

My Salaat Companion



A quick reference of adhkaar
and reminders for making salaat

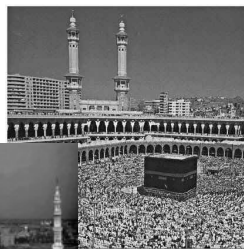
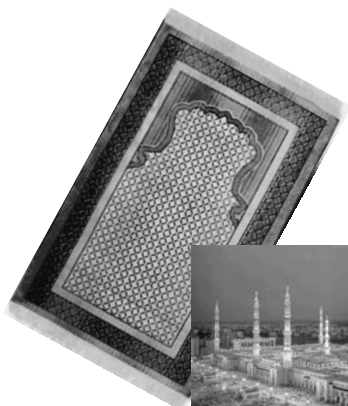


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All Arabic text and translations adapted from “The Prophet (salla Allahu alayhi wa sallam)’s Prayer Described.” (by Shaykh Muhammad Naasiruddeen al-Albaanee--Translated by Usama ibn Suhaib Hasan)

Transliterations are from T.J.

1. Before I Pray

- 🕌 Make sure I have wudhu
- 🕌 Make sure my prayer garment/clothing is clean
- 🕌 Come to prayer unhurried, not playing
- 🕌 Face the Qiblah
- 🕌 Make sure I have a sutrah

2. Takbeer

- 🕌 Make sure I raise my hands properly
- 🕌 Pronounce the takbeer clearing, unhurried, and audibly:

The Takbeer:

Allah is the Greatest	Allahu akbar	اللَّهُ أَكْبَرُ
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- 🕌 Place my hands correctly, right over left
- 🕌 Look down at my place of prostration


3. Opening Duaa

 Say an opening dua

The Prophet (salla Allahu alayhi wa sallam) would say many kinds of supplications (one in each prayer) in which he would praise Allaah. The following is just one of them.

You are Glorified, O Allaah,	Subhana Allahumma	سُبْحَانَكَ اللَّهُمَّ
and Praised;	wa bihamdika	وَ بِحَمْدِكَ
Your Name is Blessed	wa tabaarakasmuk	وَ تَبَارَكَ اسْمُكَ
Your Majesty is Exalted	wa ta'aala jadduk	وَ تَعَالَى جَدُّكَ
and none has the right to worshipped but You	wa laa ilâha gheyruk	وَ لَا إِلَهَ غَيْرُكَ

4. Istiadhah

 Say the istiadhah


I seek refuge with Allah from the accursed shaytaan	a'uthu billahi min ash shaytaan nir rajeem	أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
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5. Recitation

 Say the Basmalah:

In the Name of Allah, Most Gracious, Most Merciful	bismillahir rahmanir raheem	بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
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 Recite Surah Fatihah, one verse at a time

 Recite another surah/ayaat (in the first two rakaat only)

6. Takbeer

 Make takbeer

7. Rukoo

-  Place palms on knees, fingers spaced out
-  Make sure head is not too high or drooped
-  Pause until every limb “takes its place”
-  Say one of the adhkaar of rukoo:

The Prophet (salla Allahu alayhi wa sallam) would say different types of remembrances during his rukoos.

This following is just one of them. See “Prophet’s Prayer Described” for more.

How Perfect is my Lord, the Supreme	Subhaana rabbil ‘atheem	 three times.
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8. Raising from Rukoo

 Say:

Allah listens to him who praises Him.	sami Allahuliman hamida	سَمِعَ اللهُ لِمَنْ حَمِدَهُ
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9. After standing from Rukoo

 say:

Our Lord (and) to You be all praise	rabbanaa wa lakal hamd	رَبَّنَا وَ لَكَ الْحَمْدُ
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10. Takbeer

 Say the Takbeer

11. Sujood

- 🕌 Go down on hands first (before knees)
- 🕌 Spread out hands on the ground towards the Qiblah
- 🕌 Make sure head, nose, knees, and toes are on ground
- 🕌 Pause until limbs take their place
- 🕌 Keep arms away from side
- 🕌 Say:

How perfect is my Lord, the Most High	subhaana rabbiyal 'alaa	سُبْحَانَ رَبِّيَ الْأَعْلَى
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- 🕌 Come up and:
- 🕌 Sit muftarishan (left foot along ground sitting on it, right foot upright, toes facing Qiblah)
- 🕌 In the sitting between the sajdahs, the Prophet (salla Allahu alayhi wa sallam) would ask Allah for forgiveness. One example of this dhikr is below. Refer to the Prophet (salla Allahu alayhi wa sallam)'s Prayer described or ahadith for others.

