

Before you begin with the recitation (qirā'ah: reciting certain Qur'ānic chapters in the prayers), you may say the statement of seeking protection (isti'ādah) in a low tone:

I pray Allah's protection from Satan, the accursed.

a`ūdhu billāhi min alshshayṭāni alrajīmi

اَعُوذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

You may then recite Sūrah al-Fātiḥah (No. 1) observing all etiquettes, having your heart present, and pondering while that is as much as one breath. Then, you may recite any Sūrah of the Holy Qur'ān, although it is advisable to recite such Sūrahs as Sūrah al-Naba' (No. 78), Sūrah al-Insān (or al-Dahr, No. 76), or Sūrah al-Qiyāmah (No. 75).

Upon finishing reciting the second Sūrah, you may also pause for a while that is as much as one breath. You may then raise your hands up to the lower part of your ears while uttering the Takbīr statement. You may then genuflect, putting your right hand on your right knee and then your left hand on your left knee, opening up your fingers as if you are holding fast to your knees. You may also bow your back and stretch your neck at the level of your back, casting your sight on the space between your two feet and saying the following:

All glory be to my Lord, the All-great, and in praise of Him.

subḥāna rabbiya al`azīmi wa biḥamdihī

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَبِحَمْدِهِ

It is highly advisable to repeat this statement seven, five, or three times. Before that, you may have said the following:

O Allah, to You alone have I genuflected,

allāhumma laka raka`tu

اللّٰهُمَّ لَكَ رَكَعْتُ

to You alone have I submitted,

wa laka aslamtu

وَلَكَ اسَلَمْتُ

in You have I believed,

wa bika āmantu

وَبِكَ آمَنْتُ

and in You have I put my trust.

wa `alayka tawakkaltu

وَعَلَيْكَ تَوَكَّلْتُ

And You are my Lord.

wa anta rabbī

وَأَنْتَ رَبِّي

Revering to You are my hearing, my sight,

khasha`a laka sam`ī wa baṣarī

خَشَعَ لَكَ سَمْعِي وَبَصْرِي

my hair, my skin,

wa sha`rī wa basharī

وَشَعْرِي وَبَشْرِي

my flesh, my blood,

wa laḥmī wa damī

وَلَحْمِي وَدَمِي

my brain, my nerve, my bones,

wa mukhkhī wa `aṣabī wa `iḏāmī

وَمُخِّي وَعَصْبِي وَعِظَامِي

and whatever is borne by my two feet.

wa mā aqallat-hu qadamāya

وَمَا أَقَلَّتْهُ قَدَمَايَ

I am neither disdainful, nor arrogant, nor regretful.

ghayra mustankifin wa lā mustakbirin wa lā mustahsirin

غَيْرَ مُسْتَنْكِفٍ وَلَا مُسْتَكْبِرٍ وَلَا مُسْتَحْسِرٍ

You may now raise your head from genuflection, stand erect, and say the following:

May Allah listen to him who praises Him.

sami`a allāhu liman ḥamidahū

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

You may then utter a Takbīr statement and fall down for prostration with full submission and reverence. You may stretch your palms and put them on the ground before you put your knees on the ground. You may prostrate on a prostration-clay made of the soil taken from Imam al-Ḥusayn's tomb. While prostrating yourself, you should utter the statement of prostration once although it is favorable to repeat it seven, five, or three times. Before that, you may have said the following:

O Allah, to You (alone) do I prostrate,	allāhumma laka sajadtu	اللَّهُمَّ لَكَ سَجَدْتُ
in You do I have faith,	wa bika āmantu	وَبِكَ آمَنْتُ
to You do I submit,	wa laka aslamtu	وَلَكَ اسَلَمْتُ
in You do I put trust,	wa `alayka tawakkaltu	وَعَلَيْكَ تَوَكَّلْتُ
and You are my Lord.	wa anta rabbī	وَأَنْتَ رَبِّي
My face is prostrating the One Who has created it	sajada wajhī lillādhī khalaqahū	سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ
and split its hearing and sight.	wa shaqqa sam`ahū wa baṣarahū	وَشَقَّ سَمْعَهُ وَبَصَرَهُ
All praise be to Allah, the Lord of the Worlds.	alḥamdu lillāhi rabbi al`ālamīna	الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
Blessed be Allah, the most excellent of all creators.	tabāraka allāhu aḥsanu alkhāliqīna	تَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

You may now say the prostration statement. Then, you may raise your head from the position of prostration and sit down. While doing this, it is recommended to utter the Takbīr statement and to sit on your hip, saying the following:

I implore Allah, my Lord, for forgiveness and I repent to Him.	astaghfiru allāhu rabbī wa atūbu ilayhi	اسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ
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You may also say the following:

O Allah, (please) forgive me, have mercy upon me,	allāhumma ighfir lī warḥamnī	اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي
set aright my affairs, defend me, and grant me wellbeing.	wajburnī wadfa` `annī wa `āfinī	وَأَجْبِرْنِي وَأَدْفَعْ عَنِّي وَعَافِنِي
Surely, I stand in need of whatever good You may send down to me.	innī limā anzalta ilayya min khayrin faqīrun	إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ
Blessed be Allah, the Lord of the Worlds.	tabāraka allāhu rabbu al`ālamīna	تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ

You may then say Takbīr and prostrate again, doing the same as what you have done in the first prostration. You may then raise your head and sit for rest. You may then stand up saying,

