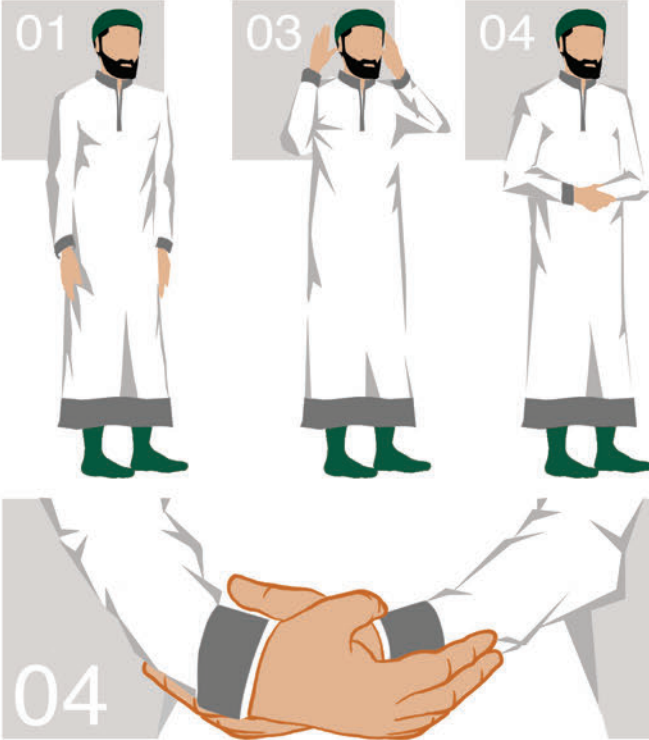


MEN'S GUIDE TO PERFORMING
FOUR UNITS OF FARD PRAYER
ACCORDING TO THE HANAFI MADHAB

THE OPENING TAKBIR

- 01 Stand facing Qiblah, with one hands span between feet
- 02 Make your intention, i.e "I intend to pray 4 units of fard for Isha"
- 03 Raise hands with thumbs touching earlobes whilst uttering the **Takbir Allahu 'Akbar God is [the] Greatest**
- 04 Place hands beneath the navel, grasp the wrist of the left hand with your right



THANA | OPENING PRAISE OF GOD

- 05 Read the **opening prayer** silently:
Subhanak-allahumma wa bi hamdika, wa tabarakas-muka,
Glory be to you, O Allah & all praises are due unto You
and blessed is Your name,
wa ta'ala jadduka, wa la ilaha ghayruka.
And high is Your majesty & none is worthy of worship but You
- 06 In the first unit only, seek protection by reciting the **Ta'awwudh**
A'udhu billahi minash-shaytanir-rajeem
I seek Allah's protection from Satan who is accursed

QIRA'AH | RECITATION

- 07 Then recite **Bismillah** and **Surah Al Fatihah**, this is recited in each unit of prayer,

BISMILLAH

Bismillahir-rahmanir-raheem,
In the name of Allah, the Most Merciful,
and Compassionate.

SURAH AL FATIHAH

Al-hamdu lillahi rabbil-aalameen,
All praise is due to Allah, Lord of the Universe,
Ar-rahman nir-raheem, Maliki yawmid-deen,
The Most Merciful and Compassionate,
Sovereign of the Day of Judgement,
Iyyaka na'budu,
You alone we worship,
wa iyyaka nasta'een,
and You alone we ask for help,
Ihdinas-siratal mustaqeem,
Guide us to and keep us upon
the straight path,
Siratal-ladhina an'amta 'alayhim,
The path of those upon whom
You have bestowed Your grace,
Ghayril maghdubi 'alayhim
not of those who have earned Your anger,
walad-daleen, Ameen
nor (of those who) went astray. Amen.

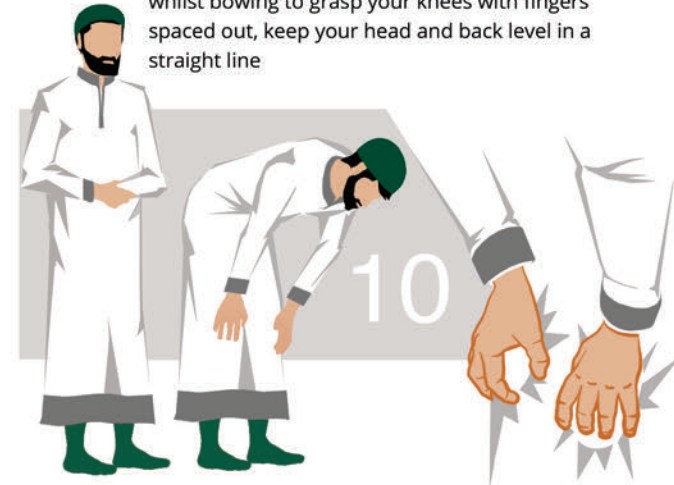
- 08 After the **Bismillah** and **Al Fatihah**, recite an additional Surah or at least three short verses of your choice, such as **Surah Al-Ikhlās** below, in each unit it's best to recite 3 different short verses or a different Surah.

