

A New Muslim's (Men's) Simplified Prayer Guide

Important Note:
This guide is just to get you started as you learn the positions and until you learn the actual supplications that are said in each.



Start

Form an intention in your mind that you are about to pray. Raise hands to your ear lobes, saying "Allaahu akbar."



A

Place right hand over the left palm on or just below your navel. (Until you learn the full details and chapters from the Qur'an) Recite as much as you can: Subhaanallaah ; Al-hamdu-lillaah ; Laa ilaaha illal-laah ; Allaahu akbar



B

Bow down, placing hands on the knees. While bowing, say: Subhaanallaah



C

Stand up again straight, leaving hands to your sides.



D

Prostrate, with forehead and nose touching the ground. While in this position say: Subhaanallaah



E

Sit kneeling down, ideally with your feet like this: ==> Place your hands with fingers spread straight on your knees. Just stay like this for a moment.



Prostrate again like D

After the 1st or 3rd cycle of a prayer, stand up again to position A.

After the 2nd cycle of a prayer of 3 or 4 cycles, stand up again to position A.

After the 2nd or last cycle of a prayer, sit like in position E.

Say: Subhaanallaah ; Al-hamdu-lillaah ; Laa ilaaha illal-laah



End

Turn your face to the right side first, saying: As-salaamu 'alaykum. Turn your face to the left side, saying: As-salaamu 'alaykum.

Say Allaahu akbar

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