Lord, forgive me, forgive me	rabbigfirlee, igfirlee	رَبِّ اغْفِرْ لِي اغْفِرْ لِي
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🕌 Repeat Sujood as before

🕌 Go back up and perform the remaining rakaat

Prayer	Number of Rakaat
Fajr	2
Dhuhr	4
Asr	4
Maghrib	3
'Isha	4

12. Tashahhud – In second and fourth rakaats (and last rakaat of Magrib) after sujood

All compliments, prayers, and pure words are due to Allaah.	At-tahiyyaatu lillahi was salawaatu* wat tayyibaat	التَّحِيَّاتُ لِلَّهِ، وَالصَّلَوَاتُ وَالطَّيِّبَاتُ،
Peace be on the Prophet (ﷺ),	As salaamu ‘alan nabiyyi	السَّلَامُ عَلَى النَّبِيِّ
and also the mercy of Allaah and His blessings.	wa rahmatullahi wa barakatuhu	وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
Peace be on us, and on the righteous slaves of Allaah.	As salaamu ‘alaynaa wa ‘alaa ibaadillahis saaliheen	السَّلَامُ عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ
I bear witness that none has the right to be worshipped except Allaah	Ash-hadu an laa ilaha illallah	أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ،
and I bear witness that Muhammad is His slave and messenger	wa ash hadu anna Muhammadan ‘abduhu wa rasulu(hu).	وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

13. Sending Salaat upon the Prophet ﷺ

Send salaah upon the Prophet (salla Allahu alayhi wa sallam) in the final tashahhud

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ	1
وَعَلَى آلِ مُحَمَّدٍ،	2
كَمَا صَلَّيْتَ عَلَى [إِبْرَاهِيمَ، وَ عَلَى] آلِ إِبْرَاهِيمَ،	3
إِنَّكَ حَمِيدٌ مَجِيدٌ،	4
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ،	5
وَعَلَى آلِ مُحَمَّدٍ،	6
كَمَا بَارَكْتَ عَلَى [إِبْرَاهِيمَ، وَ عَلَى] آلِ إِبْرَاهِيمَ،	7
إِنَّكَ حَمِيدٌ مَجِيدٌ	8

O Allaah! send prayers on Muhammad (salla Allahu alayhi wa sallam) (1)

and on his household, (2)

as you sent prayers Ibrahim on the family of Ibrahim (3)

You are indeed Worthy of Praise, Full of Glory. (4)

And send blessings on Muhammad (5) and his household, (6)

as you sent blessings Ibrahim and on the family of Ibrahim; (7)

You are indeed Worthy of Praise, Full of Glory (8)

Allahumma salli 'alaa Muhammad (salla Allahu alayhi wa sallam) (1)

wa 'alaa aali Muhammad (salla Allahu alayhi wa sallam) (2)

kama salayta Ibrahim wa 'alaa aali Ibrahim (3)

innaka hameedun majeed(4)

allahumma baarik 'alaa Muhammad (salla Allahu alayhi wa sallam)(5)

wa 'alaa aali Muhammad (salla Allahu alayhi wa sallam)(6)

kamaa barakta 'alaa Ibrahim wa 'alaa aali Ibrahim(7)

innaka hameedun majeed.(8)

14. Seeking Refuge from 4 things

The Prophet (salla Allahu alayhi wa sallam said:

“When one of you has finished the [last] tashahhud, he should seek refuge with Allaah from four things:

1. Punishment of the Hellfire
2. Punishment of the grave
3. Trials of dying and living
4. Trials of the Maseeh Ad Dajjal

O Allaah! I truly seek refuge with You from the punishment of Hellfire,	Allahumma innee a'uthu bika min 'athaabi jahannam	اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ،
and from the punishment of the grave,	wa min 'athaabil qabr	وَمِنْ عَذَابِ الْقَبْرِ،
and from the trials of living and dying,	wa min fitnatil mah-yaa'i wal ma-maat	مِنْ فِتْنَةِ الْمَحْيَاءِ وَالْمَمَاتِ،
and from the evil [trials] of the False Christ.	wa min sharril masee-hid-dajjaal	وَمِنْ شَرِّ [فِتْنَةِ] الْمَسِيحِ الدَّجَالِ

15. Tasleem

Finish my prayer by “Salaaming” out on the right, then the left saying (on each side):

Peace and the Mercy of Allah upon you	As salaamu Alaykum wa rahmatullah	السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ
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