

Thee alone do we worship and Thee alone do we implore for help. [1:5]

# Understanding Salat

An initiative to learn Namaz - Its Meaning and Manner



***"He who finds no delight in the Salat has not yet truly tasted the pleasure of believing."*** (The Promised Messiah<sup>as</sup>, Malfoozat, Vol. II, p. 145)

**Understanding of Salat will be tested in Regional  
& Local `Amila meetings in January 2017.**

Department of Ta`lim  
Majlis Khuddamul Ahmadiyya Canada



# Understanding Salat

## Takbir



The Prayer starts with *Takbir-i-Tahrima*, i.e, the *Imam* raises his hands to the lobes of his ears and recites *Allahu Akbar*. The Imam then lowers his hands and folds them on his chest so that the right arm is the above the left. The congregation does the same, however recites the *Takbir* silently. This is called the *Qiyam*; the Standing Posture. However, there are variations in this posture. Some people fold their arms a little lower than the navel while others slightly above the navel and some even a little higher.

اَللّٰهُ اَكْبَرُ

Allah is Great      اللہ سب سے بڑا ہے



# Understanding Salat

## Niyyat (Determination of the Intention) نیت

Before the commencement of Prayer, *Iqamat*, the notice that the Prayer is about to start, is recited. After arranging themselves in rows behind the *Imam*, each worshipper should make his intention as to which type of Prayer, *Fard*, *Sunnah* or *Nafl*, etc., he is going to perform and how many *Rak'at*. It is not necessary to make *Niyyat* by saying the words aloud. The mere mention in one's mind will suffice. After the *Takbir-i-Tahrima* one should recite the following prayer:

وَجَّهْتُ وَجْهِي لِلَّذِي

I have turned **my full**  
**attention** towards Him

میں نے پھیرا اپنا رخ  
اس ذات کی طرف

فَطَرِ السَّمَوَاتِ وَالْأَرْضِ

Who has created **the**  
**heavens** and the earth,

جس نے پیدا کیا آسمانوں  
کو اور زمین کو

حَنِيفًا وَمَا أَنَا

being ever inclined to  
Him **and I am not**

خالص ہوتے ہوئے  
اور نہیں ہوں میں

مِنَ الْمُشْرِكِينَ

of those **who associate**  
**partners** (with Allah).

مشرکوں میں سے



# Understanding Salat

## Thana (Glorification)

ثناء

After saying *Takbir-i-Tahrima* and reciting the *Niyyat*, following glorification called *Thana* is recited individually in silence:

سُبْحَنَكَ اللَّهُمَّ وَبِحَمْدِكَ

Holy art Thou **O Allah**  
and all praise is Thine

پاک ہے تو اے اللہ اور  
اپنی تعریف کے ساتھ

وَتَبَارَكَ اسْمُكَ

and Blessed is **Thy**  
**Name**

اور برکت والا ہے  
تیرا نام

وَتَعَالَى جَدُّكَ

and exalted is **Thy**  
**state**

اور بلند ہے تیری  
شان

وَلَا إِلَهَ غَيْرُكَ ط

and there is none worthy  
of worship **except Thee**

اور نہیں کوئی معبود  
تیرے سوا



# Understanding Salat

Atta'awwudh

التَّعَوُّذُ

The *Thana* is followed by *Atta'awwudh*, which is also recited silently:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek refuge with Allah  
from Satan, the rejected.

میں پناہ مانگتا ہوں اللہ کی، دھتکارے  
ہوئے شیطان سے۔



# Understanding Salat

## Surah Al-Fatihah

## سورة الفاتحه

After *Atta'awwudh* the *Imam* recites Surah Al-Fatihah. The very first verse of Surah Al-Fatihah, *bismilla hirrahma nirrahim*, is recited either silently or loudly, by the *Imam*. The congregation, however, recites it silently. In certain Prayers, e.g., *Fajr*, *Maghrib*, and '*Isha*' Prayers, the *Imam* recites Surah Al-Fatihah loudly. When the *Imam* is reciting Surah Al-Fatihah loudly, the other worshippers listen to this recitation while they also recite Surah Al-Fatihah silently verse by verse. In *Zuhr* and '*Asr* Prayers, the *Imam* and other worshippers recite Surah Al-Fatihah silently. At the end of Surah Al-Fatihah, the worshippers say Ameen which means 'O, Allah accept our supplications.'

