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How to Pray *Salah*

*A calm, step-by-step guide
to a two rak'ah prayer*

QIYAM • RUKU' • SUJUD • QA'DAH

FOR SISTERS • HANAFI



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Before you *begin*

This guide walks through a two rak'ah prayer from the first takbir to the final salam, the way it is taught in the Hanafi school. Every step is written out in full, showing what to do, what to say and how many times. Read the Arabic with your teacher at least once, and use the transliteration as a guide to the sounds.

CHECK THESE FIRST

- ☐ **Wudu**
You are in a state of wudu.
- ☐ **Clean body, clothes and place**
Free of any impurity, including your prayer mat.
- ☐ **Covered correctly**
For women, the whole body except the face, hands and feet.
- ☐ **Facing the qiblah**
Your chest faces the direction of the Ka'bah.
- ☐ **The right time**
The time for the prayer has begun.
- ☐ **Intention**
Know in your heart which prayer you are praying.

THE PRAYER AT A GLANCE

RAK'AH ONE

01	Takbir to begin	STANDING
02	Thana	STANDING
03	Ta'awwudh and Bismillah	STANDING
04	Al-Fatihah	STANDING
05	A short surah	STANDING
06	Ruku'	BOWING
07	Rising from ruku'	STANDING
08	First sajdah	PROSTRATING
09	Sitting between sajdahs	SITTING
10	Second sajdah	PROSTRATING

RAK'AH TWO

11	Stand up again	STANDING
12	Bismillah	STANDING
13	Al-Fatihah	STANDING
14	A short surah	STANDING
15	Ruku'	BOWING
16	Rising from ruku'	STANDING
17	First sajdah	PROSTRATING
18	Sitting between sajdahs	SITTING
19	Second sajdah	PROSTRATING

FINAL SITTING

20	Tashahhud	SITTING
21	Durood Ibrahim	SITTING
22	Du'a before salam	SITTING
23	Salam	SITTING

01

POSITION
Qiyam ·
standing

Begin with the Takbir

- Stand facing the qiblah with your feet close together.
- Make the intention in your heart for the prayer you are about to pray.
- Raise both hands to the level of your shoulders, palms facing the qiblah, keeping them inside your covering.
- Say the takbir, then place your hands on your chest: the right palm over the back of the left hand.

WHAT TO SAY

اللَّهُ أَكْبَرُ

Allāhu Akbar

ONCE

OPENS THE PRAYER

Arabic: Abi Dawud 857

Eyes: keep your gaze on the spot where your forehead will rest in sajdah.

02

POSITION
Qiyam ·
standing

Recite the Thana

- Keep your hands folded and stand still.
- Recite the opening praise quietly to yourself.
- This is said in the first rak'ah only.

WHAT TO SAY

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى
جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Subhānaka-llāhumma wa bi-ḥamdika, wa tabāraka-smuka,
wa ta'ālā jadduka, wa lā ilāha ghayruk.

ONCE

SILENTLY

1ST RAK'AH

Arabic: Abi Dawud 776 · Tirmidhi 243

03

POSITION
Qiyam ·
standing

Seek refuge, then Bismillah

- Seek refuge in Allah from Shaytan, quietly.
- Then say Bismillah before you begin al-Fatihah.

FIRST SAY

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'ūdhu billāhi mina-sh-shayṭāni-r-rajīm

ONCE

SILENTLY

1ST RAK'AH

Arabic: Bukhari 6115

THEN SAY

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillāhi-r-rahmāni-r-rahīm

ONCE

SILENTLY

Qur'an 1:1 · Tanzil

04

POSITION

Qiyam ·
standing

Recite Surah al-Fatihah

- Recite al-Fatihah calmly, pausing at the end of each ayah.
- When you finish, say Āmīn quietly.

WHAT TO SAY

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾ الرَّحْمَنِ
 الرَّحِيمِ ﴿٢﴾ مَلِكِ يَوْمِ الدِّينِ ﴿٣﴾ إِيَّاكَ نَعْبُدُ
 وَإِيَّاكَ نَسْتَعِينُ ﴿٤﴾ اهْدِنَا الصِّرَاطَ
 الْمُسْتَقِيمَ ﴿٥﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
 غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٦﴾

Al-ḥamdu lillāhi rabbi-l-‘ālamīn. Ar-raḥmāni-r-raḥīm. Māliki
 yawmi-d-dīn. Iyyāka na‘budu wa iyyāka nasta‘īn. Ihdina-ṣ-
 ṣirāṭa-l-mustaqīm. Ṣirāṭa-lladhīna an‘amta ‘alayhim, ghayri-l-
 maghdūbi ‘alayhim wa la-d-dāllīn.

ONCE

EVERY RAK'AH

Qur'an 1:2–7 · Tanzil

THEN SAY

آمِينَ

Āmīn

ONCE

SILENTLY

Arabic: Bukhari 782

05

POSITION
Qiyam ·
standing

Recite a short surah

- You can recite any surah you know, or at least three short ayat. One example is given below.
- The example here is Surah al-Kawthar.

