



Learn How To Pray

# Allahu Akbar



**1**

**Raise your hands up to your shoulders or your ears  
and say:**

**"Allahu Akbar."**

**(Allah is the Most Great.)**



2

**Then put your right hand on the left one below your chest.**

**Then recite Surat Al-Faatihah (in Arabic), the first chapter of the Qur'an.**

**Then recite any other verses of the Qur'an, as is convenient for you, like Surat Al-Ikhlaas.**

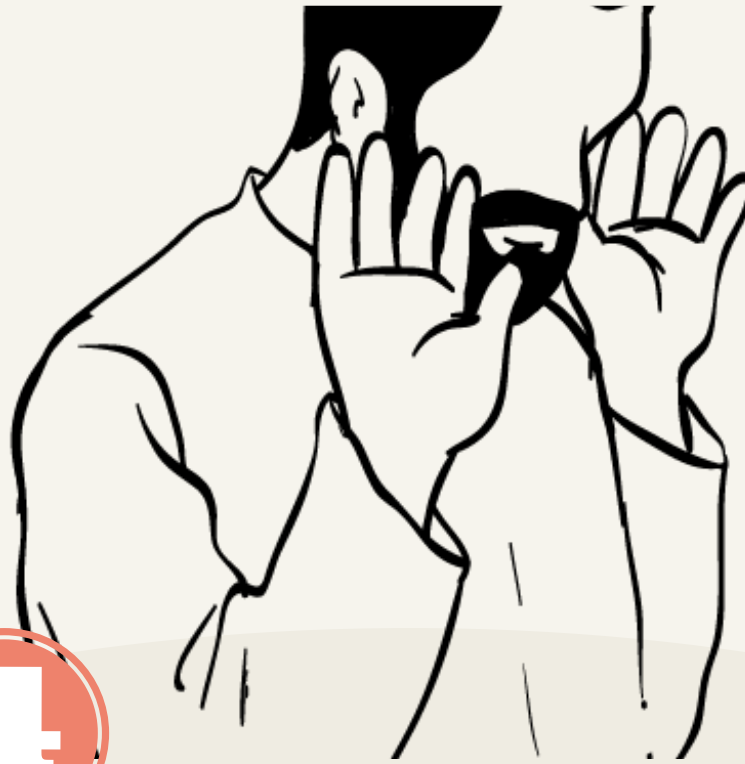


3

**Then bow down and put your hands on your knees  
saying:**

**" Subhaana Rabbi al Azeem"  
( Glory be to my Lord, the majestic) ( 3 times)**

4



**Then back to the standing position with raising your hands up to your shoulders or ears saying:**

**"Sami'a Allahu liman hamidah"**

**( Allah hears whoever praises Him.)**

**Then when you are standing upright, say,  
"Rabbanaa, wa laka al-hamd." (Our Lord, Praise be  
to You.)**

5



**Then say: "Allahu Akbar" and prostrate on the ground.**

**While in prostration, say, "Subhaana Rabbi al-A'laa" (Glory be to my Lord, the Most High) three times, and supplicate Allah as you wish, in your own language.**



**6**

**Then say, "Allahu Akbar" as you sit up. While sitting, say: "Rabbi ighfir lee, Rabbi ighfir lee." (My Lord, forgive me; my Lord, forgive me.)**

**Then say: "Allahu Akbar" as you perform the second prostration. While prostrating, say: "Subhaana Rabbi al-A'laa" (Glory is to my Lord, the Most High" three times**

**And here we have finished the first unit (rak'aa)**



**7-When you finish step 6, meaning you completed the second rak'aa (unit)**

**after the second Sajdah you sit back on the left foot with the left foot bent towards the right , and the right foot upright with toes pointing forward . The palms should be lifted from the mat and placed on the knees .**





8

**While sitting , say Al-  
First Tashahhud, as follows:**

**Attahiyatu Lillaahi wa'l-salawaatu wa'l-tayyibat.  
Asalaamu 'alayka ayyuha'l-Nabiyu wa rahmatu  
Allahi wa barakatuh.**

**Asalaamu 'alaynaa wa 'ala 'ibaad-illaah issaliheen.  
Ash-hadu an laa ilaha illa Allah wa ash-hadu anna  
Muhammadan 'abduhu wa rasooluh**



9

**9- Allahuma sali ala Muhammad wa ala Aali Muhammad kama saliet ala Ibrahim wa ala Aali Ibrahim ennak hameed majeed, wa barik ala Muhammad wa ala Aali Muhammad kama barakta ala Ibrahim wa ala Aali Ibrahim ennak hameed majeed.**

**Translation: "O Allah, bestow Your peace upon Muhammad and the family of Muhammad as You bestowed Your peace upon Ibrahim and the family of Ibrahim; indeed, You are**



**Praiseworthy, Glorious. O Allah, bestow Your blessings upon Muhammad and the family of Muhammad as You bestowed Your blessings upon Ibrahim and the family of Ibrahim; indeed, You are Praiseworthy, Glorious.”**

**10**



**10\_ Then turn to the right and say:  
"Assalaamu 'alaykum wa rahmatullah" (May  
the peace and mercy of Allah be upon you),  
and turn to the left and say the same .**