SURAH AL-IKHLAS

Bismillahi-rahmani-rahim,
In the name of God Most Merciful and Compassionate,
Qul huwal-lahu ahad,
Say "He is God, the One,
Allahus-samad,
God, the Eternally Self-Subsisting.
Lam yalid wa lam yulad,
He does not beget nor is He begotten.
Wa lam yakul-lahu kufuwan ahad,
And there is none like unto Him.

RUKU | BOWING

- 09 Say the **Takbir Allahu 'Akbar God is [the] Greatest** whilst bowing to grasp your knees with fingers spaced out, keep your head and back level in a straight line



- 10 Hold this position and recite the **Tasbeih** at least three times:

Tasbeih of Ruku
Subhana Rabbe yal-Azeem
Glorified is my Lord, the Magnificent

- 11 Now raise your head, standing, arms by your side and recite the **Tasmi** and **Tahmid**



Tasmi **Sami Allahu liman hamidah**
God hears those who praise Him

Tahmid **Rabbana wa lakal-hamd**
O Lord, to You belongs all Praise

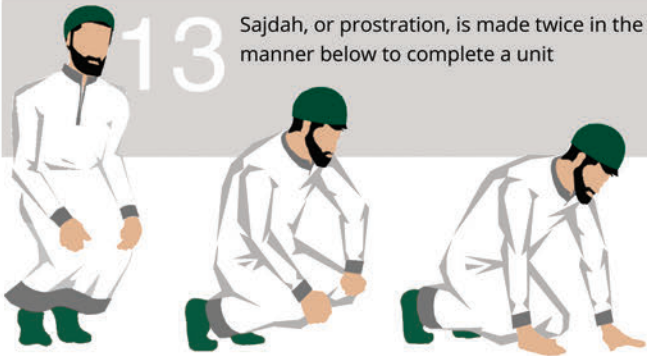
- 12 Utter the **Takbir**, then go into Sajda/prostration

Takbir **Allahu 'Akbar**
God is [the] Greatest

PLEASE TURN OVER
THE LEAFLET FOR
THE NEXT STEPS



SAJDAH PROSTRATION



13

Sajdah, or prostration, is made twice in the manner below to complete a unit

13 Prostrate placing knees on the ground first, then hands, followed by face between the hands



Upper arms not touching sides

Fingers closed, palms in line with ears

Toes facing Qiblah

Stomach not touching thighs

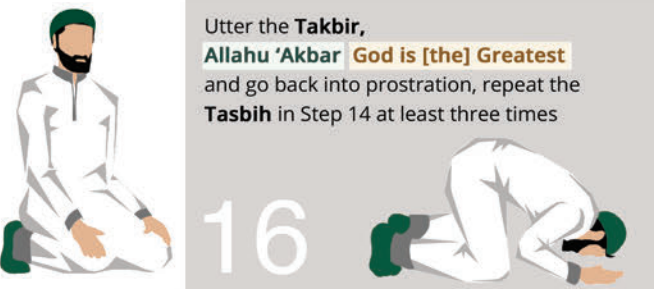
Nose and forehead touching ground

Knees touching ground

Forearms not on the ground

14 In the sajdah position, utter the **Tasbih** at least three times: **Subhana Rabbiyal-'ala** **Glorified is my Lord, the Most High**

15 Utter the **Takbir Allahu 'Akbar** **God is [the] Greatest** coming out of the first prostration, then sit silently for a moment, hands on thighs, fingertips on knees



16

Utter the **Takbir, Allahu 'Akbar** **God is [the] Greatest** and go back into prostration, repeat the **Tasbih** in Step 14 at least three times

17 Recite the **Takbir, Allahu 'Akbar** **God is [the] Greatest**, then stand in the position shown in Step 04, without supporting yourself, standing begins the second unit, repeat Steps 07 to 16

18 This time **do not** stand to begin the third unit, instead, after your two sajdahs/prostrations, stay sitting, hands on thighs, fingertips on knees

