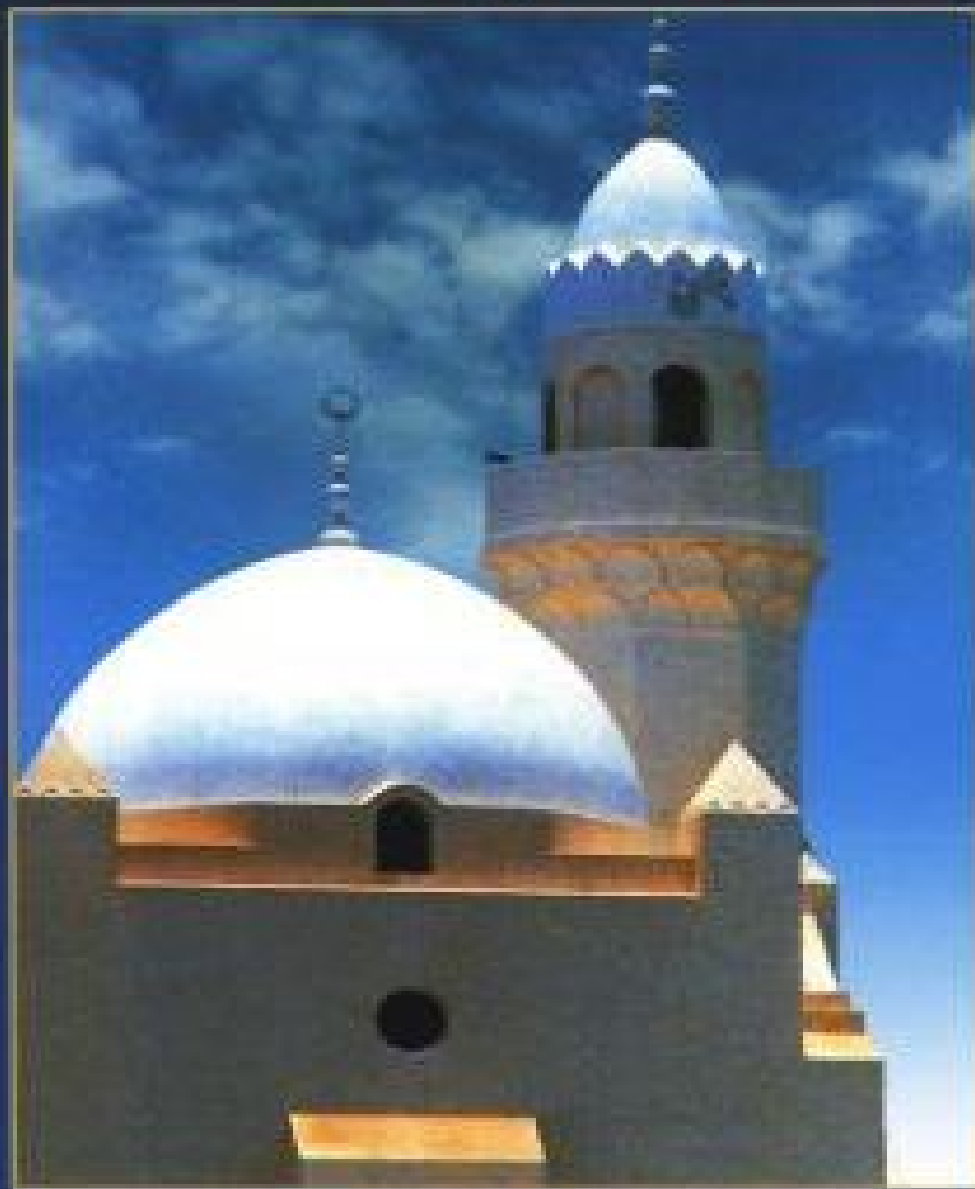


Prayer

For Beginners



Compiled by

Darussalam Research Division

SALAAH (PRAYER) FOR BEGINNERS

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INTRODUCTION

After testifying that none is worthy of worship except Allah alone, and that Muhammad & is the Last of the Messengers of Allah, then the most important principle for the new Muslim to learn is the "Salaah", or prayer.

