SOFTWARE & TECH

# How To Pray In Islam Sunni

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## How To Pray In Islam Sunni: A Complete Guide to Salah for Every Muslim

Prayer, known as **Salah**, is the second pillar of Islam and the most important act of worship for a Muslim. For Sunni Muslims, performing the five daily prayers is not merely a ritual; it is a direct line of communication with Allah (SWT). Understanding **how to pray in Islam Sunni** tradition is essential for every believer, whether you are a new convert, a born Muslim looking to perfect your prayer, or a parent teaching your child. This comprehensive guide will walk you through every step of **Salah** according to the **Sunni**method, following the teachings of the Prophet Muhammad (peace be upon him).

The Arabic word **Salah**itself implies connection, supplication, and praise. When you stand before your Creator five times a day, you are not just performing movements; you are engaging in a spiritual conversation that purifies the soul, disciplines the mind, and strengthens your faith. Let us explore how to perform this sacred act correctly and meaningfully.

## The Prerequisites: What You Must Do Before You Pray

Before we dive into the step-by-step process of **how to pray in Islam Sunni** tradition, it is vital to understand the conditions that make your prayer valid. These prerequisites, known as *Shurut as-Salah*, must be fulfilled.

### 1. Purification (Taharah)

Cleanliness is half of faith. You must be in a state of physical and spiritual purity.

- Wudu (Ablution): For most prayers, you need to perform Wudu. This involves washing your hands, rinsing your mouth and nose, washing your face, arms up to the elbows, wiping your head, and washing your feet. Allah says in the Quran, "O you who have believed, when you rise to perform prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles." (Quran 5:6)
- Ghusl (Full Bath): If you are in a state of major impurity (after marital relations or menstruation/postpartum bleeding), you must take a full ritual bath (Ghusl) before you can pray.
- Tayammum (Dry Ablution): If water is unavailable or using it would harm you, you may perform Tayammum with clean earth or dust.
- Clean Clothing and Place: Your body, your clothes, and the place where you pray must be free from physical impurities (like urine, blood, or feces).

### 2. Covering the Awrah

Your dress must be modest and cover the parts of the body required by Islamic law. For men, the **Awrah**(area to cover) is from the navel to the knees. For women, the entire body must be covered except for the face, hands, and feet (according to the dominant Sunni view, the feet should be covered). Transparent or tight-fitting clothes are not acceptable.

### 3. Facing the Qibla

Qibla, which is the direction of the Kaaba in Mecca, Saudi Arabia. If you are unable to determine the direction, do your best to estimate, and your prayer will be accepted.

### 4. Intention (Niyyah)

The **Niyyah** is the intention in your heart to perform a specific prayer. You do not need to say it out loud. For example, you should internally intend, "I am praying two *raka'ahs* of **Fajr** for Allah." The intention differentiates worship from mere exercise.

### 5. Entering the Correct Time

Each of the five daily prayers has a specific window of time. You must ensure you are praying within that time.

- Fajr: From dawn until just before sunrise.
- Dhuhr: After the sun passes its zenith until the shadow of an object becomes equal to its length.
- Asr: From when the shadow of an object is equal to its length until sunset.
- Maghrib: Immediately after sunset until the red twilight disappears.
- Isha: After the twilight has disappeared until before midnight.

## Understanding the Structure of Sunni Prayer

Every prayer consists of a specific number of units called **Raka'ahs** (pronounced rah-KAH-ah). Each **Raka'ah** contains a sequence of standing, bowing, prostrating, and sitting.

- Fajr: 2 Raka'ahs
- Dhuhr: 4 Raka'ahs
- Asr: 4 Raka'ahs
- Maghrib: 3 Raka'ahs
- Isha: 4 Raka'ahs

Now, let us go through the steps of **how to pray in Islam Sunni** practice, step by step.

