



SAMR CENTRE PUBLICATIONS

THE PRAYER OF THE PROPHET ﷺ

Ustadha Umm Abdullah

**A simple and accessible guide to Salah based on
authentic sources**

*Designed and edited by Moonis Altaf
Revised by Ziaullah Rajput*

A Samr Centre publication

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The Prayer of the Prophet صلى الله عليه وسلم
Ustadha Umm Abdullah

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Contents

Author's Introduction	3
About the Author	4
Chapter 1: Ablution	5
1.1 The complete order of Ablution	5
1.2 Supplications after Ablution	6
Chapter 2: Complete Salah of the prophet	7
2.1 Intention for the prayer	7
2.2 Takbeer Tahreemah تكبير تحریمه	7
2.3 Supplication after the first Takbeer (Istiftah)	8
2.4 Istiaadha and Surah Faatiha	9
2.5 Saying Ameen	10
2.6 Raising both hands	11
2.7 Ruku'	12
2.8 Standing after Ruku'	13
2.9 Sajdah (prostration)	13
2.10 Sitting between the two prostrations - جَلْسَه	16
2.11 Sitting of calmness جلسه استراحت	17
2.12 Tashahhud تشهد	17
2.13 Raising the finger رفع سبابه	18
2.14 Third Rak'ah	19
2.15 Last sitting قَعْدَه أُخْرَى	19
2.16 Duas after Duood	20
2.17 Ending the Salah with the Tasleem	21
Chapter 3 Prostration of forgetfulness	22
3.1 Prostration when in doubt of three or four Rak'ah	22
3.2 Prostration after missing first sitting	22
3.3 Prostration of forgetfulness after finishing the prayer and talking	22
3.4 Prostration after performing five instead of four	23
4 Witr Prayer	24
5 Sunnah Prayers	26
6 Adhkar after Salah مسنونون أدكار	27
Conclusion	32

Author's Introduction

During my time teaching at Walthamstow Centre and Samr Centre in Clayhall, I received numerous questions from students about how to properly perform prayers. I realised that many students, including adults, were not familiar with praying according to the Sunnah of the Prophet Muhammed (صلى الله عليه وسلم).

Although there are many books available on how to pray, they often fail to address the common mistakes, particularly those made by women during Rukū', Sujood, and Tashahhud. Additionally, there is a widespread misconception that women's prayers differ from men's prayers. However, a thorough study of Hadith and the Sunnah of the Prophet (صلى الله عليه وسلم) reveals that there is no difference in the way men and women should perform their prayers.

In writing this book, I aimed to create a simple and accessible guide based on authentic sources for anyone seeking to learn how to pray correctly.

May Allah (SWT) guide us all to the blessings of the Quran and the Sunnah of His Messenger (صلى الله عليه وسلم). May He make us among those who follow the way of the Prophet (صلى الله عليه وسلم) and act according to his guidance. May Allah (SWT) accept our prayers and good deeds.

About the Author

Umm Abdullah was born into a religious family known as the Molvi family, with her grandfather, father, and uncle being respected teachers, preachers, and role models in their local community. Born in Pakistan, she received her early religious education from her parents and local scholars.

After graduating from university with a degree in Mass Communications, she completed the Aalima course at Noor ul Islam in Leyton. There, she studied Arabic language, Tafseer of the Quran, various Hadith books, Islamic law, theology, Fiqh, and other Islamic sciences.

Following her Islamic studies, she began teaching in Walthamstow alongside her late uncle, Sheikh Sanaullah Sialkoti[ؒ]. Sheikh Sanaullah passed away during the Corona pandemic in February 2021. By the grace of Allah, the centre continues to operate in Walthamstow and has expanded to the Samr Centre in Clayhall.

Umm Abdullah's journey of learning has not ceased. Recently, she completed an Ijazah in the Tajweed of the Quran from Egypt in the Quranic narration of Hafs 'an 'Asim. She also completed a course on the study of the book "Fiqh al-Asma al-Husna" from Egypt.

Chapter 1: Ablution

1.1 The complete order of Ablution

Below is the complete order of Ablution (Wudu) according to the Sunnah:

1) The Basmalah (بِسْمِ اللَّهِ) should be recited at the beginning of of Ablution
The Prophet ﷺ said:

تَوَضَّأُوا بِاسْمِ اللَّهِ

“Do Ablution with the name of Allah”

(An Nisai)

It should be noted that only “بِسْمِ اللَّهِ” should be recited at the beginning of Ablution. The addition of the words of “الرَّحْمَنِ الرَّحِيمِ” is not proven by Sunnah.

- 2) Begin the ablution from the right side, wash both hands up to the wrists three times.
- 3) While washing the hands, rub between the fingers. (خلال)
- 4) Take a handful of water and rinse the mouth with half of it and put the other half in the nose. Wipe the nose with your left hand. Repeat this process three times.
- 5) Wash the face three times
- 6) Take a handful of water and rub “خلال” the beard. (for men only)
- 7) Wash the right hand up to the elbow three times, then wash the left hand up to the elbow three times.
- 8) Wipe (مسح) the head, start from the front of the head and move both hands back to the neck. Then bring hands back to front to where the (مسح) started.

The Prophet ﷺ performed “مسح” only once (*Sahih Bukhari*)

- 9) Wipe the ears by passing the index fingers through both ear holes and wiping the back of the ears with the thumbs.
- 10) Wash the right foot up to the ankle three times then wash the left foot up to the ankle three times and rub (خلال) between the toes of the feet.

1.2 Supplications after Ablution

The prophet ﷺ said: A person who performs complete Ablution and says:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

**aashhad aan laa ailh ailaa allh wahdah lasharik lah waashhad aana muhamadan eabduh
warasuluh**

*I bear witness that there is no god except Allah. He is alone and has no partner and I bear
witness that Muhammad ﷺ is his slave and messenger*

all the eight gates of Paradise will be opened for him and he may enter through any gate he
wishes

(Sahih Muslim)

Another Dua to recite after Ablution is the following:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ اللَّهُ وَأَتُوبُ إِلَيْهِ

**subhanak allahumm wabihamdik aashhad aan laa ailh ailaa ant 'astaghfir allh w a tuwb 'i
layh**

*Exalted are you, o Allah, by your praise I bear witness that there is no god but you. I seek
forgiveness from you and I repent to you.*

(Sunan An Nasa'i)

End of Chapter 1

Chapter 2: Complete Salah of the prophet

The Prophet ﷺ said:

صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

Pray in the same manner as you have seen me pray.

