

Bismillahir Rahmaanir Raheem

*“But when ye are free from danger, set up Regular Prayers:
For such Prayers are enjoined on believers at stated times.”
(Qur'an: Chapter 4, Verse 103)*

Steps to Perform the Daily Waajib (obligatory) Prayers

It is obligatory to perform the following **five prayers** every day during the prescribed times. Each prayer is divided into units called *Rak'ah*:

- ⊕ **Salaat al-Fajr** (Dawn prayer) – consists of **two** units
- ⊕ **Salaat al-Zuhr** (Midday prayer) – consists of **four** units
- ⊕ **Salaat al-Asr** (Afternoon prayer) – consists of **four** units
- ⊕ **Salaat al-Maghrib** (Dusk prayer) – consists of **three** units
- ⊕ **Salaat al-Isha** (Night prayer) – consists of **four** units.

Performing the daily prayers according to the Shi'ah Ja'fari school of law involves taking prescribed steps in order (*tartib*) and in regular succession without undue delay between them (*muwalat*). The person must first perform preliminary purification (*Ghusl*, if necessary, or *wudhu*) and fulfill all other prerequisites.

• Preparation

Stand upright facing the **Qiblah** (direction of Mecca) and recite the **Adhan** and **Iqaamah**. 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 learn the Arabic script and pronunciations.

Niy'yah (Intention): Make the following solemn intention in your mind –
“I offer this ____ (name of the particular prayer) prayer of ____ (number of units) Rak'ahs seeking nearness to God.” (Qurbatan Ilal-laah)

• First Rak'ah

Takbiratul Ihraam: Lift both hands up to the ears and say: **Allaahu Akbar** (God is Greater [than all]). The **Takbir** will be recited several times during the prayer.

Qiyaam: Remain in the standing position recite following:

Qira'ah or Qir'at: Recite the first Chapter of the Holy Qur'an, **Surah al-Fatihah**

*Bismillaahir-Rah'maanir-Raheem
Al-hamdu lil'laahi Rab'bil-'Aalameen
Ar-Rahmaanir Raheem, Maaliki yawmid-deen
Iy'yaaka Na'budu wa Iy'yaaka nasta'een
Ih'dinas-Siraatal-Mus'taqeem
Siraat al-ladheena an'amta 'alayhim
ghayril maghdoobi 'alaihim wa lad-daal'leen*

In the Name of God, the Merciful, the Compassionate
Praise belongs to God, Lord of the World,
the Merciful, the Compassionate,
Master of the Day of Judgment;

We worship only You, and from You alone do we seek help.
Lead us on the straight path, the path of those whom You have blessed,
Not of those on whom is [Your] Wrath,
Nor of those who have gone astray.

Next, recite another complete chapter of the Holy Qur'an (we choose the short chapter number 112, *Surah al-Ikhlās*).

*Bismillaahi 'r-Rahmaani 'r-Raheem
Qul-hu-wallaahu Aahad
Allaahus samad
Lam yalid walam yoolad
Wa lam Yakul-lahoo kufuwan Aahad.*

In the Name of God, the Merciful, the Compassionate
Say: 'He is God, the One,
God the Eternal and Besought of all,
Neither begetting nor begotten, nor is there anything comparable to Him

Ruku`: After completing the second chapter, the worshipper should say the **Takbir** (see above) and then **bow down** until the hands can be placed on the knees.

The following Dhikr (glorification) should be recited at least once in this position:

Sub'haana Rabbiy al-'azeemi wa bihamdih
Glory be to my Lord, the Great, and praise belongs to Him.

Then resume the standing position and recite:

Sami Al'laahu liman hamidah
God hears the one who praises Him

Next, recite the Takbir, and then go into prostration (Sujud)

Sujud: Place the forehead on earth with the intention of humility before God. While performing the *Sujud*, it is obligatory that both the palms and the knees and both the big toes be placed on the ground.

