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كيفية صلاة النبي ﷺ

# HOW TO PRAY

## According to the Sunnah of the Prophet Muhammad ﷺ

By

His Eminence Sheikh  
**Abdul Aziz bin Abdullah bin Baz**



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## Preface

Surely all praise is for Allâh. We praise Him and seek His assistance. We seek His forgiveness and we seek refuge in Him from the evil of our own souls and from the wickedness of our deeds. Whomever He guides shall never go astray, and whomever He allows to stray shall never find guidance. I bear witness that there is no god but Allâh, alone. He has no partner, and I bear witness that Muhammad is His slave and His Messenger. May the peace and blessings of Allâh be upon him and upon his family and his Companions and upon those who follow them in piety until the Day of Resurrection.

The objective of this concise booklet is to explain how Prophet Muhammad صلى الله عليه وسلم used to perform his *Salât* (prayers). I would like to present this explanation to every Muslim so that they may try their best to copy the Prophet's procedure in performing the *Salât* (prayer).

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## Manners of *Salât* (prayer)

Imam Bukhari reported that the Prophet, Muhammad صلى الله عليه وسلم said:

«صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي.»

“Perform your *Salât* as you saw me performing it.”

Therefore, here is the clarification of the Prophet’s procedure of prayer:

1. Perform properly the *Wudu* as commanded by Allâh in the Qur’ân:

﴿يَتَأْتِيهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا  
وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ  
وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ﴾ [المائدة: ٦]

“O you who believe! When you intend to perform prayer, wash your faces and your arms up to the elbows, wipe (by passing wet hands over) your heads, and wash your feet up to the ankles.” (V.5:6)

The Prophet صلى الله عليه وسلم said:

«لَا تُقْبَلُ صَلَاةٌ بِغَيْرِ طَهُورٍ.»

“*Salât* without *Wudû* (purification) is invalid.”

2. Face the direction of *Qiblah*, the Sacred House, at Makkah, intending in your mind to perform

the prayer which you want to fulfill, whether it is a *Fard* (obligatory) prayer or a *Sunnah* (supererogatory) prayer. One should not pronounce his *Niya* (intention) verbally because neither the Prophet صلى الله عليه وسلم nor his Companions used to utter the intention for *Salât*. Thus, pronouncing the intention for *Salât* in audible voice is a *Bid’ah* and whether you are *Imâm*, *Muqtadee*, or performing your *Salât* individually, you should have a *Sutra* i.e., a raised object in front of you. Facing the *Qiblah* is an imperative condition for every prayer. However, there are few exceptions for this rule explained in authoritative books for those who wish to refer.

3. Pronounce *Takbirat-al-Ihram* that is to say *Allâhu Akbar* الله أكبر (Allâh is the Greatest) looking at the point upon which your head rests during prostration.
4. Raise your hands up to the level of your shoulders or the earlobes while pronouncing *Takbirat-al-Ihram*.
5. Put your right hand over your left hand and wrist, above the chest, as the Prophet صلى الله عليه وسلم used to do.

6. It is praiseworthy to recite the following *Du'a - e-Istiftâh* (opening supplication):

«اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ، اللَّهُمَّ نَقِّنِي مِنْ خَطَايَايَ كَمَا يُنْقَى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ، اللَّهُمَّ اغْسِلْنِي مِنْ خَطَايَايَ بِالْمَاءِ وَالتَّلْجِ وَالبَرْدِ.»

*"Allâhumma bâ'id bayni wa bayna khatâyâya kamâ bâ'adta baynal-mashriqi wal maghribi. Allâhumma naqqini min khatâyâya kamâ yonaqqa ath-thawbu-labyado min addanas. Allâhumma-gsilni min khatâyâya bilmâ'i wath-thalji walbarad."*

"O Allâh, separate me from my sins as You have separated the east from the west. O Allâh, cleanse me of my sins as the white garment is cleansed from soiling. O Allâh, wash off my sins with water, snow and hail."

Or, you may say instead:

«سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ.»

*"Subhânaka Allâhumma wa bihamdika wa tabârakasmuka wa ta'âla jadduka wa lâ ilâha ghayruka."*

"O Allâh, You are free from imperfection, and I begin with praising You. Blessed is Your Name, Exalted is Your Majesty and Glory. There is no true god but You."

Or, you may recite any other supplications which the Prophet صلى الله عليه وسلم used to recite in his prayers. It is better to recite these supplications alternately, the first one in the *Fajr* (morning) prayer, the second in the *Zuhr* (noon) prayer, each one by turn, in conformity with what the Prophet صلى الله عليه وسلم used to do.

After reciting the opening supplication, say:

«أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.»

*"A'ûdhu billâhi min ash-Shaytânir-ra-jim"*

"I seek protection of Allâh against the accursed Satan."

Then you say:

«بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.»

*"Bismillâhir-Rahmânir-Raheem."*

"I begin with the Name of Allâh, the Source of Mercy, the Merciful."

And recite *Al-Fâtiha* (the opening *Surah* of the Glorious Qur'ân). Prophet Muhammad صلى الله عليه وسلم said:

«لَا صَلَاةَ لِمَنْ لَمْ يَقْرَأْ بِفَاتِحَةِ الْكِتَابِ» .

“*Salât* without reciting *Al-Fâtiha* is invalid.”

You should say *Ameen* after reciting *Al-Fâtiha* loudly if the *Salât* is in audible voice (such as *Fajr* prayer, the first 2 *Rak'ât* of *Maghrib* and *Ishâ'* prayers. It is in conformity with the *Ahâdith* (traditions) of the Prophet صلى الله عليه وسلم to recite *Ayâat* from a *Surah* of medium length in *Zuhr* (noon) '*Asr* (afternoon), and '*Ishâ'* (night) prayers. As for the *Fajr* prayer, it is advised to recite a passage from a long *Surah* of the *Qur'ân*. While *Maghrib* prayer, you may recite passages from the long *Surah* or from the short *Surah* of the *Qur'ân*.

7. Then bow in *Rukû'* raising your hands up to the level of your shoulders or earlobes while saying *Allâhu Akbar* then bend down, making your head and back on one level and put your hands with the fingers spread on your knees. You should maintain calmness and tranquillity while bowing, then say:

«سُبْحَانَ رَبِّيَ الْعَظِيمِ»

“*Subhâna Rabbiyal 'Azim*” (3 times)

“My *Rubb*, the Greatest, is free from imperfection.”

In addition, it is advisable to say while bowing:

«سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ اللَّهُمَّ اغْفِرْ لِي» .

“*Subhânaka Allâhumma Rabbanâ wa bi hamdika, Allâhummaghfir li*”

“O Allâh, Our *Rubb*, You are free from imperfection, and I praise You. O Allâh, forgive me.”

8. Stand upright and raise your hands to the level of your shoulders or earlobes saying:

«سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ» .

“*Sami'â Allâhu liman hamidah.*”

“Allâh hears the one who praises Him.”

While resuming the standing position; say:

«رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ مِلْءَ السَّمَوَاتِ وَمِلْءَ الْأَرْضِ وَمِلْءَ مَا بَيْنَهُمَا وَمِلْءَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ» .

“*Rabbana wa lakal hamdu, hamdan katheeran taiyiban mubârankan fihimil'as-samawâti wa mil'alardi wa mil'a mâ baynahumâ wa mil'a mâ shi'ta min shai'in b'adu.*”

“Our *Rubb*, praise is for You, plentiful praises and blessings as to fill the heavens, the earth