

**HOW TO PERFORM
WUDH AND PRAYER
AND ITS PROOF**

by Sheikh :
Abdullah solaiman Al-Marzooq



The Cooperative Office For Call & Guidance to Communities at Naseem Area
Riyadh -Al-Mazhar Area - Front of O.P.D of Al-Yamamah Hospital
Tel.: 2329226 - 2390194 - Fax: 2301465
P.O.Box: 51584 Riyadh 11593

English
103

HOW TO...♦♦♦

A) PERFORM ABLUTION (*Wudú*)

B) PERFORM PRAYER (*Salat*)

Written by

Abdullah Sulaiman Al-Marzuk

Dar Al-Muslim for Publishing & Distribution

CONTENTS

ABLUTION (*Wudu*)

- **How to Perform Ablution**
- **Sand Ablution (*Tayammom*)**
- **Rubbing Over Socks or Boots**
- **Total Ablution (*Ghosl*)**

PRAYER (*Salat*)

- **How to Perform Prayer**

CONCLUSION

In the Name of Allah, The Most Gracious, The Most Merciful

Praise be to Allah, The Lord of the Worlds, and His peace and blessings be upon His Messenger, our Prophet Muhammad, upon all the Messengers and Prophets of Allah, upon our Prophet's family, his companions and those who followed his guidance till the Day of Judgement.

The following report is on: How to perform ablution and how to perform prayers.

I pray to Allah to guide me in this work, and I beseech to Him that all readers may benefit from it.

Praise be to Allah, The Lord of the Worlds.

Abdullah S. Al-Marzuk

Saudi Arabia

Qaseem-Buraidah

(1416 A.H.)

ABLUTION (*Wudu'*)

Every Muslim is ordered to make ablution before performing prayer. Without ablution, prayer is invalid and unaccepted by Allah (to Him belongs all Dignity and Glory).

In the Holy Qur'an Allah says:

(O you who believe! When you intend to offer prayer, wash your faces and your arms (fore-arms) up to the elbows, rub (by passing wet hands over) your heads, and wash your feet up to the ankles. If you are in a state of '*janaba*' (= grave impurity) *i.e.* one's state after having sexual intercourse or a wet-dream), bathe your whole body.) [Holy Qur'an: 5:7]

With the revelation of this important verse, no prayer could be performed without ablution.

If using the water is impossible, or difficult, you can perform *tayammom*, (as it will be later explained).

How to Make Ablution:

1. Have the heart intention for performing ablution. Do not pronounce the intention. The Prophet (peace be upon him) used not to utter words expressing his intention for ablution.
2. Say: (*Bismillah*). This means 'In the Name of Allah.
3. Wash your hands and wrists three times, inter-rubbing between the fingers of both hands.
4. Take a palm-ful of water in your right hand. Put the water in your mouth and rinse your mouth. Do this three times.
5. Take water in your right hand. Sniff up water through your nostrils, then, blow it out. Do this three times.

6. Wash your face three times with both hands. Make sure that the water has reached all the parts of your face from the forehead to the chin, and from one ear lobe to the other.
7. Wash your right hand, arm, and elbow three times.
8. Wash your left hand, arm, and elbow three times.
9. Wet your hands, then rub over your head with them, starting from front to back, and then from back to front. Do this once only.
10. Wipe the inner side of your ears with your fore-fingers, and their outer side with your thumbs.
11. Wash your right foot up to the ankle three times.
12. Then wash your left foot up to the ankle three times.

At this stage, the ablution is completed, and now, you are ready to perform prayers.

You are not obliged to wash your organs three times. You can wash them once or twice, but it is preferable to wash them three times.

You are advised to recite the following supplication after finalizing your ablution:

*(Ash-hado alla ilaha illallah, wa Ash-hado
anna Mohammadan Abdoho wa Rasoolah.
Allahomma ijálni minattawwabeen, wajálni
minal-mottatahhireen.)*

This means:

(I bear witness that there is no god, but Allah, He is one, He has no partner, and I bear witness that Mohammad is His servant and His Messenger. O Allah, make me of those who repent for their sins, and of those who keep themselves pure.)

You can perform more than one prayer with one ablution. You do not need to renew ablution unless it is invalidated by the happening of any of the following:

1. Natural discharges; *i.e.* urine, stools, gas ...
etc.

2. Falling asleep.

3. Losing sense; *i.e.* becoming unconscious for any reason such as: madness, sickness, drunkenness or by taking drugs.

4. Eating camel meat.

Sand-Ablution (*Tayammom*):

If you do not have water, or you cannot use it because you are ill and using water will or may harm you, you are allowed to make *Tayammom* as a substitute for ablution. In the Holy Qur'an Allah says:

﴿... If you are ill or on a journey, or one of you comes from the offices of nature, or you have been in contact with women (*i.e.* a sexual intercourse) and you find no water, then take for yourselves clean earth and rub therewith your faces and hands. Allah does not wish to place you in difficulty, but He wants to purify you and to complete His favor upon you that you may be thankful.﴾
[Holy Qur'an, 5:7]

Tayammom is performed as follows:

1. Have the intention within your heart of performing *Tayammom*.
2. Strike both hands on pure earth or sand.
3. Shake both hands off the clinging dust by striking them against each other, and wipe your face with them once, then wipe the right hand with the left hand, and then the left hand with the right one.

