



Beginner's Prayer Guide

Learn how to perform salah correctly with this beginner-friendly, step-by-step guide. Whether you're a new Muslim or simply seeking to refresh your understanding, this resource will walk you through each part of the prayer with clarity and confidence.

About this Resource

This illustrated guide to salah is designed to help beginners learn and perform the Islamic prayer (salah) correctly, based on the authentic Sunnah of the Prophet ﷺ. It includes:

- A guide to making **wudu** (ablution) properly
 - Step-by-step **illustrations** for each prayer position
 - All **essential recitations** in Arabic, with transliteration and English translation
 - Simple **instructions** for each movement
 - **Spiritual insights** into the meaning of each step of prayer
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Benefits

- **Learn the correct method of prayer**
Follow authentic steps of salah as taught by the Prophet Muhammad ﷺ.
 - **Visual learning with illustrations**
See each position of prayer clearly explained for better understanding.
 - **Transliteration included**
Recite the Arabic text confidently even as a beginner.
 - **Understand the meaning**
Know what you are saying and why — enhance the spiritual impact of your salah.
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Step 1: Wudu (Ablution)

Before praying, a Muslim must be in a state of physical purity. Here's a simplified step-by-step:

1. **Intention (Niyyah)** – Mentally prepare to purify yourself for prayer.
 2. **Wash your hands** – 3 times, starting with the right.
 3. **Rinse your mouth** – 3 times.
 4. **Rinse your nose** – 3 times.
 5. **Wash your face** – 3 times.
 6. **Wash arms up to the elbows** – 3 times, right then left.
 7. **Wipe over your head** – Once.
 8. **Wipe your ears** – Using wet fingers.
 9. **Wash your feet** – 3 times, right then left.
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Step-by-Step Guide to Salah

Each unit of prayer (rak'ah) includes the following steps:

1. Takbir al-Ihram (Opening Takbir)

Raise your hands and say:

الله أكبر

Allāhu Akbar

"Allah is the Greatest"

2. Qiyam (Standing) & Surah al-Fatiha

...الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Recite Surah Al-Fatiha

You may also recite another short Surah or a few verses after it.

3. Ruku (Bowing)

Bend forward, keeping your back straight, and say:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subḥāna Rabbiyal-'Aẓīm

"Glory is to my Lord, the Most Great"

(Repeat 3 times)

4. I'tidal (Standing after Ruku)

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Samia Allāhu liman ḥamidah

"Allah hears the one who praises Him"

رَبَّنَا لَكَ الْحَمْدُ

Rabbanā laka al-ḥamd

"Our Lord, to You is all praise"

5. Sujud (Prostration)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subḥāna Rabbiyal-A'ālā

"Glory is to my Lord, the Most High"

(Repeat 3 times)

6. Jalsah (Sitting between two Sujud)

رَبِّ اغْفِرْ لِي

Rabbi'ghfir lī

"My Lord, forgive me"

7. Second Sujud

Repeat Sujud again as before.

This completes one rak'ah. You continue depending on the number of rak'ahs in the prayer (e.g., Fajr = 2, Dhuhr = 4, etc.).



Final Tashahhud (Sitting and Ending Prayer)

In the last rak'ah, after the final sujud, sit and recite:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ...

At-Tahiyyātu lillāhi was-salawātu waṭ-ṭayyibāt...

(*Full Tashahhud*) — includes salawat upon the Prophet ﷺ

End with:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

As-salāmu 'alaykum wa raḥmatullāh

Turn your head right and then left.



Bonus Tips

- Always face the **qiblah** (direction of Makkah).
 - Find a **clean place** for prayer (use a prayer mat).
 - Take your time — **khushu'** (focus and humility) is the heart of salah.
 - Start small, even if with just Fajr — consistency is more beloved to Allah.
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May Allah accept your prayers and grant you steadfastness in worship.