This Hadith means that all men and women should pray according to the way of the Prophet ﷺ. The Prophet ﷺ did not distinguish between the Prayer of men and women and therefore, the Prayer of men and women from beginning to the end (takbeer tahreema to tasleem) is the same.

2.1 Intention for the prayer

The Prophet ﷺ said:

إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ

Verily, the reward of deeds depends on the intentions.

(Sahih Bukhari)

Therefore, it is important to have a sincere intention before starting any acts of worship. When starting the prayer, make the intention in your heart that I am only fulfilling the order of Allah for his sake and pleasure. The intention is related to the heart, so there is no need to express it verbally because it is not proven by the Sunnah of the Prophet ﷺ and neither from the actions of his companions' رضى الله عنهم.

2.2 Takbeer Tahreemah تكبير تحريمه

Raise both hands (رفع اليدين) up to your shoulders and whilst saying الله اكبر
Abdullah bin Umar رضى الله عنه said :

رَأَيْتُ النَّبِيَّ ﷺ إِفْتَتَحَ التَّكْبِيرَ فِي الصَّلَاةِ فَرَفَعَ يَدَيْهِ حِينَ يُكَبِّرُ حَتَّى يَجْعَلَهُمَا حَذْوَ مَنْكِبَيْهِ

I saw the Prophet ﷺ saying the first takbeer of salah and raised both hands up to the shoulders. Sometimes the Prophet ﷺ raised both hands up to the ears.

(Sahih Bukhari)

According to Sunnah of Prophet ﷺ men and women are equal in رفع اليدين . There is no sahih hadith in which there is distinction outlining that men will raise their hands up to their ears and women will raise their hands up to their shoulders.

Then put the right hand on the left hand place on the chest and recite the Istiftah dua (the opening dua).

2.3 Supplication after the first Takbeer (Istiftah)

Abu Hurairah رضى الله عنه narrated, the Prophet ﷺ remained silent for a while between تكبير تحريره and recitation.

I said, “May my mother and father be sacrificed, oh! messenger of Allah, what do you read between takbeer and recitation” The Prophet ﷺ said, read this dua,

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ، اللَّهُمَّ نَقِّنِي مِنَ الْخَطَايَا كَمَا يُنْقَى الثَّوْبُ
الْأَبْيَضُ مِنَ الدَّنَسِ، اللَّهُمَّ اغْسِلْ خَطَايَايَ بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ

**allahumm baeid bayni wabayn khatayaa kama baeadt bayn almashriq walmaghribi,
allahumm naqqini min alkhataya kama yunaqqa alththawb al'abyad min alddanasi,
allahumm aghsil khatayaa bialma' walththalj walbarad**

O Allah! set me apart from my sins (faults) as the east and west are set apart from each other and clean me from sins as a white garment is cleaned of dirt (after thorough washing). O Allah! wash off my sins with water, snow and hail.

One can also read the following Dua.

A Person behind Prophet ﷺ said :

اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا

allah 'akbar kabiran walhamd lillah kathiran wasubhan allah bukratan wa'asilaan

Allah is most Great, and much praise be to Allah, and glorified be Allah at the beginning and end of the day.

Hearing this, the Prophet ﷺ said:

the gates of heaven have been opened for this Person.

Ibn Umar رضى الله عنه said, I have not stopped saying these words since I heard this statement of the Prophet ﷺ.

One can also read the following Dua:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

subhanak allahumm wabihamdik watabarak asmuk wataealaa jadduk wala 'ilah ghayruk

Glory be to you o Allah, and praise be to you and blessed is your name high is your greatness and there is no God besides you.

(Tirmidhi and Sunan Abi Dawud)

2.4 Istiaadha and Surah Faatiha

Then recite this:

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمْزِهِ وَنَفْخِهِ وَنَفْثِهِ

'aeudh biallah alssamie alealym min alshaytan alrajim min hamzih wanafkhih wnaftih

I seek refuge in Allah the all - hearing, all - knowing from the accursed shaytan, from his evil suggestion, from his temp to arrogance, from his sorcery.

(Sunan Abi Dawud)

Then recite :

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah the most gracious the most merciful.

and recite Surah Al fatiha:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ الرَّحِيمُ ۝ مَلِكُ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَ إِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَ لَا الضَّالِّينَ ۝

aalhamd lillh rabb alealamiyn - alrrahmn alrrahiym - mlik yawm alddiyn - iyaak naebud w aiyaak nastaeiyn - ihdina alssirat almustaqiym - sirat alladhiyn aaneamt ealayhim, ghayr almaghhdub ealayhim w la alddalliyna

Praise be to Allah, lord of the worlds, The most Gracious, the most merciful, Master of the day of judgement. you alone we worship, you alone we ask for help. Show us the straight path, The path of those whom you have bestowed (your) favour, not of those who earn (your) anger and nor of those who go astray

The Prophet صلى الله عليه وسلم said :

لَا صَلَاةَ لِمَنْ لَمْ يَفْرَأْ بِفَاتِحَةِ الْكِتَابِ

There is no salah for whoever does not recite suraha Al fatiha.

(Sahih Bukhari and Sahih Muslim)

Abaadah bin Samit رضى الله عنه narrated :

“We were behind the Prophet ﷺ in fajr prayer recitation became difficult for Prophet ﷺ and after Prayer Prophet ﷺ asked,

"Perhaps you recite behind the Imam?"

We Said, Yes, oh messenger of Allah

The Prophet ﷺ said,

“ Do not recite behind the imam except Surah Al fatiha because there is no Salah for a Person who does not recite surah Al fatiha ”

(Sunan Abu Dawud)

Abu hurairah رضى الله عنه narrated Prophet ﷺ said :

مَنْ صَلَّى صَلَاةً لَمْ يَقْرَأْ فِيهَا بِأَمِّ الْقُرْآنِ فَهِيَ خِدَاجٌ هِيَ خِدَاجٌ - غَيْرُ تَمَامٍ

Whoever offers a Prayer in which he does not recite umm Al-Quran (Al fatiha), (His prayer) it is deficient, it is deficient, it is deficient, incomplete.

