

# A New Muslimah'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.



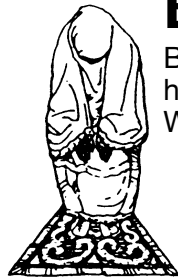
## Start

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



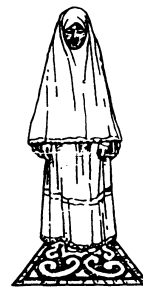
## A

Place right hand over the left palm on your chest. (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.



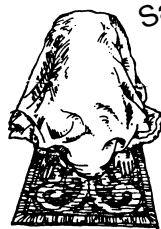
## D

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



## E

Sit with your feet spread out to the right behind you as you sit on your bottom; place your hands with fingers spread out on your knees. Just stay like this for a moment.



Prostrate again like D



## End

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

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

Say Allaahu akbar

Say Allaahu akbar

Say Allaahu akbar

Say Allaahu akbar

Say Allaahu akbar