The following Dhikr should be recited in the Sujud at least once:

Sub'haana Rabbiy al-a'laa 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 the ankle of the right foot in the sole of the left foot, with hands resting on the thighs and recite **Takbir**, optionally, **then say:**

Astagh-firul-laaha Rabbi wa atoobu ilayh
I ask forgiveness of God, my Lord, and turn towards him in repentance

Then recite a Takbir again. Repeat the Sujud again and then sit up in a kneeling position and say Takbir.

Sit up for a moment and then rise while (optionally) saying:

Bihawllillaahi wa quwwatihi aqoomu wa 'aq-ud
With God's help and through His power I stand and sit

- **Second Rak`ah**

After regaining the upright posture, recite **Surah al-Fatihah** and another **Surah** of the Holy Qur'an as in the first **Rak`ah**. Then say **Takbir**, and then do **Qunoot** (optional).

Qunoot: Keep your hands in front of your face, turning the palms facing upwards, and keeping both the hands and the fingers close together.

Recite any Dua from the Qur'an or Dua from the Prophet and his progeny. An example is the following:

*Rab'banaa a'atinaa fi 'd-dunyaa hasanatan wa fi 'l-aakhirati 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]

Note: The **Qunoot** is an **optional** step. Say **Takbir**, followed by the **Ruku`**, then the two **Sujud**, both as described for the first **Rak`ah**.

After the second prostration resume the kneeling position, and recite **Tashahud:**

Tashahud:

*Ash hadu al laa ilaaha illallaahu wahdahu laa
shareeka lah, wa ash hadu anna Muhammadan
`abduhu wa Rasuluh
Al'laahum'ma salli `alaa Muham'madin wa Aali
Muham'mad*

**I bear witness that there is no god apart from
Allah, He is unique and without partners.
I also bear witness that Muhammad is His servant
and His Messenger.
O God, bless Muhammad and the progeny of
Muhammad.**

If you are performing the *Fajr* (Dawn) prayer, please skip the rest and go to section titled "Completion" on page four. This will conclude the Fajr Prayer.

If you are performing the **Zuhr** (Midday), **Asr** (Afternoon), **Maghrib** (Dusk), or **Isha** (Night) prayer, then **continue by standing up** for the third unit while reciting **Bihawllillahi....** as described at the end of the section "*First Rak`ah*."

- **Third Rak`ah**

After regaining the upright posture, either recite *Surah al-Fatihah*, or recite *At-tas'bihaat al-Araba* three times, as follows:

Sub'haanal'laahi wal' hamdu lil'laahi wa laa ilaaha il'lal'laahu wal'laahu Akbar
Glory be to God, and praise be to God; there is no god but Allah, and Allah is Greater
(than all)

Then perform the *Ruku`*, and then **stand up** momentarily and then do the **two *Sujud***. This is exactly as described under section "*First Rak`ah*."

If you are performing the *Maghrib* (Dusk) prayers, recite the *Tashahud* (see below). Then recite *Salaam*. (Refer to "Completion" below). **This will conclude the Maghrib Prayer.**

If you are performing the *Zuhr* (Midday), *Asr* (Afternoon), or *Isha* (Night) prayer, then after the two *Sujud*, recite "*Bihawllillah...*" as described at the end of the section first *Rak`ah*, and then stand up for the fourth *Rak`ah*.

- **Fourth Rak`ah**

This is identical to the third *Rak`ah*. After the second prostration (*Sujud*) resume the kneeling position, and recite the *Tashahud* (page three)

- **Completion:**

Complete the prayer by reciting *Salaam*.

Salaam or Salutation:

As'salaamu `alayka ay'yuhan nabiyyu wa
Rahmat-ullahi wa barakaatuh
As'salamu `alaynaa wa `alaa `ibaadil-laahis-saaliheen
As'salamu `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.

Thereafter, (optionally) recite *Takbir* three times. **This will conclude the prayer.**

(The End)

To find out further details about the ritual and spiritual aspects of the Daily Prayers, visit: <http://al-islam.org/faq/>