Just as performing Salaah is obligatory, learning to perform it in the prescribed way is also obligatory so that one will know what he is saying to his Lord, and enjoy the full blessing and benefit of prayer. In the performance of Salaah all the prayers have to be said in Arabic and some verses of the Noble Qur'an must be recited as well. Therefore, it becomes essential for a new Muslim to begin learning those prayers in Arabic, as well as some short Surah's (chapters) of the Noble Qur'an.

The best way to learn is from a Muslim teacher, which is a time-honored, Islamic tradition. But for those who might find themselves in a non-Muslim environment where a Muslim teacher is not readily available, this booklet provides a useful alternative.

This booklet is by no means an elaborate book on Salaah. It is only an attempt to supply the very basic information to a new Muslim to enable him to begin praying in Arabic as early as possible. Further information is necessary to perform Salaah under abnormal conditions (i.e. sickness, travel, etc.). Some concessions have been granted by Almighty Allah in these conditions.

Before starting the prayer, a person is required to make sure that certain preconditions are met, such as cleanliness of the body (Ghusl) if necessary, ablution (Wudhoo'), and cleanliness of the clothes and the place of prayer. Further study is recommended in order to understand all of these aspects of Salaah.

Finally, acknowledgment is due to Abdul Basit Quraishi for compiling the book entitled "The Manner of Performing Prayer for beginners" upon which much of this helpful book is based.

Abdul Malik Mujahid,
General Manager

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THE TIMES OF THE PRAYERS

The time for each prayer will not remain constant throughout the seasons as they are determined by the position of the sun. Consequently, the time of a particular prayer would be different in different parts of the World. Prayer Time Tables are available at the mosques and Islamic Centers throughout the world. Nowadays electronic devices and special clocks are available in the markets which can tell the prayer times of many of the major cities of the world. They are particularly helpful for Muslims traveling to non-Muslim countries. However, the following general timetable for prayers can fairly be observed in almost any part of the world.

There are five obligatory prayers which are performed at five different times of the day.

(1) Salaat ul-Fajr (The Morning Prayer):

It is the first of the five obligatory prayers of the day. It can be performed at any time between the breaking of the dawn (or about one hour and twenty minutes prior to sunrise) until sunrise. It consists of two rak'ahs (two units of prayer as explained in the forthcoming diagrams).

(2) Salaat udh-Dhuhr (The Noon Prayer):

It consists of four rak'ahs (units of prayer). Its time begins after the sun declines from its zenith until the shadow of an object is the same length as the height of the object itself.

(3) Salaat ul-'Asr (The Afternoon Prayer):

It consists of four rak'ahs (units of prayer). Its time begins when the time for Dhuhr prayer ends and extends to just before sunset.

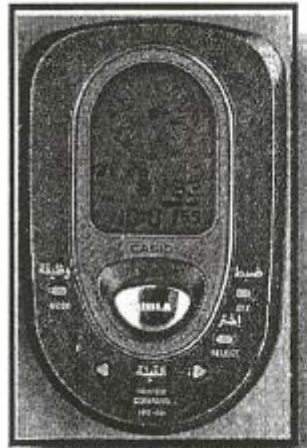
(4) Salaat ul-Maghrib (The Evening Prayer):

It consists of three rak'ahs (units of prayer). Its time begins just after sunset and lasts for about an hour and a half (when no traces of twilight remain in the western sky).

(5) Salaat ul-'Ishaa' (The Night Prayer):

It consists of four rak'ahs (units of prayer). Its time begins about an hour and a half after sunset and extends to the middle of the night.

Of the five obligatory prayers mentioned above, one of them contains two rak'ahs, three contain four rak'ahs and one contains three rak'ahs. Each of these types of prayers will be explained separately. All the prayers (to be recited in Arabic) and the postures in which to recite each prayer have been explained with the help of the given diagrams.



This is one of the instruments available in the market. It is called 'Bilal'. It shows the direction of the Qiblah from most cities of the world. It also gives the times of daily prayer in most parts of the world.