

As you say this, raise your hands up to your shoulders with palms out. Then bend forward so your back is parallel with the ground. Grasp your knees with your hands and look at the floor where you plan to place your face in prostration.

As you say this, stand straight up. Raise your hands to your shoulders or ears with palms out. Then place your hands on your chest, right over left. Look at the floor where you plan to place your face in prostration.

As you say this, prostrate by placing your hands on the floor first and then your knees. Your forehead, nose, palms, knees, and toes should be touching the floor. Bring your ankles together and keep your elbows up and bent 90° (unless it would disturb others praying nearby).

Kneel so that both knees are on the floor. Lay your left foot on the floor and sit on top of it. Your right foot's toes should be pointing forward with the heel propped up. Place your hands on your thighs or your knees. Look at the place your face was in prostration.

As you say this, prostrate again as you did in step 5.

If you are returning to step 2, first sit as you did in step 6. Then say **All law who uk bur** (Allah is greater [than everything else]) and push off the floor with your hands to stand as you did in step 2, but don't raise your hands to your shoulders/ears with palms out. Just place your hands on your chest, right over left. Look at the place your face was in prostration.

Sit as you were in step 6. Clench the fingers of your right hand into a fist and point forward with the index finger. Look at this finger and move it up and down as you recite.

#### Units per Prayer:

One unit of prayer starts with standing in Step 2 and ends with Step 8 or 9, depending on where you are in the prayer.

- Fajr: 2 units
- Dhuhr: 4 units
- Asr: 4 units
- Maghrib: 3 units
- Isha: 4 units

#### Instructions:

- As you pray, hold this learning aid in your hand and whisper the **bold text**. Translations are provided for your information but shouldn't be recited.
- This learning aid teaches you one way to pray. As you continue to learn Islam, you will learn variations and enhancements that you can include in the way you pray.
- This learning aid is intended to supplement, not replace, a thorough study of Islamic prayer.

## Wudu Quick Reference Guide

How to wash before prayers:


1. **Hands:** Wash your hands. (3 times)
2. **Mouth:** Swish a handful of water in your mouth and spit it out. (3 times)
3. **Nose:** Cup some water in your right hand and bring it up to your nose. Snuff the water and then blow it out, using your left hand to pinch your nose to remove the water. (3 times)
4. **Face:** Splash and wipe water on your entire face from hairline to chin and ear to ear. (3 times)
5. **Beard:** If you have a beard, cup some water in your hand and rub it in your beard, combing your wet fingers through it.
6. **Right arm:** Wash your right arm from tips of your fingers up to and including your elbow. Be sure to wash under rings and between fingers. (3 times)
7. **Left arm:** Wash your left arm just like you did your right arm. (3 times)
8. **Head & Ears:** Wet your hands and wipe over your head from hairline to nape of neck and then back to where you started. Then put your index fingers in your ears and wipe your thumbs behind your ears. Do this once. If you're wearing hijab, you can just wipe over it instead.
9. **Right foot:** Wash your right foot up to and including your ankle. Be sure to wipe between your toes. (3 times)
10. **Left foot:** Wash your left foot just as you did your right foot. (3 times)
11. **Socks:** If you made wudu previously and put on socks before losing wudu, you don't have to wash your feet. Instead, simply wet your hands and then wipe once over the top of your socks starting with the toes. You can keep doing this for 24 hours from the moment you first wiped over your socks. After 24 hours you'll need to wash your feet when making wudu, but you can then wear socks again.

Print more copies at: <http://radtalks.com/prayer>  
(Print on both sides of a single sheet, flip on short edge, print actual size)

## Prayer Learning Aid

Instructions on back

**1** Stand up straight, facing Mecca. Raise your hands to your shoulders or ears, palms out, and say **All law who uk bur** (Allah is greater [than everything else]).

**2** (Place your hands on your chest, right over left. Look at the floor where you plan to place your face in prostration.) 

**Ah oo thoo bill laa he me nash shay ton nir ra jeem.**

I seek refuge in Allah from Satan, the outcast.

**Biss mill laa hir rah man nir ra heem.**

With the help of Allah's name, the Most Merciful, the Constantly Merciful.

**All hum due lil laa he rub bill ah laa meen,**

All praise is for Allah, Master of all nations,

**are rah man nir ra heem,**

the Most Merciful, the Constantly Merciful,

**ma lee key yo mid dean.**

Owner of the Day of Payback.

**Ee ya ka na boo due wa ee ya ka nas ta een.**

Only You do we worship and only You do we ask for (supernatural) assistance.

**Ih dee nas see raw tall moos ta keem,**

Guide us along the straight path,

**see raw tall laa the na un um ta alay him,**

the path of those upon whom You showered your blessings,

**ghay rill mag due be alay him**

not (the path of those) who earned anger

**wa lad daw lean.**

and not (the path of those) who are misguided.

**Ah meen.**

Amen.

(Now recite a passage from the Qur'an. Below is an easy one.)

**Biss mill laa hir rah man nir ra heem.**

With the help of Allah's name, the Most Merciful, the Constantly Merciful.

**Cool who wall law who ah hud,**

Say: He is Allah, the One,

**all law who saw mud,**

Allah, the Self-Sufficient Master upon Whom all depend,

**lum ya lid,**


He never had children,

**wa lum you lud,**


and He was never born,

**wa lum ya cool law who koo foo won ah hud.**


and there never was an equivalent to Him.