(Sahih Muslim)

Abu Hurairah رضى الله عنه was asked, what's about when we are praying behind the imam, Abu Hurairah رضى الله عنه said, *in that case, read it in your heart.*

These Ahadiths prove that the follower (مقتدى) should recite surah al fatiha behind the Imam whether the Imam recited loudly or quietly.

2.5 Saying Ameen

Wael bin Hajar رضى الله عنه narrated,

I heard Prophet ﷺ read *غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ* then Prophet ﷺ said (Ameen) Ameen loudly.

(Tirmidhi)

Abu Hurairah رضى الله عنه narrated, Prophet ﷺ said :

إِذَا أَمَّنَ الْقَارِئُ فَأَمَّنُوا فَإِنَّ الْمَلَائِكَةَ تُؤْمِنُ فَمَنْ وَافَقَ تَأْمِينُهُ تَأْمِينَ الْمَلَائِكَةِ غُفِرَ لَهُ مَتَقَدِّمٌ مِنْ ذَنْبِهِ

When the Imam Says Ameen, then Say Ameen as the angels say Ameen. Whoever says Ameen when the angels say Ameen, his previous sins will be forgiven.

(Sahih Bukhari)

After reciting surah Al fatiha recite whatever remember from the Quran (بخارى)

2.6 Raising both hands

There are four proven times where both hands are raised in prayer.

- 1) At the time of تكبيرٍ تحريره
- 2) Before Ruku' ركوع
- 3) After Ruku' ركوع
- 4) At the beginning of third Rak'ah

It is recorded in sunan Abi Dawud that Ali رضي الله عنه said, Prophet صلى الله عليه وسلم would raise his hands (رفع اليدين) up to the shoulders at the beginning of salah, before ركوع and after ركوع and while standing after two Rak'ahs.

It is recorded in Sahih Bukhari that Abdullah bin Umar رضي الله عنه said that the Prophet صلى الله عليه وسلم would raise his hands up to shoulders رفع اليدين at the beginning, before ركوع after ركوع and at the beginning of the third rak'ah.

It is recorded in Sahih Muslim that Wael bin Hajar رضي الله عنه narrated, I saw Prophet صلى الله عليه وسلم when starting the prayer he would raise both hands up to the shoulders.

Then the Prophet صلى الله عليه وسلم would cover his hands with cloth, then put the right hand on the left hand. When the Prophet صلى الله عليه وسلم would start bowing, he would take out hands from clothes and say الله اكبر and raise both hands رفع اليدين. When he would get up from ركوع he would say سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ and would raise both hands رفع اليدين.

Wael bin Hajar رضي الله عنه was a companion who came to the Prophet صلى الله عليه وسلم in the ninth and tenth years of Hijra. This proves that the Prophet صلى الله عليه وسلم would raise both of his hands (رفع اليدين), in the times outlined by the hadith above, until the tenth year of Hijrah. The Prophet صلى الله عليه وسلم passed away shortly after this in the eleventh year of Hijra and therefore proving that the Prophet صلى الله عليه وسلم raised both his hands in the described way until the end of his life.

2.7 Ruku'

In the position of bowing (ركوع), the back should be kept perfectly straight and the head should be level with the back. Both palms should be placed on the two knees. (Sahih Muslim)

Huzaifa رضى الله عنه said Prophet ﷺ would recite in ركوع:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

subhan rabbi aleazim

Glory be to my lord the most high
He would recite it at least three times
(Sahih Muslim)

The Prophet ﷺ would also recite the following, three times in ركوع:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

subhan allahi wabihmdih

Glory be to Allah and all Praise to him
(Sunan of Abu Dawud)

The Prophet ﷺ would also recite the following in ركوع:

سُبْحَانَكَ وَبِحَمْدِكَ لَا إِلَهَ إِلَّا أَنْتَ

subhanak wabihamdik la 'iilah 'iilaa 'ant

Glory and Praise be to you, there is none worthy of worship except you
(Sahih Muslim)

2.8 Standing after Ruku'

Then one must raise their head from the position of bowing (ركوع) and raise hands until they are standing straight (قومه)

Whilst going from the position of bowing (ركوع) to the position of standing (قومه), one should recite the following Dua:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

samie allah liman hamidah

Allah hears the one who Praises him

When standing straight (قومه), one should recite the following Dua:

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

rabana walak alhamd hamdaan kathyraan tayibaan mubarakaan fih

Our lord, all praise be to you, praise in abundance, good and blessed
(Sahih Bukhari)

2.9 Sajdah (prostration)

Abu Hurairah رضي الله عنه narrated, Prophet صلى الله عليه وسلم said

إِذَا سَجَدَ أَحَدُكُمْ فَلَا يَبْرُكُ كَمَا يَبْرُكُ الْبَعِيرُ وَلِيَضَعَ يَدَيْهِ قَبْلَ رُكْبَتَيْهِ

When one of you performs prostration, do not sit like a camel however, keep both hands on the ground before the knees.

(Sunan of Abu Dawud)

When in Sujood one must adhere to the following:

- Place the forehead and nose on the ground.
- Keep both hands at shoulder level or at ear level.
- Ensure that the fingers of both hands are placed together and are facing towards the Qibla.
- Ensure that both feet are standing and the tips of the toes are facing the Qibla.
- Join the heels.
- Keep the chest, stomach and the thighs higher than the ground, keep the Stomach separate from thighs, thighs separate from legs and keep both thighs apart from each other.
- The elbows should not touch the ground rather they should also be higher than it.

The Prophet ﷺ said:

I have been ordered to prostrate seven bones. Fore head, both hands, both Knees and claws of both feet.

