

The Start of Prayer

From Intention to the end of Al Fatiha

Why is prayer important?

The Prophet PBUH said: “The key to Paradise is the ritual prayer”.

The prophet once told his companions: “The five set Prayers may be compared to a stream of fresh water, flowing in front of your house, into which you plunge five times a day. Do you think that would leave any dirt on your body?”

They replied: “None at all!”

The Prophet PBUH said: “Indeed, the five prayers remove sins, just as water removes dirt.”

إِنَّ الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ وَأَقَامُوا الصَّلَاةَ وَءَاتَوْا

الزَّكَاةَ لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ

يَحْزَنُونَ ﴿٢٧٧﴾



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Indeed, those who **believe** and do **righteous deeds** and **establish prayer** and give **zakah** will have their reward with their Lord, and there will be no fear concerning them, nor will they grieve.

Why is prayer important?

1. Awareness of time – gives structure
2. Equality with peers
3. Solidarity and connection with our community
4. Self confidence + empowerment
5. Responsibility and accountability
6. A shield for us throughout the day

How do we prepare ourselves for Prayer?

- The Prophet PBUH said: “And when you pray, pray as if you are saying farewell.” i.e. to the world - pray as if it were your last prayer.
- Mentally preparing ourselves through wudu.
- The Prophet PBUH said: “When performing the Prayer, one is conversing intimately with ones Lord.”

1. Think

- Who are you standing before?
- Intention?
- Directing your focus/attention – headspace?

3. Do

- Physical preparation
- Actions

2. Feel

- Reverence + respect
- Awe, fear induced by majesty
- Hope - mercy!
- Humility

“Do not offer the Prayer while you are intoxicated, until you know what you are saying” (4:43)

Du'a before prayer (optional)

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Transliteration: Subhanaka Allahumma wa bihamdika wa tabarakasmuka, wa ta'ala jadduka wa la ilaha ghairuk

Translation: 'Glorious You are O Allah, and with Your praise, and blessed is Your Name, and exalted is Your majesty, and none has the right to be worshipped but You.'

Surah Al Fatiha

Bismillah hir rahman nir raheem

Ayah 1. In the name of Allah, The Most Gracious and The Most Merciful

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Alhamdulillah Rabbil 'aalameen

Ayah 2. [All] praise is [due] to Allah, Lord of the worlds –



الرَّحْمَنُ الرَّحِيمُ

Ar-Rahmaanir-Raheem

Ayah 3. The Entirely Merciful, the Especially Merciful,



مَالِكِ يَوْمِ الدِّينِ

Maliki Yawmi-Deen

Ayah 4. Sovereign of the Day of Recompense.



إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

iyyaka na'budu wa iyyaka nastaeen

Ayah 5. It is You we worship and You we ask for help.



اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Ihdinas Siraatal Mustaqeem

Ayah 6. Guide us to the straight path –



صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا

الضَّالِّينَ

**Siraatal lazeena an'amta 'alaihim ghayril maghdoobi
'alaihim wa lad daaalleen**

Ayah 7. The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.



To be continued...