

# HOW TO PERFORM THE DAILY PRAYERS

“...but when ye are free from danger, set up Regular Prayers: For such Prayers are enjoined on believers at stated times.”

(The Holy Qur'an: Chapter 4, Verse 103)



It is obligatory to perform the following five prayers every day during the prescribed times:

- ❑ *Salat al-Fajr* (**Dawn** prayer) consisting of two units (each unit of prayer is called a *rak`ah*)
- ❑ *Salat al-Zuhr* (**Midday** prayer) consisting of four units
- ❑ *Salat al-`Asr* (**Afternoon** prayer) consisting of four units
- ❑ *Salat al-Maghrib* (**Dusk** prayer) which consist of three units
- ❑ *Salat al-`Isha* (**Night** prayer) consisting of four units.

Performing the daily prayers according to the Shi'ah Ja'fari school of law involves taking prescribed steps in order and in regular succession without undue delay between them. The person must first perform preliminary purification and fulfill all other prerequisites.

## 1. Preparation

Stand upright facing the *Qiblah* (direction of Mecca) and recite the *adhan* and *iqama* (the call to prayer). Please note that all the recitations during the prayer must be in Arabic. Although approximate transliteration has been given below for each recitation, it is best to try and learn the Arabic script and pronunciations.

## 2. Niyyah / Intention

Form the following solemn intention in your mind: “I offer this \_\_\_\_ (name of a particular prayer) prayer, of \_\_\_\_ (number of units) *rak`ah* seeking closeness to God and following his command”.

## 3. The First *Rak`ah*

**TAKBIRATUL IHRAM:** Lift both hands up to the ears and say **Allaahu akbar** (God is Greater) and bring your hands back down. This sentence, known as the **TAKBIR**, will be repeated several times during the prayer. Note that, during *Takbiratul Ihram* in the first *rak`ah* it is mandatory to bring both hands up to the ears; however, during other instances of repeating the *Takbir* it is not mandatory, though it is recommended.



**QIYAM & QIRA'AH:** Remain in the standing position while performing the recitation of the first chapter of the Holy Qur'an, *Surat al-Fatiha*:

**Bismillaahi'r-Rahmaani'r-Raheem (1) Al-hamdu lillaahi rabbil-`aalameen (2) Arrahmaanir raheem (3) Maaliki yawmid-deen (4) Iyyaaka na`budu wa iyyaaka nasta`een (5) Ihdinas-siraat al-mustaqeem (6) siraat al-ladheena an`amta `alayhim ghayril maghdoobi `alayhim wa la'd-daalleen (7)**

After reciting the first chapter, it is required to recite another complete chapter of the Holy Qur'an. You may choose any of the remaining 113 chapters. In this example we choose the short chapter number 112, *Surat al-Ikhlās*:

**Bismillaahi'r-Rahmaani'r-Raheem, Qul huwallaahu ahad (1) Allaahus samad (2) Lam yalid walam yoolad (3) Wa lam yakullahu kufuwan ahad (4)**



**RUKU:** After completing the second chapter, say the *Takbir* and then bow down until the hands can be placed on the knees, then recite: **Subhaana rabbiy al-`azeemi wa bihamdih** (Glory be to my Lord, the Great, and praise belongs to Him). Then resume to the standing position and say **Sami`allaahu liman hamidah** (God hears the one who praises Him). Next, say the *Takbir* and go into Sujud (prostration).



**SUJUD:** This is the act of placing one's forehead on earth in a manner with the intention of humility before God. There are two *sujuds* in each *Rak`ah*. To perform the *sujud*, place the forehead, the palms, the knees, and the big toes on the ground, and say: **Subhaana rabbiy al-a`la wa bihamdih** (Glory be to my Exalted Lord, and praise belongs to Him).



After the first *sujud*, raise the forehead and sit up in a kneeling position, with hands resting on the thighs and say the *Takbir*. After the *Takbir* you can also optionally say: **Astaghfirullaaha rabbee wa atoobu ilayh** (I ask forgiveness of God, my Lord, and turn towards him). Say the *Takbir* again, repeat the *sujud* as describe above, and then sit up in a kneeling position and say the *Takbir* once more. Then stand up while (optionally) saying: **Bihawliillaahi wa quwwatihi aqoomu wa aq`ud** (With God's help and through His power I stand and sit).



#### 4. The Second Rak`ah

The second *Rak`ah* is similar to the first, with the difference that after performing the *Qiyam & Qira`ah*, you may optionally say *Takbir* and perform what is referred to as the *Qunut*, and then perform *Ruku* followed by *Sujud*.

**QUNUT:** Keep your hands in front of your face, turning the palms facing upwards, and keeping both the hands and the fingers close together. Recite the following: **Rabbanaa aatinaa fi`d-dunyaa hasanatan wa fi`l-akhirati hasanatan wa qinaa `adhaab an-naar** (O our Lord! Bestow upon us good in this world and good in the Hereafter, and protect us from the torment of the fire) [Qur'an, chapter 2, verse 201]



**TASHAHHUD:** After performing the second *Sujud* of the second *Rak`ah* and coming to the kneeling position, instead of standing up recite: **Ash hadu al laa ilaaha illallaahu wahdahu laa shareeka lah, wa ash hadu anna Muhammadan `abduhu wa rasuluh, Allaahumma salli `alaa Muhammadin wa Aali Muhammad** (I bear witness that there is no god apart from Allah, Who is unique and without partners. I also bear witness that Muhammad is His servant and His Prophet. O God, bless Muhammad and the progeny of Muhammad).

□ At this point if the *Fajr* (dawn) prayer is being performed, you may skip to step 7. Otherwise, stand up and continue with the third *Rak`ah*.

#### 5. The Third Rak`ah

In the third *Rak`ah*, you may either recite *Surat al-Fatiha*, or recite the *Tasbihat al-Arba`ah* three times as follows: **Subhaanallaahi wa`l hamdu lillaahi wa laa ilaaha illallaahu wallaahu akbar** (Glory be to God, and praise be to God; there is no god but Allah, and Allah is Greater). Then continue to perform *Ruku* and the two *Sujuds* as described in step 3.

□ At this point if the *Maghrib* (dusk) prayer is being performed, after the two *Sujuds*, instead of standing up perform the *Tashahhud* as described in step 4 and then skip to step 7. Otherwise, stand up and continue with the fourth *Rak`ah*.

#### 6. The Fourth Rak`ah

The fourth *Rak`ah* is the same as the third, with the difference that, after performing the two *Sujuds*, instead of standing up you perform the *Tashahhud* as described in step 4. Then resume the kneeling position and continue to step 7.

#### 7. The Completion

The last step to complete your prayer is reciting the *Taslim* (Salutation): **Assalaamu `alayka ayyuhan nabiyyu wa rahmatullaahi wa barakaatuh, Assalamu `alaynaa wa `alaa `ibaadillaahis saaliheen, Assalamu `alaykum wa rahmatullaahi wa barakaatuh** (Peace be upon you, O Prophet, and God's mercy and blessing, Peace be upon us, and upon the righteous servants of God, Peace be upon you [all], and God's mercy and blessing).

This completes your prayer. Following the *Taslim* you may optionally say the *Takbir* three times as well.