Many women spread their arms and join their stomach with their thighs and do not keep both feet standing on the ground. This method is against the sayings of the Prophet ﷺ because he ﷺ said:

اعْتَدُوا فِي السُّجُودِ ، وَلَا يَبْسُطُ أَحَدُكُمْ ذِرَاعَيْهِ انْبِسَاطَ الْكَلْبِ

Be moderate in Prostration and do not spread your arms on the ground like a dog spreads.
(Sahih Bukhari)

Huzaifa رضى الله عنه narrated that the Prophet ﷺ would recite this dua in prostration (سجده):

سُبْحَانَ رَبِّيَ الْأَعْلَى

subhan rabbi al'aelaa

Glory be to my lord, the most high
(Sahih Muslim)

This should be recited three times. It is also reported that the Prophet ﷺ would recite the following.

سُبْحَانَ رَبِّيَ الْأَعْلَى وَبِحَمْدِهِ

subhan rabbi al'aelaa wabihamdih

Glory be to my lord, the most high and all praise to him
(Sunan of Abu Dawud)

Ayesha رضى الله عنه narrated, Prophet ﷺ would recite this dua often in ركوع and سجده:

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي

subhanak allahumm rabbana wabihamdik alllahumm aghfir li

O Allah our lord, Glory and Praise be to you, o Allah forgive me.
(Sahih Bukhari)

Ali رضى الله عنه narrated, Prophet ﷺ would recite this dua in Prostration:

اللَّهُمَّ لَكَ سَجَدْتُ وَبِكَ آمَنْتُ، وَلَكَ أَسَلْتُ، سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ، وَصَوَّرَهُ، وَشَقَّ سَمْعَهُ وَبَصَرَهُ، تَبَارَكَ اللَّهُ
أَحْسَنُ الْخَالِقِينَ

**allahumm lak sajad wabik amantu, walak 'aslamtu, sajad wajhi lilladhi khalaqahu,
wasawwarahu, washaqq sameah wabasarahu, tabarak allh 'ahsan alkhaliqin**

*O Allah, to you I have Prostrated, and in you I have believed, and to you I have submitted. My
face has prostrated to the one who created it and fashioned it and gave it hearing and sight.*

Blessed is Allah the best of creators

(Sahih Muslim)

In the Prostration of recitation (سجدة تلاوة), the Prophet صلى الله عليه وسلم would recite the following
Dua:

سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ وَشَقَّ سَمْعَهُ وَبَصَرَهُ بِحَوْلِهِ وَقُوَّتِهِ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

**sajad wajhy llladhy khalaqah washaqq sameah wabasarah bihawlih waquwwatih ftabarak
allh 'ahsan alkhaliqyn**

*My face has prostrated to one who created it and gave it hearing and sight with his power and
strength. Blessed is Allah the best of creators.*

(Sunan of Abu Dawud)

Ayesha رضى الله عنه said that the Prophet صلى الله عليه وسلم would recite this dua in ركوع and سجده:

سُبُّوحٌ، قُدُّوسٌ، رَبُّ الْمَلَائِكَةِ وَالرُّوحِ

subbuhun, qudusun, rabb almalayikat walrruh

The supremely perfect, The most pure. The lord of the angles and the spirit, Jibril.

(Sahih Muslim)

2.10 Sitting between the two prostrations - جَلْسَتَهُ

Its is recorded in the Sunan of Abu Dawud that Abu Hameed Sa'idi رضى الله عنه narrated, that the Prophet صلى الله عليه وسلم would raise his head from prostration and bend his left foot and then sit on it.

It is recorded in Sahih Bukhari that the Prophet صلى الله عليه وسلم would put his right foot up while sitting.

It is recorded in Sahih Muslim that, sometimes the Prophet صلى الله عليه وسلم would sit on his feet and heels.

It is recorded in Sunan al-Nasa'i that he صلى الله عليه وسلم would point the toes of both of his feet, to face towards the Qibla.

The sitting between the two prostrations (جَلْسَتَهُ) is obligatory in Salah. As stated in Sahih Bukhari, that the جَلْسَتَهُ of the Prophet صلى الله عليه وسلم would equal to the سجده.

Ibn Abbas رضى الله عنه narrated, the Prophet صلى الله عليه وسلم would recite this dua between two Prostrations:

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَعَافِنِي ، وَاهْدِنِي ، وَارْزُقْنِي

aallahuma aighfir li , warhamni , waeafini , wahdini , warzuqni

O Allah forgive me, have mercy on me, support me, guide me and Provide for me.
(Sunan of Abu Dawud)

Huzaifa narrated, that the Prophet صلى الله عليه وسلم would recite the following Dua between two Prostrations

رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي

rabb aghfrli , rabb aghfrli

My lord forgive me, My lord forgive me.
(Sunan of Abu Dawud)

2.11 Sitting of calmness **جلسه استراحت**

It is recorded in the Sunan of Abu Dawud that the Prophet ﷺ would say **الله اكبر** while raising his head from the second prostration, and would bend his left foot and sit on it. Then Prophet ﷺ would stand for the next Rak'ah

It is recorded in Sahih Bukhari that the Prophet ﷺ would lean both hands on the ground, whilst getting up from **جلسه استراحت**.

The Prophet ﷺ would then stand for the second Raka'ah and begin reciting Surah Fatiha.

2.12 Tashahhud **تشهد**

The Tashahhud is also known as **قعدہ اولیٰ** and takes place after the second raka'ah.

It is recorded in Sahih Bukhari that the Prophet ﷺ would sit on his left foot and sit on it whilst keeping his right foot in a standing position.

It is recorded in Sahih Muslim that the Prophet ﷺ would place his right hand on his right knee and his left hand on his left knee.

It is recorded in Sahih Muslim, that Abdullah bin Zubair **رضی اللہ عنہ** narrated, that when the Prophet ﷺ would sit in **تشهد**, He ﷺ would put his right hand on the right thigh and left on the left thigh.

It is known that both hands can be kept on either the knees or on the thighs.

Abdullah bin Masood رضى الله عنه narrated, that the Prophet صلى الله عليه وسلم said, Recite this dua in تشهد:

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

**al-tahiaat lillah wal-salawat wal-ttayibat al-salaam ealayk 'ayuha al-nabi warahmat allah
wabarakatuh al-salaam ealayna waealaa eibad allah al-salihin 'ashhad 'an la 'iilah 'iila
allah wa'ashhad 'ann muhammadan eabduh warasuluh**

Greetings belong to Allah and good words and prayers. Peace be upon you o Prophet, and the mercy of Allah and his blessings. Peace be upon us and upon the righteous slaves of Allah. I testify that there is no god but Allah and I testify that Muhammad صلى الله عليه وسلم is his slave and Messenger.

