

How to Pray in Islam: A Comprehensive Guide for Adults

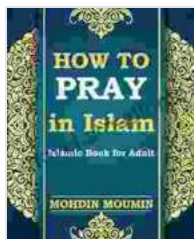
Prayer is one of the five pillars of Islam and is an essential part of the life of every Muslim. It is a way to connect with Allah (God) and to express gratitude, supplication, and submission. This guide will provide you with everything you need to know about how to pray in Islam, from the basic steps to the more advanced aspects of prayer.

There are five daily prayers in Islam: Fajr (dawn), Dhuhr (noon), Asr (afternoon), Maghrib (sunset), and Isha (night). Each prayer has a specific time frame in which it must be performed. The following are the basic steps of prayer:

1. **Wudu:** Begin by performing wudu, which is the Islamic ritual ablution. This involves washing your hands, face, arms, and feet.
2. **Niyah:** Make the intention to pray. This is done by saying, "I intend to pray the [name of the prayer] for the sake of Allah."
3. **Takbir:** Raise your hands to your ears and say, "Allahu Akbar" (Allah is the greatest). This is called the takbir.
4. **Qiyam:** Stand up straight with your feet shoulder-width apart.
5. **Ruku':** Bow down until your hands reach your knees. Say, "Subhana Rabbiyal Adheem" (Glory to my Lord, the Magnificent).
6. **I'tidal:** Return to a standing position. Say, "Sami' Allahu liman hamidah" (Allah hears those who praise Him) and "Rabbana laka al-hamd" (Our Lord, all praise is due to You).

7. **Sujud:** Kneel down and place your forehead on the ground. Say, "Subhana Rabbiyal Ala" (Glory to my Lord, the Exalted).
8. **Jalsa':** Sit back on your heels. Say, "Allahu Akbar."
9. **Second Sujud:** Perform a second sujud.
10. **Tashahhud:** Sit cross-legged and say the tashahhud, which is a declaration of faith and a prayer for peace.
11. **Salam:** Turn your head to the right and say, "Assalamu alaykum wa rahmatullah" (Peace be upon you and the mercy of Allah). Then turn your head to the left and say the same thing.

Once you have mastered the basic steps of prayer, you can begin to explore the more advanced aspects of prayer. These include:



How to Pray in Islam Islamic Book for Adults: Names and Time of Salah (Muslim Prayer) | Wudu, Ghusl, Tayammum in Islam and How to Pray the Five Daily Prayers

★★★★★ 5 out of 5

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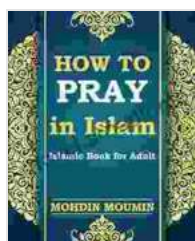
- **Sunnah prayers:** These are optional prayers that are performed in addition to the five daily prayers.
- **Nafil prayers:** These are voluntary prayers that can be performed at any time.

- **Du'a:** This is a personal supplication that is made to Allah.
- **Dhikr:** This is the remembrance of Allah through specific phrases or verses from the Quran.

Prayer is an essential part of the life of every Muslim. It is a way to connect with Allah (God) and to express gratitude, supplication, and submission. This guide has provided you with everything you need to know about how to pray in Islam, from the basic steps to the more advanced aspects of prayer. I encourage you to read this guide carefully and to practice the steps outlined in it. With practice, you will be able to pray correctly and reap the many benefits of prayer.

If you are interested in learning more about Islam, I encourage you to visit the website of the International Islamic Council for Da'wah and Call (IIDC). The IIDC is a global organization that is dedicated to spreading the message of Islam to the world. On the IIDC website, you will find a wealth of resources on Islam, including articles, videos, and books.

Thank you for reading this guide. I hope that you have found it helpful. May Allah (God) reward you for your efforts.



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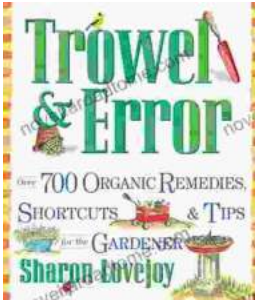
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