1. **Stand.**

I was sitting with some of the companions of Allah's Apostle and we were discussing about the way of praying of the Prophet . Abu Humaid As-Saidi said, "I remember the prayer of Allah's Apostle better than any one of you. ... I saw him raising both his hands up to the level of the shoulders on saying the Takbir..." [Bukhari 1.791, Narrated Muhammad bin Amr bin Ata]

"Allah's Messenger used to raise both his hands up to the level of his shoulders when opening the As-Salat (the prayer); and on saying the Takbir for bowing. And on raising his head from bowing he used to do the same and then say *Sami 'Allahu liman hamidah, Rabbana walakal-hamd*.  And he did not do that (i.e. raising his hands) in prostrations."  [Bukhari 1.702, Narrated 'Abdullah bin Umar]

**Place the right hand on the left**

The people were ordered to place the right hand on the left forearm in As-Salat (the prayer).  [Bukhari 1.707, Narrated Sahl bin Sa'd]

He (saaws) passed by a man who was praying and had placed his left arm on his right, so he pulled them apart and placed the right on the left. [Ahmad & Abu Dawood, saheeh isnaad]

**Look down without looking around**

The Prophet said, "What is wrong with those people who look towards the sky during the Salat (prayer)?"  his talk grew stern while delivering this speech and he said, "They should stop [looking towards the sky during the Salat (prayer)]; otherwise their eyes would be snatched away."  [Bukhari 1.717, Narrated Anas bin Malik]

I asked Allah's Messenger about looking hither and thither in As-Salat (the prayer).  He replied, "It is a way of stealing by which Satan takes away (a portion) from the Salat (prayer) of a person."  [Bukhari 1.718, Narrated 'Aisha]

**Commence with a prescribed Du'aa (supplication)**

One example: *Subhana kallah humma wa bi-hamdika watabara kasmuka wata 'ala jad-duka, wa la ilaha ghayruk*, meaning "You are Glorified, O Allaah, and Praised; Your Name is Blessed;Your Majesty is Exalted, and none has the right to worshipped but You."

**Seek refuge with Allah (swt)** (silently)

"*Audhu billahi mina shaitaan nir rajeem*" (I seek refuge in Allah from the rejected Satan)

So when you want to recite the Qur'ân, seek refuge with Allâh from Shaitân (Satan), the outcast (the cursed one). [Qur'an 16:98]

**Say Bismillah ahRahman nirRaheem** (silently)

**Recite Surah Al-Fatihah (**[**Surah 1**](http://muttaqun.com/quran/ae/nobae001.htm)**)**

Allah's Messenger said, "Whoever does not recite Surat Al-Fatiha (the first Surah of the Qur'an) in this Salat (prayer), his Salat (prayer) is invalid."  [Bukhari 1.718, Narrated 'Ubada bin As'Samit]

Recite outloud for Fajr, Maghrib, and Isha Salah; silently for Zuhr, Asr or Sunnah Salah

**Say "Amin"**

**Recite a different Surah of at least three ayat (verses) in length**

Abu Qatadah reported that the Prophet, upon whom be peace, would recite al-Fatihah and some surah in the first two rak'ah of the noon prayer, and only al-Fatihah in the last two rak'ah. Sometimes he would recite some verses. The first rak'ah's recital would be longer than the second. That was how it was done in the afternoon and morning prayers. [al-Bukhari, Muslim and by Abu Dawud]

1. **Bow. (Rukoo')**

**Takbir (raise both hands shoulder level and say "Allahu Akbar")**

**Make Rukoo' (Bow)**

I offered prayer beside my father and approximated both my hands and placed them in between the knees. My father told me not to do so and said, "We used to do the same but we were forbidden (by the Prophet) to do it and were ordered to place the hands on the knees." [Bukhari 1.756, Narrated Musab bin Sad]

* + - Space your fingers out
		- Keep your elbows away from your sides.
		- Make your back level and not curved.
		- Be at ease

**Silently make *Adhkaar* (supplication and remembrance of Allah) in Rukoo'**

Reported Hudhaifah, "I prayed with the Messenger of Allah, upon whom be peace, and while bowing he would say, '**Subhana Rabiyy al-'Adheem.** (Glory to my Lord, the Exalted)" [Muslim, Abu Dawud, an-Nasa'i, at-Tirmidhi and Ibn Majah]

The Prophet used to say in his bowing and prostrations, "Subhanaka-Allahumma Rabbana wa-bihamdika Allahumma-ighfirli. (I honor Allah from all what (unsuitable things) is ascribed to Him. O Allah Our Lord! And all the praises are for You. O Allah! Forgive me)." [Bukhari 1.760, Narrated 'Aisah, r.a.]