(Sahih Bukhari and Sahih Muslim)

It is recorded in the Musnad of Imaam Ahmad that, after the تشهد, the Prophet صلى الله عليه وسلم would stand for the third Rak'ah.

It is sufficient to recite the تشهد in قعدة اولى, however if someone wants to recite any Duas, it is also permissible bearing in mind that the تشهد should be recited before it.

2.13 Raising the finger رفع سبابه

Raising the finger in تشهد is a very blessed and glorious sunnah.

It is recorded in Sahih Muslim that Ibn Umar رضى الله عنه narrated that when the Prophet صلى الله عليه وسلم would sit in salah, he placed both of his hands on his knees and raised his index (right hand) finger, and supplicated with it.

It is recorded in Sahih Muslim that the Prophet صلى الله عليه وسلم would close all fingers of right hand and would point his index finger towards Qibla.

It is recorded in Sunan al-Nasa'i that Wael bin Hajar رضى الله عنه narrated, Prophet صلى الله عليه وسلم raised his finger and he would move it continuously.

The Prophet صلى الله عليه وسلم said, moving the finger is heavier on shaytan than an Iron hammer.

It is not proven by any narration to raise the finger (index) just after saying أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ and putting it down after saying it.

2.14 Third Rak'ah

The next step is to raise both hands رفع اليدين and say الله اكبر whilst standing for the third Rak'ah

It is recorded in Sahih Bukhari that Ibn Umar رضى الله عنه narrated that when Prophet صلى الله عليه وسلم would, stand for the third Rak'ah, he صلى الله عليه وسلم would say الله اكبر and raise both hands.

After the third and fourth Rak'ah, sit for the last قعدة.

2.15 Last sitting قعدة أخرى

It is recorded in the Sunan of Abu Dawud that Abu Hameed Sa'eedi رضى الله عنه narrated, that when the سجده which is followed by the tasleem came, the Prophet صلى الله عليه وسلم would take his left foot out (from under the right shin) and sit on the opposite hip. Then (after reciting دعاء, Durood, Dua) he said tasleem.

Sitting on left side hip is called تورك and this is a sunnah of the Prophet صلى الله عليه وسلم, which every muslim should try and implement.

Then recite the تشهد and keep the index finger raised.

After the تشهد the *durood* should be recited:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

allahumm sall ealaa muhammad waealaa al muhammad kama sallayt ealaa 'iibrahim waealaa al 'iibrahima, 'innak hamid majidun, allahumm barik ealaa muhammad waealaa al muhammad kama barakt ealaa 'iibrahim waealaa al 'iibrahima, 'innak hamid majid

O Allah, Shower your blessings on Muhammad ﷺ and his family as you showered your mercy on Ibrahim and his family, surely, you are praiseworthy and glorious. O Allah bless Muhammad ﷺ and his family as you blessed Ibrahim عليه السلام and his family. Surely, you are Praise worthy and Glorious.

(Sahih Bukhari)

2.16 Duas after Durood

Ayesha رضى الله عنها said, that the Prophet صلى الله عليه وسلم would recite this dua in the last sitting:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَسِيحِ الدَّجَالِ ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا
وَالْمَمَاتِ ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمَأْتَمِّ وَالْمَغْرَمِ

**aallahuma 'iinyi 'aewudh bik min eadhaab alqabr , wa'aedhubik min fitnat almasyih
aldajaal , wa'aedhubik min fitnat almahya walmamaat , aallahuma 'iinyi 'aewudh bik
min alma'utham walmaghram**

*Oh Allah, I Seek refuge in you from the punishment of the grave, and I seek refuge in you from
the trail of the false Messiah, and I seek refuge in you from the trails of life and death. O Allah, I
Seek refuge in you from sin and from debt.*

(Sahih Muslim)

The Prophet صلى الله عليه وسلم said, seek refuge with Allah in four things in the تشهد:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ ، وَمِنْ عَذَابِ الْقَبْرِ ، وَمِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ
الدَّجَالِ

**aallahuma 'iinyi 'aewudh bik min eadhaab jahanam , wamin eadhaab alqabri, wamin
fitnat almahya walmamaat wamin shari fitnat almasyih aldajaal**

*Oh Allah, I Seek refuge in you from the Punishment of hell, from the punishment of the grave,
and from the trails of life and death, and from the evil of the trail of the false Messiah.*

(Sahih Muslim)

It is recorded in Sahih Muslim that the Prophet صلى الله عليه وسلم would teach his companions
رضى الله عنهم, the duas like he would teach them the chapter (surahs) of the Quran.

Abu bakr رضى الله عنه narrated, I asked Prophet, teach me a dua (for after the durood)
The Prophet صلى الله عليه وسلم said. Read this Dua:

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي إِنَّكَ أَنْتَ
الْغَفُورُ الرَّحِيمُ

**allahumm 'inni zalamt nafsi zulmaan kathiraan, wala yaghfir aldhhdhunub 'illa 'anta,
faghfir li maghfiratan min eindik warhamni 'innak 'ant alghafur alrrahim**

Oh Allah Indeed I have wronged myself greatly, and none can forgive sins except you, so forgive me out of your forgiveness, and have mercy on me, Indeed you are the oft Forgiving, Most Merciful.

(Sahih Bukhari)

Ali رضى الله عنه said, the Prophet صلى الله عليه وسلم would read this dua after the tahiyyat and before the tasleem.

اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ ، وَمَا أَسْرَفْتُ ، وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي أَنْتَ
الْمُقَدِّمُ وَأَنْتَ الْمُوَخَّرُ ، لَا إِلَهَ إِلَّا أَنْتَ

**allahuma aghfir li ma qadamt wama 'akhart , wama 'asrart wama 'aelant , wama 'asraft ,
wama 'ant 'aelam bih miniy 'ant almuqadim wa'ant almuakhir ,la 'ilah 'ilaa 'ant**

O Allah, forgive my past and future sins, my secret and open sins, my transgression, and that of which you have better knowledge than I indeed, you are the one who puts forward, and you are the one who puts back. There is no god but you.