19 Recite the **Tashahhud of Abdullah bin Mas'ud** (**RadhiAllahu'anhu** **May Allah be pleased with him**):

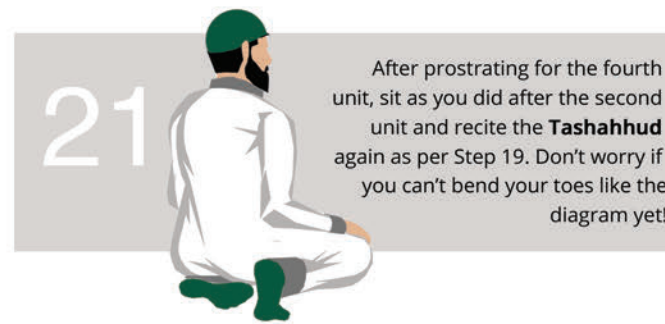
Tashahhud

At-tahiyyatu lil-lahi was-salawatu wat-tayyibat,
Greetings be to Allah, all prayers and goodly things be to Allah,
As-salamu 'alayka ayyuhan-nabiyy wa rahmatullahi wa barakatuh,
Peace be upon you, O Prophet and God's mercy and blessings
As-salamu 'alayna wa 'ala 'ibadillahis-salihin
Peace be upon us and all righteous servants of God
Ash-hadu **alla ilaha*** illa Allah
I bear witness that **there is no God*** except God
Wa ash-hadu anna Muhamadan 'ab-duhu wa rasuluh
and I bear witness Muhammad is His servant and envoy



*Raise the right index finger, touch thumb and middle finger for the duration of reciting the highlighted text, then lower it

20 Rise immediately to start the third unit after the Tashahhud, in the third and fourth units follow Steps 07 to 16 but **do not perform Step 08, there is no Surah or verse recited after Al-Fatihah in the third and fourth units, skip Step 08 and go straight into Step 09**



21

After prostrating for the fourth unit, sit as you did after the second unit and recite the **Tashahhud** again as per Step 19. Don't worry if you can't bend your toes like the diagram yet!

22 Remain sitting and send salawat/praises upon the **Prophet Muhammad** (**Sallallaahu Alaihi Wasallam** **Peace be upon him**) one of the most popular prayers is the **Salawat Ibrahim**,

Salawat Ibrahim

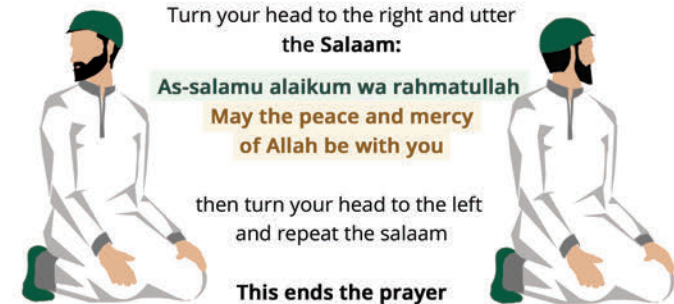
Allahumma salli 'ala Muhammadin,
O Allah, elevate the rank of Muhammad
wa 'ala ali Muhammadin,
and the family of Muhammad,
kama sallayta 'ala Ibraheem
as You elevated the rank of Ibrahim
wa 'ala ali Ibraheem, innaka hamidun majeed.

and the family of Ibrahim. You are Most Praiseworthy and Noble
Allahuma baarik 'ala Muhammadin wa 'ala ali Muhammadin,
O Allah, bless Muhammad and the family of Muhammad,
kama baarakta 'ala Ibraheem wa 'ala ali Ibraheem.
as You have blessed Ibrahim and the family of Ibrahim.
Innaka hamidun majeed.
Truly You are the Most Praiseworthy and Noble!

23 Finish with a short Qur'anic prayer like **Du'a Rabbij'Alni** (14:40)

Du'a Rabbij' alni

Rabbi 'j'alni muqimas-salaati wa min zurriyyati,
O Lord, make me and my children steadfast in prayer,
Rabbana wa taqabbal du'a,
our Lord accept the prayer
Rabbana'gh firli, wa li wa lidayya wa lil-Mu'mineena,
Our Lord, forgive me and my parents and the believers
Yawma Yaqumul-Hisab.
on the Day of Judgement



Turn your head to the right and utter the **Salaam**:

As-salamu alaikum wa rahmatullah
May the peace and mercy of Allah be with you

then turn your head to the left and repeat the salaam

This ends the prayer

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PLEASE REMEMBER MY BELOVED
MOTHER JAMILA IN YOUR DU'AS, FOR
WHOM THIS IS A SADAQAH JARIYAH



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