

## Islamic studies

Topic: salat

### Meaning of Salat

Salat means prayers. salat, are prayers performed by Muslims. Facing the qibla, the direction of the Kaaba with respect to those praying, Muslims pray first standing and later kneeling or sitting on the ground, reciting prescribed prayers and phrases from the Quran as they bow and prostrate themselves in between. Salah is composed of prescribed repetitive cycles of bows and prostrations, called rakat (sing. rak'ah). The number of rak'ahs, also known as units of prayer, varies from prayer to prayer.

the ritual prayer of Muslims, performed five times daily in a set form.

### How to perform a raka'at in salat

#### Steps

Now that our wudu has been properly made we can proceed and begin to pray salah. Here are the steps of the salah:

1.Standing

2.Takbir

3.Fatihah - Recitation

4.Ruku - Bowing

5.Sujud - Prostration

6.Tashahud - Sitting

Step 1 - Make your intention to pray

Step 2 - Raise your hands to your ears and say 'Allahu Akbar"

Step 3 - Lower your hands and place them over your naval. Your right hand should be placed over your left hand

Step 4 - Keep your eyes focused on the ground in front of you

Step 5 - Recite the opening chapter of the Qur'an

When you are in this position you will say this sentence three times:

Subhanna rabbeeyal adheem

‘How perfect is my Lord, the Magnificent

Step 6 - Bow down. This is known as the ‘ruku’

When you are in this position you will say this sentence three times:

Subhanna rabbeeyal adheem

‘How perfect is my Lord, the Magnificent

Step 7 - Return to standing up again

As you are rising up from the ruku position to a standing position you will bring your hands to your ears and will say:

Samee Allahu leeman hameeda

‘Allah hears those who praise him’

Step 8 - Go down to perform prostration. This is known as ‘sujud’

As you are moving into this position say Allahu Akbar.

And also make sure your forehead, nose, palms of both hands, knees, and both toes are touching the ground.

Step 9 - Say this phrase while in sujud (prostration)

Say this sentence three times:

Subhanna rabbeeyal ‘alaa

How perfect is my Lord, the Most High

Step 10 - Rise up from sujud and sit for a moment

Say Allahu akbar as you rise from sujud and then sit on your left leg. Your left foot will rest on the floor while your right foot is upright. Place your hands on your knees.

When you are in this position it is recommended to ask Allah for forgiveness. A simple and easy dua you can say is:

Rabbigh-fir lee

O my Lord, forgive me.

Step 11 - Return to the position of sujud

You will repeat step 9 again and perform a second sujud and say subhanna rabbeeyal  
'alaa three times again.