(Sahih Muslim)

2.17 Ending the Salah with the Tasleem

It is recorded in the Sunan of Abu Dawud that Abdullah bin Masood رضى الله عنه narrated, taht the Prophet صلى الله عليه وسلم would say **السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ** when he turned right and say **اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ ، وَمَا أَسْرَفْتُ ، وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُوَخَّرُ ، لَا إِلَهَ إِلَّا أَنْتَ** when he turned left.

Chapter 3 Prostration of forgetfulness

3.1 Prostration when in doubt of three or four Rak'ah

Abu Saeed Al-Khudri رضى الله عنه said, Prophet ﷺ said:

إِذَا شَكَّ أَحَدُكُمْ فِي صَلَاتِهِ، فَلَمْ يَدْرِ كَمْ صَلَّى ثَلَاثًا أَمْ أَرْبَعًا؟ فَلْيَطْرَحِ الشَّكَّ وَلْيَبْنِ عَلَى مَا اسْتَيْقَنَ، ثُمَّ يَسْجُدْ
سَجْدَتَيْنِ قَبْلَ أَنْ يُسَلِّمَ، فَإِنْ كَانَ صَلَّى خَمْسًا شَفَعْنَ لَهُ صَلَاتِهِ، وَإِنْ كَانَ صَلَّى إِيْتِمَامًا لِأَرْبَعٍ؛ كَانَتْ تَرْغِيمًا
لِلشَّيْطَانِ

When any of you is in doubt about his salah and does not know how many he has prayed three or four Rakaat then he should cast aside his doubt and base his prayer on what he is sure of. Then, he should perform two prostrations before Tasleem.

If he has prayed five Rak'ahs, that will make his prayer an even number for him, and if he has prayed exactly four, then they will be a humiliation for the Shaytan.

(Sahih Muslim)

It is recorded in Jami' al-Tirmidhi, that whoever has doubt in prayer whether he Performs one Rak'ah or two, he should consider it one Rak'ah, whoever doubts that he has Performed two or three Rak'ahs, he should consider that he has Performed two Rak,ahs, then in the last sitting before Tasleem, perform two Prostration.

The method of prostration is after reciting Tashahhud, durood and supplications and in the last sitting. One should say الله اكبر and perform one prostration then get up and sit, then perform the second prostration followed by the Tasleem to complete the Salah.

3.2 Prostration after missing first sitting

It is recorded in Sahih Bukhari that Abdullah bin Baheena رضى الله عنه narrated that once the Prophet ﷺ led Duhar prayer. He صلى الله عليه وسلم stood up after two Rak,ahs. So the companions رضى الله عنهم also stood. In the last sitting before the Tasleem, the Prophet صلى الله عليه وسلم said الله اكبر and performed two prostrations and then completed the salah.

3.3 Prostration of forgetfulness after finishing the prayer and talking

It is recorded in Sahih Muslim that Imran bin Husain رضى الله عنه narrated that the Prophet صلى الله عليه وسلم once led Asr Prayer, he صلى الله عليه وسلم prayed three Rak'as and went to his house. One companion Khirbaq رضى الله عنه went to him and mentioned the mistake. The Prophet صلى الله عليه وسلم came quickly to the people and asked for confirmation of Khirbaq's رضى الله عنه statement. They confirmed that it was true and so the Prophet صلى الله عليه وسلم then performed one Rak'ah and said tasleem. Then performed two Prostrations and said Tasleem.

3.4 Prostration after performing five instead of four

It is recorded in Sahih Bukhari that Abdullah bin Masood رضى الله عنه narrated Prophet صلى الله عليه وسلم once performed five Rak'ahs, He was asked, was the prayer extended?

The Prophet صلى الله عليه وسلم asked why? The companions رضى الله عنهم said you have prayed five rak'ahs of Dhuhr. The Prophet صلى الله عليه وسلم then performed two prostration and said I am human like you, I forget like you forget, whenever I forget, remind me.

Only saying Tasleem on one side, and then performing two prostrations followed by Tashahhud and Tasleem is not from the sunnah and is not proven by any authentic Hadeeth.

End of Chapter 3

4 Witr Prayer

The Prophet ﷺ said:

اجْعَلُوا آخِرَ صَلَاتِكُمْ بِاللَّيْلِ وَتَرًا

Make last of your prayers at night the witr prayer

Abu Ayub رضي الله عنه narrated that the Prophet ﷺ said:

الْوَيْتْرُ حَقٌّ عَلَى كُلِّ مُسْلِمٍ فَمَنْ أَحَبَّ أَنْ يُوَيْتَرَ بِخَمْسٍ فَلْيَفْعَلْ وَمَنْ أَحَبَّ أَنْ يُوَيْتَرَ بِثَلَاثٍ فَلْيَفْعَلْ وَمَنْ أَحَبَّ أَنْ يُوَيْتَرَ بِوَاحِدَةٍ فَلْيَفْعَلْ

*The witr prayer is a duty upon every muslim whoever likes to pray five rak'ah let him do so .
Whoever likes to pray three rak'ahs, let him do so. Whoever likes to Pray one rak'ah let him do
so.*

(Sunan of Abu Dawud)

It is recorded in Sahih Muslim that the Prophet ﷺ would pray thirteen rak'ahs at night and five rak'ahs of witr would be included. He did not sit for Tashahhud in any of the rak'ahs except for right at the end.

It is recorded in Daar Quni that the Prophet ﷺ said, Do not pray (witr) like the maghrib prayer.

The Du'a-al-Qunut is recited in the last rak'ah of the witr Prayer, after Ruku (bowing) or before ruku (bowing). Both ways are mentioned in the sahih sunnah
The scholars of hadith preferred reciting qunoot after Ruku (bowing).

Whilst supplicating, one should raise their hands to chest height and no higher.

Therefore the three witr are to be prayed with one Tashahhud and one Tasleem, or two Tashahhud and two Tasleems.