FOR EXAMPLE

إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ ﴿١﴾ فَصَلِّ لِرَبِّكَ
وَأَنْحَرْ ﴿٢﴾ إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ﴿٣﴾

Innā a'taynāka-l-kawthar. Fa-ṣalli li-rabbika wa-nḥar. Inna shāni'aka huwa-l-abtar.

ONCE

EXAMPLE

Qur'an 108 · Tanzil

06

POSITION
Ruku' · bowing

Bow in ruku'

- Say Allāhu Akbar and bend forward, only enough for your hands to reach your knees.
- Rest your hands on your knees with the fingers together, without gripping.
- Keep your arms close to your sides and your knees slightly bent. Look at your feet.

WHAT TO SAY

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhāna rabbiya-l-'azīm

3 TIMES

SILENTLY

Arabic: Abi Dawud 871

07

POSITION
Qawmah ·
standing

Rise from ruku'

- Rise to a straight standing position, arms by your sides.
- Stand fully still before moving on.

WHILE RISING, SAY

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'a-llāhu li-man ḥamidah

ONCE

WHILE RISING

Arabic: Bukhari 733

THEN SAY

رَبَّنَا لَكَ الْحَمْدُ

Rabbanā laka-l-ḥamd

ONCE

WHEN UPRIGHT

Arabic: Bukhari 733

In congregation: the imam says only the first; those behind him say only the second. Praying alone, say both.

08

POSITION
Sajdah ·
prostrating

Go down into sajdah

- Say Allāhu Akbar as you go down: knees first, then hands, then nose, then forehead.
- Keep your body close together: stomach near your thighs and arms close to your sides.
- Rest your forearms on the ground, fingers together and pointing to the qiblah.
- Lay both feet out towards your right side, rather than keeping them upright.

WHAT TO SAY

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subḥāna rabbiya-l-a'lā

3 TIMES

SILENTLY

Arabic: Abi Dawud 871

09

POSITION

Jalsah · sitting

Sit between the two sajdahs

- Say Allāhu Akbar and rise to sitting.
- Sit on your left hip, with both feet brought out towards your right side.
- Rest your hands on your thighs, fingers together and towards the knees.

Nothing needs to be recited here. Sit until your body is completely still.

10

POSITION

Sajdah · prostrating

Make the second sajdah

- Say Allāhu Akbar and go down into sajdah again: knees, hands, nose, then forehead.
- Body close together, forearms on the ground, feet laid out towards your right side.

WHAT TO SAY

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhāna rabbiya-l-a'lā

3 TIMES

SILENTLY

Arabic: Abi Dawud 871

This completes the first rak'ah.

11

POSITION
Qiyam ·
standing

Stand for the second rak'ah

- Say Allāhu Akbar and rise straight up from sajdah, pushing up from your knees.
- Place your hands on your chest as before.
- The Thana and Ta'awwudh are not recited in this rak'ah.

WHAT TO SAY

اللَّهُ أَكْبَرُ

Allāhu Akbar

ONCE

WHILE RISING

Arabic: Abi Dawud 857

12

POSITION
Qiyam ·
standing

Say Bismillah

- Before al-Fatihah, say Bismillah quietly.

WHAT TO SAY

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillāhi-r-raḥmāni-r-raḥīm

ONCE

SILENTLY

Qur'an 1:1 · Tanzil

13

POSITION
Qiyam ·
standing

Recite Surah al-Fatihah

- Recite al-Fatihah calmly, pausing at the end of each ayah.
- When you finish, say Āmīn quietly.

WHAT TO SAY

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾ الرَّحْمَنِ
الرَّحِيمِ ﴿٢﴾ مَلِكِ يَوْمِ الدِّينِ ﴿٣﴾ إِيَّاكَ نَعْبُدُ
وَإِيَّاكَ نَسْتَعِينُ ﴿٤﴾ اهْدِنَا الصِّرَاطَ
الْمُسْتَقِيمَ ﴿٥﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٦﴾

Al-ḥamdu lillāhi rabbi-l-‘ālamīn. Ar-raḥmāni-r-raḥīm. Māliki yawmi-d-dīn. Iyyāka na‘budu wa iyyāka nasta‘īn. Ihdina-ṣ-ṣirāṭa-l-mustaqīm. Ṣirāṭa-lladhīna an‘amta ‘alayhim, ghayri-l-maghdūbi ‘alayhim wa la-d-dāllīn.

ONCE

EVERY RAK'AH

Qur'an 1:2-7 · Tanzil

THEN SAY

آمِينَ

Āmīn

ONCE

SILENTLY

Arabic: Bukhari 782

14

POSITION
Qiyam ·
standing

Recite a short surah

- You can recite any surah you know, or at least three short ayat. One example is given below.
- Choose a different surah from the first rak'ah. The example here is Surah al-Ikhlās.

FOR EXAMPLE

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ ۝
وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

Qul huwa-llāhu aḥad. Allāhu-ṣ-ṣamad. Lam yalid wa lam yūlad. Wa lam yakun lahū kufuwan aḥad.