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, **the Gracious, the Merciful.** اللہ کے نام کے ساتھ جو بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

All praise belongs to Allah, **Lord of all the worlds.**

تمام حمد اللہ ہی کے لئے ہے جو رب ہے تمام جہانوں کا۔

الرَّحْمَنِ الرَّحِيمِ

The Gracious, **the Merciful.**

بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔

مَلِكِ يَوْمِ الدِّينِ

Master **of the Day of Judgment.**

مالک ہے جزا سزا کے دن کا

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You alone do we worship **and You alone do we implore for help.**

تیری ہی ہم عبادت کرتے ہیں اور تجھ ہی سے ہم مدد چاہتے ہیں۔

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us in the **right path**

دکھا ہمیں سیدھا راستہ۔

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

The path of those **on whom You have bestowed Your blessings,**

راستہ ان لوگوں کا جن پر تو نے انعام کیا

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

those who have not incurred (Your) displeasure, **and those who have not gone astray.**

جن پر غضب نہیں کیا گیا اور جو گمراہ نہیں ہوئے۔



# Understanding Salat

## Surah Al-Ikhlās

## سورة الاخلاص

Thereafter, the Imam recites a portion of the Holy Qur'an. Preferably at least 3 verses or a short Surah of the Holy Qur'an, for example, *Surah Al-Ikhlās*, is recited and in the first two raka'at of the prayer only. When the Imam is reciting a portion of the Holy Qur'an, the worshippers are required to listen to it silently.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, **the Gracious,** **the Merciful.** اللہ کے نام کے ساتھ جو بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔

قُلْ هُوَ اللَّهُ أَحَدٌ

Say, He is Allah, **the One**

تو کہہ وہ اللہ ایک ہے

اللَّهُ الصَّمَدُ

Allah, **the Independent and Besought of all.**

اللہ تعالیٰ کے سب محتاج ہیں (وہ بے نیاز ہے)۔

لَمْ يَلِدْ وَلَمْ يُولَدْ

He begets not, **nor is He begotten**

نہ اس نے کسی کو جنا اور نہ وہ جنا گیا

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

and there is none **like unto Him.**

اور نہیں ہے اس کا ہمسر کوئی بھی۔



# Understanding Salat

## Rukoo` (Bowing)

رکوع

After reciting *Surah Al-Ikhlās* or any other portion of the Holy Qur'an, the Imam announces the transition from the standing position to bowing (*Rukoo`*) by calling out *Allahu Akbar*, “*Allah is the Greatest.*” The congregation then follows him into *Rukoo`* (bowing position), reciting the following *Tasbeeh* (glorification and praise). While bowing, keep hands on the knees, back horizontal, and eyes focussed between the feet. This *Tasbeeh* is repeated 3 times or more in odd numbers (silently).

سُبْحَانَ رَبِّيَ الْعَظِيمِ ط

Holy is my Lord, **the Most Great.**

پاک ہے میرا رب بڑی عظمت والا



# Understanding Salat

Tasmee'

تسمیع

Then, the Imam announces the return to the standing position by calling the *Tasmee'*, out loud, which is as follows. While standing, keep arms by the sides and eyes focussed on the place of prostration.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ ط

سُن لی اللہ تعالیٰ نے اس کی (دعا) جس نے اس کی تعریف کی۔  
Allah hears him who **praises** Him.



# Understanding Salat

## Tahmid

تحمید

The congregation, follows the Imam and changes posture as well and then recites the following, silently, which is called *Tahmid*

رَبَّنَا وَلَكَ الْحَمْدُ ط

اے ہمارے رب تیرے ہی لئے ہے **the praise** سب تعریف

حَمْدًا كَثِيرًا طَيِّبًا

praise (that is) abundant,  
**pure**

بہت زیادہ تعریف۔ پاکیزہ

مُبَارَكًا فِيهِ ط

(and) full of blessings.

(اور) برکت والی۔



# Understanding Salat

## Sajdah

سجدہ

Next, the Imam calls the *Takbir, Allahu Akbar*, out loud, and goes down to prostrate. The worshippers follow the Imam. While prostrating, the forehead, nose, palms of both hands, knees and toes should be touching the ground. Do not let the elbows rest on the ground. When in prostration, the following *Tasbih* (glorification) is recited, by the worshippers, three times or more in odd numbers (in silence).

سُبْحَانَ رَبِّيَ الْأَعْلَى

Holy is my Lord, **the most High.**

پاک ہے میرا رب بڑی شان والا۔



# Understanding Salat

## Prayer Between Two Sajdahs دو سجدوں کے درمیان کی دعا

Then, the Imam says *Allahu Akbar* and sits down; the worshippers follow along. We should sit down on our left foot while the toe of our right foot should be touching the ground — keeping the hands on the knees. In this position, called *Qa'dah*, the worshippers recite the prayer between two Sajdahs, as follows:

رَبِّ اغْفِرْ لِي وَارْحَمْنِي

O my Lord, forgive me **and** have mercy on me  
اے میرے رب مجھے بخش دے اور مجھ پر رحم فرما

وَاهْدِنِي وَعَافِنِي وَاجْبُرْنِي

and guide me **and** grant me security and make good my shortcomings  
اور ہدایت دے مجھے اور خیریت سے رکھ مجھے اور اصلاح کر میری