## Step-by-Step: How to Perform One Raka'ah (Sunni Method)

### Step 1: The Opening Takbir (Takbirat al-Ihram)

Stand upright, facing the **Qibla**. Raise both hands to the level of your ears (men) or shoulders (women) and say with full presence of heart:

**Allahu Akbar** (God is the Greatest).

This act signifies that you are entering the state of prayer (*ihram*) and that Allah is greater than anything distracting you.

### Step 2: The Opening Supplication (Du'a al-Istiftah)

Fold your hands over your chest (right hand over left). It is **Sunnah** to recite a short opening supplication. The most common is:

*Subhanaka Allahumma wa bihamdika, wa tabarakasmuka, wa ta'ala jadduka, wa la ilaha ghairuk.*

(Glory be to You, O Allah, and praise. Blessed be Your Name, and exalted be Your Majesty. There is no god but You.)

### Step 3: Recitation of Al-Fatihah

Then say:

**A'udhu billahi minash shaytanir rajim** (I seek refuge in Allah from the accursed Satan).

Bismillahir Rahmanir Raheem (In the name of Allah, the Most Gracious, the Most Merciful).

Now recite **Surah Al-Fatihah** (the Opening Chapter of the Quran). This is a mandatory pillar (*rukn*) of the prayer; without it, the prayer is invalid. Recite it slowly and with meaning:

*Alhamdu lillahi rabbil alameen. Ar-Rahmanir Rahim. Maliki yawmid din. Iyyaka na'budu wa iyyaka nasta'in. Ihdinas siratal mustaqeem. Siratal ladhina an'amta alayhim, ghayril maghdubi alayhim wa lad-dalleen. Ameen.*

(Praise be to Allah, Lord of the worlds. The Most Gracious, the Most Merciful. Master of the Day of Judgment. You alone we worship, and You alone we ask for help. Guide us to the straight path. The path of those upon whom You have bestowed favor, not of those who have incurred wrath, nor of those who are astray. Amen.)

### Step 4: Recite Another Surah or Verses

After **Al-Fatihah**, you should recite another portion of the Quran. This is **Sunnah** (recommended) for the first two **Raka'ahs**. You can recite any short surah, such as **Surah Al-Ikhlas** (112), **Surah Al-Falaq** (113), or **Surah An-Nas** (114).

### Step 5: Bowing (Ruku)

Say **Allahu Akbar**as you bow down. Place your hands on your knees, keep your back straight and parallel to the ground, and your head level with your back. In this position, say at least three times:

**Subhana Rabbiyal Adheem** (Glory be to my Lord, the Most Great).

It is better to repeat it more times for greater devotion.

### Step 6: Rising from Ruku (I'tidal)

Rise from the bowing position while saying:

**Sami'a Allahu liman hamidah** (Allah hears the one who praises Him).

Once you are standing upright, say:

**Rabbana lakal hamd** (Our Lord, to You be all praise).

You can also add: *Mil'as samawati wa mil'al ard, wa mil'a ma shi'ta min shay'in ba'd*(Filling the heavens and the earth, and whatever else You will).

### Step 7: First Prostration (Sujood)

Say **Allahu Akbar** and go down into **Sujood**(prostration). You should place your forehead, nose, both palms, both knees, and both toes on the ground. Your arms should be raised off the ground, and your stomach should not touch your thighs. Women may be more compact. In this position, say at least three times:

**Subhana Rabbiyal A'la** (Glory be to my Lord, the Most High).

### Step 8: Sitting Between the Two Prostrations (Jalsah)

Say **Allahu Akbar** as you rise to a sitting position. Sit on your left foot (for men) or sit with thighs together (for women), keeping your right foot upright with toes facing the **Qibla**. In this short pause, say:

**Rabbighfir li, Rabbighfir li** (My Lord, forgive me. My Lord, forgive me).

### Step 9: Second Prostration

Say **Allahu Akbar** and prostrate again, repeating the same words as in the first prostration: **Subhana Rabbiyal A'la** three times.

This completes one full **Raka'ah**.

Completing the Remaining Raka'ahs

For the second **Raka'ah**, stand up saying Allahu Akbar

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