Hasan bin Ali رضى الله عنه said, The messenger of Allah صلى الله عليه وسلم taught me some words to say in qunoot-al-witr:

اللَّهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ وَعَافِنِي فِيمَنْ عَافَيْتَ وَتَوَلَّنِي فِيمَنْ تَوَلَّيْتَ وَبَارِكْ لِي فِيمَا أُعْطِيتَ وَقِنِي شَرَّ مَا قَضَيْتَ إِنَّكَ تَفْضِي وَلَا يُفْضَى عَلَيْكَ وَإِنَّهُ لَا يَذُلُّ مَنْ وَالَيْتَ وَلَا يَعِزُّ مَنْ عَادَيْتَ تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ

allahumm ahdini fiman hadayt waeafini fiman eafayt watawallani fiman tawallayt wabarik li fima 'aetayt waqini sharr ma qadayt 'innak taqdi wala yuqdaa ealayk wa'innah la yadhilla man walayt wala yaeizz man eadayt tabarakt rabbana wataealayat

O Allah, guide me among those whom you have guided, Pardon me among those whom you have pardoned, turn to me in friendship among those on whom you have turned in friendship, and bless me in what you have bestowed, and save me from the evil of what you have decreed. For verily you decree and none can influence you and he is not humiliated whom you have befriended nor is he honoured who is your enemy. Blessed are you o lord and exalted.

Then it is permissible to say صلى الله على النبي

Abi bin Ka,ab رضى الله عنه narrated, the Prophet صلى الله عليه وسلم would say the following three times, after the Tasleem of witr:

سُبْحَانَ الْمَلِكِ الْقُدُّوسِ

subhan almalk alquduws

Glory is to the king the holy
(Sunan of Abu Dawud)

End of Chapter 4

5 Sunnah Prayers

Um Habiba رضى الله عنه said that the Prophet ﷺ said:

مَنْ صَلَّى فِي يَوْمٍ وَلَيْلَةٍ ثِنْتَيْ عَشْرَةَ رَكْعَةً بُنِيَ لَهُ بَيْتٌ فِي الْجَنَّةِ أَرْبَعًا قَبْلَ الظُّهْرِ وَرَكْعَتَيْنِ بَعْدَهَا وَرَكْعَتَيْنِ بَعْدَ الْمَغْرِبِ وَرَكْعَتَيْنِ بَعْدَ الْعِشَاءِ وَرَكْعَتَيْنِ قَبْلَ صَلَاةِ الْفَجْرِ

Whoever Performs twelve rak'ahs (of sunnah) during the day and night, a house will be built for him in paradise.

Four rak'ahs (of sunnah) before Dhuhr two rak'ahs (of sunnah) after it, and two rak'ahs after maghrib and two rak'ahs after Isha and two rak'ahs (of sunnah) before fajr prayer
(Jami` al-Tirmidhi)

It is also permissible to pray two rak'ahs of sunnah instead of four before Dhuhr salah.

These sunnah prayers are called *سُنَّتٌ مُؤَكَّدَةٌ*, the emphasised sunnah

It is recorded in Sahih Bukhari that Ibn Umar رضى الله عنه said I would perform two rak'ahs (of sunnah) of Dhuhr prayer with Prophet ﷺ.

The emphasised sunnah can be seen below:

Salah	Before	After
Fajr	2	0
Dhuhr	4	2
Asr	0	0
Maghrib	0	2
Isha	0	2

End of Chapter 5

6 Adhkar after Salah مسنون أذكار

It is recorded in Sahih Bukhari that Ibn Abbas رضى الله عنه narrated that I used to recognise the end of the prayer of the Prophet ﷺ by his saying of takbeer (saying Allahu Akbar (أكبر))

The Imam and the followers (مقتدى) should say الله أكبر loudly after the prayer.

Sobaan رضى الله عنه narrated that after the prayer, the Prophet ﷺ would recite (I seek forgiveness of Allah) three times and then he ﷺ would recite:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

aalllhummm 'ant alssalam wamink alssalam tabarakt ya dha aljalal wal'ikram

Oh Allah, you are As- Salam and from you is all peace, blessed are you O possessor of majesty and honour.

(Sahih Muslim)

Maaz bin Jabal رضى الله عنه said, Prophet ﷺ said to me, Do not leave reciting this dua after every obligatory (فرض) prayer:

رَبِّىْ أَعْنِيْ عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

rabay 'aeinny eala dhikrik washukrik wahusn eibadatik

Oh Allah, help me to remember you, and to be grateful to you, and to worship you in an excellent manner.

(Sunan al-Nasa'i)

Mughirah bin Sho'abah رضى الله عنه narrated, the Prophet صلى الله عليه وسلم would say the following, after every obligatory (فرض) salah:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ،
وَلَا مُعْطَى لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا جَدِّمِكَ الْجَدُّ

**la 'iilah 'iila allah wahdah la sharik lahu, lah almulk , walah alhamd , wahu ealaa kull
shaa' qadir , allahumm la manie lima'aeatyt , walaamuettia limamanaet , walaayanfae
dhaljaddimink aljadd**

*There is none worthy of worship except Allah alone, he has no partner, to him belongs the
Dominion and for him is all praise and he is all powerful over everything.
Oh Allah, None can deny that which you bestow and none can bestow that which you hold back,
and the greatness of the great will be of no avail to them against you
(Sahih Bukhari)*

Abdullah bin Zubair رضى الله عنه narrated, Prophet صلى الله عليه وسلم would recite the following
after the tasleem:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ،
لَا إِلَهَ إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ، لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ،
وَلَوْ كَرِهَ الْكَافِرُونَ

**la 'iilah 'iila allah wahdah la sharik lahu, lah almulk , walah alhamd , wahu ealaa kull
shaa' qadir , la hawl wala quwwat 'iila biallah , la 'iilah 'iila allah ,
walaanaebudu'iilaa'iaah , lah alnnaemat walh alfadl walah alththana'ualhasan , la'iilh
'illallh mukhlisin lah alddin , walawkarih alkafirun**

*There is none worthy of worship except Allah alone, He has no partner, to him belongs the
Dominion and for him is all Praise, and he is all powerful over everything. There is no might and
no Power except by Allah, none worthy of worship except Allah, we worship none but him, to
him belongs all bounties, to him belongs all grace, and to him belongs good praise. There is no
god but Allah, to whom we are sincere in devotion, even though the disbeliever should
disapprove of it.
(Sahih Muslim)*