1. **Stand.**

**Straighten up back (stand up) and say "Sami Allahu liman humida" (Allah listens to the one who praises Him).**

Narrated Ahmad & Tabaraani in Mu'jam al-Kabeer with a saheeh isnaad: The Prophet used to say: Allah, Mighty and Sublime, does not look at the prayer of the slave who does not make his backbone upright in between his bowings and prostrations.

**While standing, say "Rabbana walakal Hamd" (Our Lord, [and] to You be all Praise.)**

"...And on raising his head from bowing he used to do the same and then say *Sami 'Allahu liman hamidah, Rabbana walakal-hamd*..."  [Bukhari 1.702, Narrated 'Abdullah bin Umar]

**Takbir (raise both hands shoulder level and say "Allahu Akbar")**

1. **Prostrate (Sajda)**

The Prophet was ordered (by Allah) to prostrate on seven parts and not to tuck up the clothes or hair (while praying). Those parts are: the forehead (along with the tip of nose), both hands, both knees, and (toes of) both feet. [Bukhari 1.773, Narrated Ibn Abbas]

I was sitting with some of the companions of Allah's Apostle and we were discussing about the way of praying of the Prophet . Abu Humaid As-Saidi said, "I remember the prayer of Allah's Apostle better than any one of you. ... In prostrations, he placed both his hands on the ground with the forearms away from the ground and away from his body, and his toes were facing the Qibla..." [Bukhari 1.791, Narrated Muhammad bin Amr bin Ata]

While in this position, in your heart, say a prescribed supplication such as, "*Subhana rabbil Allah*" 3 times or more, doing an odd number or repetitions, i.e. say it 3, 5, 7, 9, or 11 times.

"I have prohibited you from reciting while bowing or prostrating. During the bowing, glorify the Lord. During the prostrations, strive your hardest in making supplications. Most likely, you will be listened to." [Related by Ahmad and Muslim]

The Messenger of Allah (peace be upon him) used to say while prostrating himself: O Lord, forgive me all my sins, small and great, first and last, open and secret. [Muslim 980, Narrated Abu Hurayrah]

1. **Sit (*Qa'dah*)**

**Tuck your left foot under your right foot, raise your head (eyes focused on prostration spot), and come to a sitting position.**

**Say, "Allahu Akbar" without raising hands.**

**Pause briefly in this position.**

The Prophet  used to say: Allah, Mighty and Sublime, does not look at the prayer of the slave who does not make his backbone upright in between his bowings and prostrations.  [Narrated Ahmad & Tabaraani in Mu'jam al-Kabeer with a saheeh isnaad]

**Prostrate (Sajda)** [Same as [above](http://muttaqun.com/salah.html#Prostrate).]

**Sit**  [Same as [above](http://muttaqun.com/salah.html#Sit).]

Abu Qilaba (Radhiallaho anho) said, "Malik bin Huwairith came to this Mosque of ours and said, 'I pray in front of you and my aim is not to lead the prayer but to show you the way in which the Prophet (sallallaahu 'alaihi wasallam) used to pray.' I asked Abu Qilaba, 'How did he use to pray?' He replied, '(The Prophet (sallallaahu 'alaihi wasallam) used to pray) like this Sheikh of ours and the Sheikh used to sit for a while after the prostration, before getting up after the first Rak'a.' " [Bukhari 1/645, Narrated Aiyub]

Repeat all the same steps as Rakat 1

**Regarding Standing back up from the first rakat**

Use your hands to push yourself up

Abu Qilaba said, "Malik bin Huwairith came to us and led us in the prayer in this mosque of ours and said, 'I lead you in prayer but I do not want to offer the prayer but just to show you how Allah's Apostle performed his prayers." I asked Abu Qilaba, "How was the prayer of Malik bin Huwairith?" He replied, "Like the prayer of this Sheikh of ours-- i.e. 'Amr bin Salima." That Sheikh used to pronounce the Takbir perfectly and when he raised his head from the second prostration **he would sit for a while and then support himself on the ground and get up.**  [Bukhari 1:787, Narrated Aiyub]