**3** All law who uk bur.  
Allah is greater (than everything else). 


**Soob han na rub bee all ah thee-m.** (three times)  
Flawless is my Master, the Greatest and Strongest.

**4** Sum me all law who lee mun hum me dah. 


**Rub ba naa wa la cull hummed.**  
My Master, and for You is all praise.

**5** All law who uk bur.  
Allah is greater (than everything else). 

**Soob han na rub bee all ah laa.** (three times)  
Flawless is my Master, the Most Exalted and Highest.


**6** All law who uk bur.  
Allah is greater (than everything else). 

**Rub big fear lig fear lee.**  
My Master, forgive me, forgive me.

**7** All law who uk bur.  
Allah is greater (than everything else). 

**Soob han na rub bee all ah laa.** (three times)  
Flawless is my Master, the Most Exalted and Highest.

**8** If this is your first unit of prayer, go to step 2. If this is your third unit of prayer and you are not praying a 3-unit prayer, go to step 2. In all other cases, proceed to step 9.

**9** All law who uk bur.  
Allah is greater (than everything else). 


**At ta he ya too lil laa he wass saw laa waa too watt tay yee bat too.**  
Royal praises and prayers and good deeds are for Allah.

**Us sa laa moo allay ka aye you hun na bee you wa rah ma tool law he wa bar ra cat tooh.**  
May peace and safety be on you, Oh Prophet, and also the mercy of Allah and His blessings.

**Us sa laa moo ah lay naa wa ah laa ee bad dill laa hiss saw lee heen.**  
May peace and safety be on us and on the righteous slaves of God.

**Ash hud due an laa ee laa ha ill all law wa ash hud due anna moo hum ma dan ab due who wa ra sue looh.**  
I testify that there is nothing worthy of worship except Allah and I testify that Muhammad is His slave and His messenger.

**10** If this is your second unit of prayer and you are praying a 3-unit or 4-unit prayer, go to step 2. In all other cases, proceed to step 11.

**11** (continue sitting as you were in step 9) 

**All law whom ma sull lee ah laa moo hum ma din wa ah laa al lee moo hum ma din,**  
Oh Allah, have mercy on Muhammad and on the followers of Muhammad,


**ka ma sull lay ta ah laa ib ra he ma wa ah laa al lee ib ra he ma in na ka ha me doon ma jeed.**  
just like how You had mercy on Abraham and on the followers of Abraham, indeed You are constantly worthy of praise and constantly glorious.

**All law whom ma ba ruck ah laa moo hum ma din wa ah laa al lee moo hum ma din,**  
Oh Allah, bless Muhammad and the followers of Muhammad,


**ka ma ba ruck ta ah laa ib ra he ma wa ah laa al lee ib ra he ma in na ka ha me doon ma jeed.**  
just like how You blessed Abraham and the followers of Abraham, indeed You are constantly worthy of praise and constantly glorious.

**All law whom ma in nee ah oo thoo be ka min ah tha be ja hun nama wa min ah tha bill ka ba ree wa min fit na til mah ya wal ma maa ti wa min shar rill ma see hid daj jal.**  
Oh Allah, I truly seek refuge with you from the punishment of Hell and from punishment in the grave and from the trials of living and dying and from the evil of the Antichrist.


**All law whom ma ha sib nee he saa bun ya see ra.**  
Oh Allah, call me to account with an easy reckoning.

**12** (turn head to right) 

**Us saa laa moo ah lay koom wa rah ma tool law.**  
May peace and safety be upon you and the mercy of Allah.

**13** (turn head to left) 

**Us saa laa moo ah lay koom wa rah ma tool law.**  
May peace and safety be upon you and the mercy of Allah.

 *You're done!*

At this point there are optional post-prayer sayings we are encouraged to recite to further praise Allah and seek forgiveness. As you continue to learn Islam, you will learn what to say, God willing.

If you are returning to step 2, say **All law who uk bur** (Allah is greater [than everything else]) and push off the floor with your hands to stand up straight. Then raise your hands to your shoulders/ears with palms out. Then place your hands on your chest, right over left. Look at the floor where your face was when you prostrated.

### Daily Prayer Timings:

Prayer can be done at any time between its start and end time as described below.

- Fajr (2 units):** From true dawn until just before sunrise
- Dhuhr (4 units):** When the sun passes its zenith until Asr time starts. If you attend Friday (Jum'ah) prayer at a mosque, you do not need to pray Dhuhr on Friday. Attending Friday prayers at the mosque is required for men.
- Asr (4 units):** When the shadow of an object is equal to its height (plus the length of its shadow was when the sun was at its zenith) until Maghrib time starts.
- Maghrib (3 units):** Just after sunset until there is no redness in the horizon.
- Ishaa (4 units):** When Maghrib's time ends until Fajr time starts.

You can find starting times for prayers in your city at <http://www.prayerfinder.com>

Note: there are additional prayers and more details regarding these timings that you'll learn about as you continue to study Islam, God willing.

### Losing Wudu—Common Causes:

If you make wudu, you don't have to redo it before every prayer. You only need to redo it before a prayer if you've lost/broken your wudu. Here are some common causes:

- Urinating
- Defecating
- Passing wind
- Deep sleep/Unconsciousness
- Touching your private parts without a barrier/clothing
- Sexual intercourse (Requires a full bath before prayer. A full bath means washing your entire body and washing out your mouth and nose.)
- Ejaculation/wet dream (Requires a full bath before prayer.)
- Menstruation (Don't pray until cycle ends and then you must take a full bath before prayer. You don't need to make up prayers you missed during your cycle.)