

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^{as}, Malfoozat, Vol. II, p. 145)

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

Understanding Salat

Takbir

تکبیر

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.

الله أكْبَرْ

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:

وَجَهْتُ وَجْهِي لِلَّهِ

I have turned my full
attention towards Him

میں نے پھر اپنا رخ
اس ذات کی طرف

فَطَرَ السَّمَاوَاتِ وَالْأَرْضَ

Who has created the
heavens and the earth,

جس نے پیدا کیا آسمانوں
کو اور زمین کو

حَنِيفًا وَمَا أَنَا

being everinclined to
Him and I am not

خاص ہوتے ہوئے
اور نہیں ہوں میں

مِنَ الْمُشْرِكِينَ

of those who associate
partners (with Allah).

مشرکوں میں سے

Understanding Salat

Thana (Glorification)

شَنَاءُ

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

سُبْحَنَكَ اللَّهُمَّ وَمَحَمِّدِكَ

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

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Atta'awwudh

الْتَّعْوِذُ

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

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَنِ الرَّجِيمِ

I seek refuge with Allah
from Satan, the rejected.

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

Understanding Salat

Surah Al-Fatiyah

سورة الفاتحة

After Atta'awwudh the Imam recites Surah Al-Fatiyah. The very first verse of Surah Al-Fatiyah, *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-Fatiyah loudly. When the Imam is reciting Surah Al-Fatiyah loudly, the other worshippers listen to this recitation while they also recite Surah Al-Fatiyah silently verse by verse. In *Zuhr* and '*Asr* Prayers, the Imam and other worshippers recite Surah Al-Fatiyah silently. At the end of Surah Al-Fatiyah, the worshippers say *Ameen* which means 'O, Allah accept our supplications.'

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝

اللَّهُ 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۔

مُلِكِ يَوْمِ الدِّينِ ۝

Master of the Day of Judgment. مالک ہے جزا 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۔

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Surah Al-Ikhlas

سورة الإخلاص

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-Ikhlas*, 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 ﴿١﴾

اللَّهُ كَيْ نَمْ كَيْ سَاتَهْ جَوْ بَيْ اِنْتَهَا رَحْمَ كَرْنَهْ وَالَّهُ بَنْ مَانَگَ دَيْنَهْ وَالَّهُ (اوْر) بَارْ بَارْ رَحْمَ كَرْنَهْ وَالَّهُ بَهْ.

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿٢﴾

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

تو کہہ وہ اللہ ایک ہے

اللَّهُ الصَّمَدُ ﴿٣﴾

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

اللَّهُ تَعَالَیٰ كَيْ سَبْ مَتَاجْ ہیں (وہ بَنْ نِیاَزَہے).

لَمْ يَلِدْ وَلَمْ يُوْلَدْ ﴿٤﴾

He begets not, nor is He begotten

نہ اس نے کسی کو جنا اور نہ وہ جنا گیا

وَلَمْ يَكُنْ لَّهُ كُفُواً أَحَدٌ ﴿٥﴾

and there is none like unto Him.

اور نہیں ہے اس کا ہمسر کوئی بھی۔

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Rukoo` (Bowing)

رکوع

After reciting *Surah Al-Ikhlas* 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 رَبِّيِ الْعَظِيمِ

Holy is my Lord, the Most Great.

پاک ہے میرا رب بڑی عظمت
والا

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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

Allah hears him who **praises** Him. سُنْ لِي اللَّهِ تَعَالَى نَهْ اِسْ کِی (دعا) جس نے اِس کِی تعریف کی۔

Understanding Salat

Tahmid

تَحْمِيدٌ

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

رَبَّنَا وَ لَكَ الْحَمْدُ ۖ

اے ہمارے رب تیرے ہی لئے ہے
Our Lord, Yours is **the praise** سب تعریف

حَمْدًا كَثِيرًا طَيِّبًا

praise (that is) abundant,
pure

بہت زیادہ تعریف۔ پاکیزہ

مُبَارَكًا فِيهِ ۖ

(and) full of blessings.

(اور) برکت والی۔

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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 رَبِّي أَكْعَلَ

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

پاک ہے میرا رب بڑی شان
والا

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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

اے میرے رب مجھے بخش دے اور مجھے پر رحم فرم

وَاهْدِنِي وَعَافِنِي وَاجْبُرْنِي

اور ہدایت دے مجھے اور خیریت سے رکھ مجھے اور اصلاح کر میری

and guide me and grant me security and make good my shortcomings

وَارْزُقْنِي وَارْفَعْنِي

and provide for me and raise me up (in status).

اور مجھے رزق عطا کر اور (رتہ) بلند کر میرا۔

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Attashahud

التشهد

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

الْتَّحِيَاتُ 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 بدñی 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 عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّلِحِينَ ۖ

Peace be on us and on the righteous servants of Allah

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

أَشْهُدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهُدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ۖ

I bear witness that there is no God but Allah and I bear witness that Muhammad^{sa} is His Servant and His Messenger

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

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Durood Sharif

دروع 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^{sa}, 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.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَّ عَلَى آلِ مُحَمَّدٍ

O Allah, bless Muhammad^{sa} and the people of Muhammad^{sa} اے اللہ محمد ﷺ پر خاص فضل فرمایا اور محمد (ﷺ) کی آل پر بھی

كَمَا صَلَيْتَ عَلَى إِبْرَاهِيمَ وَ عَلَى آلِ إِبْرَاهِيمَ

as You did bless Abraham^{as} and the people of Abraham^{as} جیسے تو نے ابراهیم پر فضل فرمایا اور ابراهیم کی آل پر

إِنَّكَ حَمِيدٌ مَّجِيدٌ

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 أَتِنَا فِي الدُّنْيَا حَسَنَةً

Our Lord, grant us **good in this world**

اے ہمارے رب ہمیں عطا فرما اس دُنیا میں (ہر قسم کی) بھلائی

وَفِي الْآخِرَةِ حَسَنَةً

as well as good in the world to come

اور اگلے جہان میں بھلائی (عطای) فرما

وَقِنَا عَذَابَ النَّارِ

and protect us from the torment of the Fire.

اور ہمیں آگ کے عذاب سے بچا۔

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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 ذُرِّيَّتِيْ طَرَبَّنَا وَتَقَبَّلْ دُعَاءِ

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

رَبَّنَا اغْفِرْنِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ

اے ہمارے رب، مجھے بخش دے اور میرے والدین کو (بھی) اور (سب) مومنوں کو (بھی) (بھی)

يَوْمَ يَقُومُ الْحِسَابُ

on the day when the reckoning
will take place.

جس دن حساب قائم ہو گا۔

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.

السلامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Peace be upon you and the
mercy of Allah.

سلامتی ہو تم پر اور اللہ کی رحمتیں۔