وَارْزُقْنِي وَارْفَعْنِي

and provide for me **and** raise me up (in status).  
اور مجھے رزق عطا کر اور (رتبہ) بلند کر میرا۔



# Understanding Salat

## Attashahud

التشهد

After the second Sajdah, the Imam says *Allahu Akbar* and sits down the same way as before. Then, everyone recites, Attashahud, silently:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

All verbal worship is due to Allah **and all physical acts of worship** and financial sacrifices

تمام زبانی عبادات اللہ کے لئے ہیں اور سب بدنی عبادات اور سب مالی عبادات (بھی)۔

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

Peace be on you, **O Prophet**

اللہ کی سلامتی ہو آپ پر اے نبی

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

and the Mercy of Allah **and His Blessings.**

اور اللہ کی رحمتیں اور اس کی برکات

السَّلَامُ عَلَيْنَاوْ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ ط

Peace be on us **and on the righteous servants of Allah**

اللہ کی سلامتی ہو ہم پر اور اللہ کے نیک بندوں پر

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ط

I bear witness that there is no God but Allah **and I bear witness that Muhammad<sup>sa</sup> is His Servant and His Messenger**

میں گواہی دیتا ہوں کہ اللہ کے سوا کوئی معبود نہیں اور میں گواہی دیتا ہوں کہ (حضرت) محمد (صلی اللہ علیہ وسلم) اس کے بندے اور اس کے رسول ہیں



# Understanding Salat

## Durood Sharif

## درود شریف

It should be noted that while reciting *Attashahud*, when the worshipper reaches the phrase *Ash hadu alla ilaha ilallahu*, he should raise the forefinger of his right hand and should drop it back as soon as he has recited it. After reciting, *Attashahud*, if this is the last *raka'ah* in a group of 2, 3 or 4 *raka'aat*, the invocation of blessings on the Holy Prophet<sup>sa</sup>, called *Durood*, is recited, which is as follows; otherwise, the Imam says *Allahu Akbar*, and continues with the next *raka'ah*, starting with *Surah Al-Fatihah*. The worshipers should follow along.

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّ عَلٰى اٰلِ مُحَمَّدٍ

O Allah, bless Muhammad<sup>sa</sup> and the people of Muhammad<sup>sa</sup> اے اللہ محمد ﷺ پر خاص فضل فرما اور محمد (ﷺ) کی آل پر بھی

كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ وَّ عَلٰى اٰلِ اِبْرٰهِيْمَ

as You did bless Abraham<sup>as</sup> and the people of Abraham<sup>as</sup> جیسے تو نے ابراہیمؑ پر فضل فرمایا اور ابراہیمؑ کی آل پر

اِنَّكَ حَمِيْدٌ مَّجِيْدٌ

You are indeed the Praiseworthy, the Exalted. یقیناً تو بے انتہا خوبیوں والا بڑی شان والا ہے۔



# Understanding Salat

## Prayers after Durood Sharif درود شریف کے بعد کی دعائیں

After *Durood Sharif*, worshippers can recite prayers of their choice. Two prayers are recited most often. The first one of them is as follows:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً

Our Lord, grant us **good in this world** اے ہمارے رب ہمیں عطا فرما اس دُنیا میں (ہر قسم کی) بھلائی

وَّ فِي الْآخِرَةِ حَسَنَةً

as well as good in the world to come اور اگلے جہان میں بھی بھلائی (عطا) فرما

وَّ قِنَا عَذَابَ النَّارِ

and protect us from the torment of the Fire. اور ہمیں آگ کے عذاب سے بچا۔



# Understanding Salat

Prayers after Durood Sharif درود شریف کے بعد کی دعائیں

The second prayer, which is recited most often after *Durood Sharif*, is from *Surah Ibrahim* verses 41 and 42 and it is as follows:

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ

My Lord, make me **observe**  
**Prayer**

اے میرے رب مجھے نماز کو قائم کرنے  
والا بنا

وَمِنْ ذُرِّيَّتِي ۖ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ۝

and make my children too, **Our** اور اے میری اولاد کو بھی، اے ہمارے رب، اور  
**Lord, and accept my prayer.** تو میری دعا کو قبول فرما۔

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ

Our Lord, grant forgiveness to اے ہمارے رب، مجھے بخش دے اور میرے  
me **and to my parents and to the** والدین کو (بھی) اور (سب) مومنوں کو  
**believers** (بھی)

يَوْمَ يَقُومُ الْحِسَابُ ۝

on the day when the reckoning جس دن حساب قائم ہو گا۔  
will take place.



# Understanding Salat

Salam

سلام

After reciting the two prayers or other prayers of choice in silence, the *Imam* turns his face first to the right and then to the left reciting both times the following *Salam*, out loud. The worshippers follow along. This marks the the end of the prayer.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Peace be upon you and the  
mercy of Allah.

سلامتی ہو تم پر اور اللہ کی رحمتیں۔