After the *salaam*, recite the *du'a*:

اَللّٰهُمَّ اَنْتَ السَّلَامُ وَ مِنْكَ السَّلَامُ

تَبَارَكْتَ يَا ذَا الْجَلَالِ وَ الْاِكْرَامِ

[10] For women, they should cross their hands upon their chest.

[11] Your eyes should be fixed upon the place where your forehead touches during *sajdah*.

Allaahum-ma an-tas-salaamu wa min-kas-salaamu, tabaarak-ta yaa dhal-jalaali wal-ikraam

O Allah! You are the bestower of peace, and from You comes peace. Blessed are You, O Lord of Glory and Honor.

رَبَّنَآ اٰتِنَا فِى الدُّنْيَا حَسَنَةً وَّ فِى الْاٰخِرَةِ حَسَنَةً وَّقِنَا عَذَابَ النَّارِ ﴿٢٠١﴾

Our Lord! Grant us the good of this world and the good of the Hereafter and save us from the torment of the hell-fire.[12]

For *du'a*, raise your hands up, but do not raise them too high. They should not be above the shoulders. After finishing *du'a*, rub both hands over your face.

Q. How to sit between the two *sajdah*, or when reciting *tashah-hud* ?

A. Have your right foot upright with its toes facing *qiblah* and lay down the left foot and sit on it. Both the hands should rest on the knees while sitting so.

Q. Is there any difference between the *salaah* of the *imaam*, *munfarid* (one praying alone) or *muqtadi* (one following the *imaam*) ?

A. Yes, there is a little difference. That is that the *imaam* and *munfarid* recite *thana*, *ta'awwudh*, *tasmiyah* and do *qiraa'at* in the first *rak'ah*. In the second *rak'ah*, they recite *tasmiyah*, *al-Faatihah* and another *surah*.

But the *muqtadi* says only *thana* in the first *rak'ah* and after that he stands silent in all the rest.

Another difference is that after *ruku'* the *imaam* and *munfarid* say "*Sami 'al-laahu li man hamidah.*" While the *munfarid* can also say the *tahmeed* as well, the *muqtadi* only says the *tahmeed*.

[12] *Surah* 2, *Ayaah* 201.

Q. How to offer *salaah* of 3 or 4 *rak'aat* ?

A. The first two *rak'aat* should be said in the same way as explained above. And in the *qa'ada* (sitting), *darood shareef* should not be recited after *tashah-hud*. Instead, stand up saying *takbeer*.

If the *salaah* is *waajib, sunnah* or *nafl* then in the following *rak'ah* recite *tasmiyah, al-Faatihah* and another *surah*. If it is a *fard salaah*, then in the third and fourth *rak'aat* only *al-Faatihah* but not another *surah* should be recited.

Complete the three or four *rak'aat* and then sit in the *qa'da* and recite *tashah-hud, darood* and *du'a* and then say *salaam*, ending the three or four *rak'aat*.

Q. Can we say three *rak'aat* of *sunnah* or *nafl* prayer?

A. No. *Sunnah* and *nafl salaah* are said in units of two or four *rak'aat*, never three.

Q. What is the correct way of doing *ruku'* ?

A. For *ruku'*, the head and waist should be on the same level. The head should neither be higher nor lower than the waist-line and both the hands should be kept away from the ribs and the knees be held tightly.

Q. What is the correct way of doing *sajdah* ?

A. *Sajdah* should be done in such a way that the palms rest on the ground, the wrist and elbows are raised from the ground. The abdomen should not touch the thighs. The hands should be kept away from the ribs also.

Q. What is counted on the fingers after saying the prayers?

A. *Subhaanallaah* 33 times; *Al-hamdu lil-laah* 33 times; and *Allaahu akbar* 34 times. There is great reward in doing so.

THE END OF PART I