With the might of Allah and with His power, I stand up and sit down.	biḥawli allāh wa quwwatihī aqūmu wa aq`udu	بِحَوْلِ اللَّهِ وَقُوَّتِهِ أَقُومُ وَأَقْعُدُ
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When you stand erect, you should recite Sūrah al-Fātiḥah and another Sūrah, preferably Sūrah al-Tawḥīd, after which you may say the following three times:

Such is Allah, my Lord.

kadhālika allāhu rabbī

كَذَلِكَ اللَّهُ رَبِّي

You may then say the Takbīr statement and raise your hands to the level of your face turning the inner surface (i.e. palm) of your hands towards the sky and combining all your fingers, except the thumb, together and say any of the Qunūt supplications, preferably choosing words of praying for relief. After that, you may say the following:

O Allah, (please) forgive us,  
have mercy upon us,

endue us with wellbeing, and  
pardon us

in this world and in the  
Hereafter.

Verily, You have power over all  
things.

allāhumma ighfir lanā warḥamnā

wa `āfinā wa `fu `annā

fī alddunyā wal-ākhirati

innaka `alā kulli shay'in qadīrun

اللَّهُمَّ اغْفِرْ لَنَا وَارْحَمْنَا

وَعَافِنَا وَأَعْفُ عَنَّا

فِي الدُّنْيَا وَالْآخِرَةِ

إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

You may say the following thereafter:

O Allah, if there is any one who  
begins his day by putting his  
trust and his hope in any one  
other than You,

then You (alone) is my trust and  
my hope.

O most magnanimous of all  
those who may be besought!

O most merciful of all those  
whose mercy may be prayed!

(Please) send blessings upon  
Muḥammad and the Household  
of Muḥammad,

have mercy upon my weakness,  
neediness,

and lack of solution,

bestow upon me with Paradise  
out of Your favoring,

set my neck free from Hellfire,

and endue me with wellbeing in  
my self

and in all of my affairs,

allāhumma man kāna aṣbaḥa wa  
lahū thiqatun aw rajā'un  
ghayruka

fa'anta thiqatī wa rajā'ī

yā ajwada man su'ila

wa yā arḥama man isturḥima

ṣalli `alā muḥammadin wa āli  
muḥammadin

warḥam ḍa`fī wa maskanati

wa qillata ḥīlatī

wamnun `alayya biljannati  
ṭawlan minka

wa fukka raqabatī min alnnāri

wa `āfinī fī nafsī

wa fī jamī`i umūrī

اللَّهُمَّ مَنْ كَانَ اصْبَحَ وَكَهُ ثِقَةً

أَوْ رَجَاءً غَيْرِكَ

فَأَنْتَ ثِقَتِي وَرَجَائِي

يَا اجْوَدَ مَنْ سُئِلَ

وَيَا ارْحَمَ مَنْ اسْتُرْحِمَ

صَلِّ عَلَىٰ مُحَمَّدٍ وَآلِ مُحَمَّدٍ

وَارْحَمْ ضَعْفِي وَمَسْكَنتِي

وَقِلَّةَ حِيلَتِي

وَأَمْنٌ عَلَيَّ بِالْجَنَّةِ طَوَّالاً

مِنْكَ

وَفُكَّ رَقَبَتِي مِنَ النَّارِ

وَعَافِنِي فِي نَفْسِي

وَفِي جَمِيعِ امْرُورِي

in the name of Your mercy, O most merciful of all those who show mercy.

birahmatika yā arḥama alrrāḥimīna

بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

It is advisable to spend much time in Qunūt, since the supplications to be said in Qunūt are too many. [Click here for Qunoot](#)

You may then say the Takbīr statement, bow down, and prostrate yourself as has been previously recommended.

In the Ruku, of the last rakaat, after Zikr recite salawat in this way: *"Allahumma Sali Ala Muhammadin wa aali Muhammad wa Taraham ala Aajizna wa Aghisna Bihakkihim."*

In second Sajdah of the final Rakat one should pray to Allah swt and express his wishes, and should recite this supplication:

O You Who are the best from whom people seek their needs, and O You, Who are the best bestower of gifts! Give me and the members of my family sustenance with Your grace. Undoubtedly You possess the greatest grace).

*Ya Khayral Mas'ulin wa Ya Khayral Mu'tin, Urzuqni warzuq 'Ayali Min Fazlika Fa Innaka Zulfazlil 'Azim*

It is also Mustahab in Tashahud, to place one's hands on one's thighs, with joined fingers, and to look at one's laps, and to say this after tashahhud and salawat:

And accept his intercession\* and elevate his rank (referring the Holy Prophet)

*Wa taqabbal shafa'atahu warfa' darajatahu*

**Upon completing the two prostrations (of the last unit of prayer),** you may sit down to utter the statements of tashahhud and taslim. It is recommended to sit on your hips and to say the following before the tashahhud statement:

In the Name of Allah (I begin) and in Allah (I trust).

bismillāhi wa billāhi

بِسْمِ اللَّهِ وَبِاللَّهِ

All praise be to Allah.

walḥamdu lillāhi

وَالْحَمْدُ لِلَّهِ

The most excellent names be to Allah.

wa khayru al-asmā'i lillāhi

وَخَيْرُ الْأَسْمَاءِ لِلَّهِ

I bear witness that there is no god save Allah.

ashhadu an lā ilāha illā allāhu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