ONCE

EXAMPLE

Qur'an 112 · Tanzil

15

POSITION
Ruku' · bowing

Bow in ruku'

- Say Allāhu Akbar and bend forward, only enough for your hands to reach your knees.
- Rest your hands on your knees with the fingers together, without gripping.
- Keep your arms close to your sides and your knees slightly bent. Look at your feet.

WHAT TO SAY

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subḥāna rabbiya-l-'azīm

3 TIMES

SILENTLY

Arabic: Abi Dawud 871

16

POSITION
Qawmah ·
standing

Rise from ruku'

- Rise to a straight standing position, arms by your sides.
- Stand fully still before moving on.

WHILE RISING, SAY

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'a-llāhu li-man ḥamidah

ONCE

WHILE RISING

Arabic: Bukhari 733

THEN SAY

رَبَّنَا لَكَ الْحَمْدُ

Rabbanā laka-l-ḥamd

ONCE

WHEN UPRIGHT

Arabic: Bukhari 733

In congregation: the imam says only the first; those behind him say only the second. Praying alone, say both.

17

POSITION
Sajdah ·
prostrating

Go down into sajdah

- Say Allāhu Akbar as you go down: knees first, then hands, then nose, then forehead.
- Keep your body close together: stomach near your thighs and arms close to your sides.
- Rest your forearms on the ground, fingers together and pointing to the qiblah.
- Lay both feet out towards your right side, rather than keeping them upright.

WHAT TO SAY

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subḥāna rabbiya-l-a'lā

3 TIMES

SILENTLY

Arabic: Abi Dawud 871

18

POSITION

Jalsah · sitting

Sit between the two sajdahs

- Say Allāhu Akbar and rise to sitting.
- Sit on your left hip, with both feet brought out towards your right side.
- Rest your hands on your thighs, fingers together and towards the knees.

Nothing needs to be recited here. Sit until your body is completely still.

19

POSITION

Sajdah · prostrating

Make the second sajdah

- Say Allāhu Akbar and go down into sajdah again: knees, hands, nose, then forehead.
- Body close together, forearms on the ground, feet laid out towards your right side.

WHAT TO SAY

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhāna rabbiya-l-a'lā

3 TIMES

SILENTLY

Arabic: Abi Dawud 871

This completes the second rak'ah. Do not stand up: stay seated for the final sitting.

20

POSITION

Qa'dah · sitting

Sit and recite the Tashahhud

- Say Allāhu Akbar and rise from sajdah to sitting.
- Sit on your left hip with both feet out to the right, hands resting on your thighs.
- At "ash-hadu an lā", raise the right index finger; lower it at "illa-llāh".

WHAT TO SAY

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

At-taḥiyyātu lillāhi wa-ṣ-ṣalawātu wa-ṭ-ṭayyibāt. As-salāmu
'alayka ayyuha-n-nabiyyu wa raḥmatu-llāhi wa barakātuh. As-
salāmu 'alaynā wa 'alā 'ibādi-llāhi-ṣ-ṣāliḥīn. Ash-hadu an lā ilāha
illa-llāhu wa ash-hadu anna Muḥammadan 'abduhū wa rasūluh.

ONCE

SILENTLY

Arabic: Bukhari 6265

21

Send blessings on the Prophet ﷺ

— Stay seated and recite the Durood Ibrahimī quietly.

POSITION

Qa'dah · sitting

WHAT TO SAY

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

Allāhumma ṣalli 'alā Muḥammadin wa 'alā āli Muḥammad, kamā
 ṣallayta 'alā Ibrāhīma wa 'alā āli Ibrāhīm, innaka ḥamīdun majīd.
 Allāhumma bārik 'alā Muḥammadin wa 'alā āli Muḥammad, kamā
 bārakta 'alā Ibrāhīma wa 'alā āli Ibrāhīm, innaka ḥamīdun majīd.

ONCE

SILENTLY

Arabic: Bukhari 3370

22

Make du'a before the salam

- The Prophet ﷺ taught this du'a to Abu Bakr to say in his prayer.

POSITION

Qa'dah · sitting

WHAT TO SAY

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

Allāhumma innī ḡalamtu nafsī ḡulmā kathīrā, wa lā yaghfiru-dh-dhunūba illā ant, fa-ghfir lī maghfiratan min 'indik, wa-rḡamnī, innaka anta-l-ghafūru-r-raḡīm.

ONCE

SILENTLY

Arabic: Bukhari 834

23

End with the salam

- Turn your head to the right and say the salam, looking over your right shoulder.
— Then turn to the left and say it again.

POSITION

Qa'dah · sitting

WHAT TO SAY

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

As-salāmu 'alaykum wa raḡmatu-llāh

RIGHT, THEN LEFT

TWICE

Arabic: Abi Dawud 996

Your prayer is complete.



LEARN IT PROPERLY

Pray with *confidence*, recite with care.

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Qur'an text: Tanzil Project, tanzil.net (Uthmani script). Hadith Arabic copied from the collections of al-Bukhari, Abu Dawud and at-Tirmidhi, with references shown beside each recitation.

Transliteration is a guide only; learn the pronunciation from a teacher.