The Prophet صلى الله عليه وسلم would recite the following after Prayer:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ ، وَأَعُوذُ بِكَ مِنَ الْجُبْنِ ، وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْذَلِ الْعُمُرِ ، وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الدُّنْيَا وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ

**alllahumm 'inni 'aeudh bik min albukhl , wa'aeudh bik min aljubn , wa'aeudh bik 'an
'uradd 'iilaa 'ardhal aleumur , wa'aeudh bik min fitnat alddunya wa'aeudh bik min
eadhab alqabr**

Oh Allah, I seek refuge in you from miserliness, and I seek refuge in you from cowardice, and I seek refuge in you from reaching old age, and I seek refuge in you from the trials of this world, and I seek refuge in you from the torment of the grave.

(Sahih Bukhari)

Abu Hurairah رضي الله عنه narrated, that the Prophet صلى الله عليه وسلم said, All the sins of that Person will be forgiven, even if they are equal to the foam of the sea, the one who recites this after every obligatory prayer

سُبْحَانَ اللَّهِ

subhan Allah

“Glory be to Allah” 33 times

الْحَمْدُ لِلَّهِ

Alhamdulillah

“All Praise belong to Allah” 33 times

اللَّهُ أَكْبَرُ

Allahu Akbar

“Allah is great” 33 times

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

**la 'iilah 'iila allah wahdah la sharik lahu, lah almulku, walah alhamdu, wahu ealaa kull
shaa' qadirun**

There is no god except Allah alone, he has no partner, Dominion belongs to him and for him is all praise and he is all powerful over everything. Once

It is recorded in the Sunan of Abu Dawud that Aqba bin Amir رضى الله عنه narrated that the Prophet صلى الله عليه وسلم commanded me to recite the Ma'auzaat (معوذات) after every (obligatory) prayer.

The Ma'auzaat are the last two chapters (surahs) of the Quran, Surah Al Falaq:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most gracious, most merciful

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝

**qul 'aeudh birabb 'alfalaq - min sharr ma khalaq - wamin sharr ghasiq 'iidha waqab -
wamin sharr 'lannffathat fia 'leuqd - wamin sharr hasid 'iidha hasad -**

Say : I seek refuge with Allah, the lord of the day break, from the evil of what he has created, and from the evil of the darkening as it comes with its darkness, and from the evil of those who practise witchcraft when they blow in the knots and from the evil of the envier when he envies.
And Surah Al Naas:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most gracious, the most merciful

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝

**qul 'aeudh birabb 'lnnas - malik 'lnnas 'iilah 'lnnas - min sharr 'lwawas 'lkhannas -
'lladhia yuaswis fia sudur 'lnnas - min 'ljinnat wa'lnnas -**

*Say : I seek refuge with the lord of mankind. The King of mankind. The God of mankind, from the evil of the whisperer who withdraws
Who whispers in the breasts of mankind, of Jinn and men.*

Abu Amamah رضى الله عنه narrated, I heard Prophet صلى الله عليه وسلم saying, The person who recites Ayatul Kursi after every prayer, nothing can prevent him from entering paradise except death

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۗ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۗ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۗ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۖ وَلَا يَئُودُهُ حِفْظُهُمَا ۗ وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allahu la 'ilah 'illa hu 'lhayy 'lqayuwma la takhudhuhu'sinatun wala nawmun, 'llahu'ma fia 'lssamawat wama fia 'l'ard man dha 'lladhia yashfae eindahu' 'illa bi'iidhnihi' yaelam ma bayn 'aydihim wama khalfahum wala yuhitun bishaa'in' mmin eilmih' 'illa bima sha' wasie kursiuh 'lssamawat wal'ard wala yawduhu' hifzuhuma wahu 'lealiyy 'leazim

None has the right to be worshipped but he, the ever living, the one who sustains and protects all the exists. Neither slumber nor sleep overtakes him. To him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with him except with his Permission? He Knows what happens to them (his creatures) in this world, and what will happen to them in the hereafter. And they will never encompass anything of his knowledge except that which he wills. His Kursi (chair) extends over the heavens and the earth, and he feels no fatigue in guarding and preserving them and he is the most high the most great.

End of Chapter 6

Conclusion

I have tried my best to prepare these notes according to the Sunnah of the Prophet (ﺼﻠﻰ ﺍﻟﻠﻪ ﻋﻠﻴﻪ ﻭﺳﻠﻢ), drawing from various Hadith books. My goal was to present the material in a simple and accessible manner, in line with the teachings of the Prophet (ﺼﻠﻰ ﺍﻟﻠﻪ ﻋﻠﻴﻪ ﻭﺳﻠﻢ). These notes are specifically prepared for the sisters' classes at the Samr Centre.

It is important to understand that there is no difference between the prayer of a man and a woman; both should pray exactly as the Prophet (ﺼﻠﻰ ﺍﻟﻠﻪ ﻋﻠﻴﻪ ﻭﺳﻠﻢ) instructed, "Pray as you have seen me praying." This instruction applies equally to men and women. While the dress code and personal hygiene considerations differ between men and women, the method of prayer remains the same.

Any mistakes or errors in these notes are due to my own shortcomings, and any goodness within them is solely by the grace of Allah (SWT). May Allah (SWT) guide us all to follow the correct path and accept our prayers and good deeds.

ﺭﺑﻨﺎ ﺗﻘﺒﻞ ﻣﻨﺎ ﺇﻧﻜ ﺃﻧﺖ ﺍﻟﺴﻤﻴﻊ ﺍﻟﻌﻠﻴﻢ ﻭﺃﺗﻮﺏ ﻋﻠﻴﻨﺎ ﺇﻧﻜ ﺃﻧﺖ ﺍﻟﺘﻮﺍﺏ ﺍﻟﺮﺣﻴﻢ ﺃﻣﻴﻦ ﻳﺎ ﺭﺏ ﺍﻟﻌﺎﻟﻤﻴﻦ

End of book

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Ustadha Umm Abdullah

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