**Tashahhud –**

**Position yourself**

I was sitting with some of the companions of Allah's Apostle and we were discussing about the way of praying of the Prophet. Abu Humaid As-Saidi said, "I remember the prayer of Allah's Apostle better than any one of you. ... On sitting in the second Rak'a he sat on his left foot and propped up the right one; and in the last Rak'a he pushed his left foot forward and kept the other foot propped up and sat over the buttocks." [Bukhari 1.791, Narrated Muhammad bin Amr bin Ata]

**Place the right hand on the right thigh and point out index finger, moving finger up and down in a calm manner.  Do not move it in circles.**

The sunnah with regards to pointing is to move the forefinger throughout the tashahhud,in accordance with the hadeeth of Wail ibn Hujr(ra) -which is reported by Ahmad(4/138),Abu Daawood (no.727), an-Nasaaee(2/236), ad-Daarimee (1/314-315), Ibn ul-Jaarood(no.208) and Ibn Khuzaimah (no.714) with Saheeh isnaad and there occurs in it, "...then he closed his fingers and made a ring,then he raised his finger and I saw him moving it and making duaa with it, then I came in a time and when it was cold and so I saw the people with cloaks upon them moving their hands beneath their clothes due to the cold".

**Make the following du'a while moving index finger of right hand.**

When we prayed with the Prophet we used to say: As-Salam be on Allah from His worshipers, As-Salam be on Gabriel, As-Salam be on Michael, As-Salam be on so-and-so. When the Prophet finished his prayer, he faced us and said, "Allah Himself is As-Salam (Peace), so when one sits in the prayer, one should say, 'At-Tahiyatu-lillahi Was-Salawatu, Wat-Taiyibatu, As-Salamu 'Alaika aiyuhan-Nabiyyu wa Rah-matul-iahi wa Barakatuhu, As-Salamu 'Alaina wa 'ala 'Ibadillahi assalihin,' for if he says so, then it will be for all the pious slave of Allah in the Heavens and the Earth. (Then he should say), 'Ash-hadu an la ilaha illalllahu wa ash-hadu anna Muhammadan 'Abduhu wa rasulu-hu,' and then he can choose whatever speech (i.e. invocation) he wishes." [Bukhari 8.249, Narrated Abdullah]

 He used to say this after the first two rakas and he would make supplication with whatever seemed fit to him when the tashahhud was completed. When he sat at the end of the prayer, he did the tashahhud in a similar manner, except that after the tashahhud he made supplication with whatever seemed fit to him.

When he had completed the tashahhud and intended to say the Tasleem, he said, "Peace be on the Prophet and His mercy and blessings. Peace be upon us and on the slaves of Allah who are salihun."
     "As-salamu ala'n-nabiyyi wa rahmatu'llahi wa barakatuhu. As-salamu alayna wa ala ibadi'llahi'ssalihin "
At the end the LAST rakat, add the following to the end of the Tashahud prayer/supplication:

*Allah humma sal-li 'ala Muhammadin wa 'ala ali Muhammadin, Kama sal-layta 'ala Ibraheema wa 'ala ali ibraheema innaka hameedum majeed, wa barik 'ala Muhammadin wa 'ala ali Muhammadin, Kama barakta 'ala Ibraheema wa 'ala ali ibraheema innaka hameedum majeed*

*This means:* O Allah, send Grace and Honour on Muhammad and on the family and true followers of Muhammad just as you sent Grace and Honour on Ibrahim and on the family and true followers of Ibrahim. Surely, you are praiseworthy, The Great. O Allah, send blessings on Muhammad and on the family and true followers of Muhammad just as you sent blessings on Ibrahim and on the family and true followers of Ibrahim. Surely, you are praiseworthy, The Great .

1. Salaam out. (Tasleem)
	* First, look towards your right shoulder and, speaking to the angel that records your good deeds, say "as sala'amu alaikum" or a better greeting (i.e. "as sala'amu alaikum wa rahmatullahi").
	* It is optional to then turn your head and look towards your left shoulder, speaking to the angel that records your bad deeds, and give the same or lesser greeting as to your right.