At this stage Tayammom is completed, and now you are ready to perform prayer.

You can perform more than one prayer with one Tayammom.

Tayammom is invalidated by finding water and by the happening of any of the following:

1. Natural discharges.
2. Falling asleep.
3. Losing sense.
4. Eating camel meat.

Tayammom shows one of the facilities of Islam.

Rubbing Over Socks or Boots:

It is permissible for a Muslim to perform ablution, then to put on his socks or ankle-lengthed boots with having to take either 24 hours if in place of residence, or 3 days when travelling. It is enough

to just rub over them when renewing ablution within the allowed time mentioned.

This also shows one of the facilities of Islam.

Total Ablution (*Ghusl*):

One should bathe in case of being in the state of major impurity (*i.e.*: having sexual intercourse, wet dream or —with women— finishing menstruation or having finished child birth period).

PRAYER (*Salat*)

Performing prayer is the second pillar of Islam. Our prophet, Mohammad (peace and blessings of Allah be upon him said:

“Islam is built upon five (pillars) *i.e.*: Bearing witness that there is no god but Allah, and that Mohammad is the messenger of Allah, performing the prayers, giving poor-due, fasting (the month of)

Ramadhan, and making pilgrimage to the Sacred House by those who can afford the journey thereto, and physically fit.

A Muslim is ordered to perform five obligatory prayers every day. These prayers are:

a) Early morning prayer (*Fajr* prayer)

It consists of two units of prayer (two *raka'at*). Its time begins at the true dawn (about 1½ hours before sunrise) and extends until the sun rises.

b) The noon prayer (*Dohr* prayer):

It consists of four units of prayer. Its time begins a little after the sun has passed the meridian and extends until the beginning of the time of the afternoon prayer.

c) The afternoon prayer (*Asr* prayer):

It consists of four units of prayer. Its time enjoined when the shadow of an object is equal to its own length plus the length of its noon time shadow, and extends until the sun turns yellow. In necessity, it lasts until the sunset.

d) The sunset prayer (*Maghrib* prayer)

It consists of three units of prayer. Its time begins soon after sunset and lasts until the disappearance of the twilight.

e) The night prayer: (Isha prayer):

It consists of four units of prayer. Its time begins soon after the disappearance of the twilight, and lasts until midnight.

A Muslim must perform each prayer in its due time. In the Holy Qur'an Allah says:

﴿Verily the prayer at fixed time is enjoined on believers.﴾ [Holy Qur'an, 5:103]

If a Muslim delays one of the prayers until its time ends, he will commit a grievous and punishable sin if there is no reasonable excuse. He should repent to Allah and ask for forgiveness. He also should refrain from recommitting it.

Allah threatens those who delay their prayers from their fixed times. He states:

﴿So Woe unto those worshippers who delay their prayer from its stated fixed time.﴾

[Holy Qur'an, 107:4-5]

Any one who does not perform prayers is not a Muslim. Our prophet, Mohammad (Peace and blessings of Allah be upon him) clarifies: "There is nothing between man and Polytheism and Blasphemy but abandoning prayers." He also says: "The obligation which distinguishes between us and the unbelievers is prayer, therefore whosoever desists prayer becomes an unbeliever."

How to perform prayer:

1. Perform the ablution to cleanse your body. Your clothes and the place you want to pray in should be clean as well.

2. Turn your face towards the Holy Kaaba at Makkah, intending by heart to perform the prayer which you want to fulfil. You do not need to pronounce the intention.

3. Raise your hands up to the level of the shoulders saying: (*Allaho Akbur*) which means: (Allah is the greatest).

4. Lower your hands and put your right hand over the left one, and put them both on your chest.

5. Recite the following invocation: (*Sobhanak Allahomma wa-bi-hamdik, wa tabaraka-smok, wataala jaddok, wala ilaha ghairok.*)

This invocation is called: (*Doáa Al Istifta*). It means:

(Praise and Glory be to Allah. Blessed be Your name. Exalted be Your Majesty. There is no god but you.)

6. Say: (*A'outho billahi minash-shaitanir-rajeem*).

This means: (I seek refuge in Allah from the accursed Satan.)

Then say: (*Bismillah Ar-Rahman Ar-Raheem*), which translates:

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

7. Recite the opening Surah of the Holy Qur'an which is called (*Al-Fatihah*). Here it is:

(Al-hamdo Lillahi Rabbil 'Alameen. Arrahmanir-Raheem. Maliki yawmiddeen. Iyyaka na'bado wa iyyaka nastaeen. Ihdinas-siratal mostakeem. Siratal-latheena a'na'mta alaihim, ghairil maghdoobi alaihim walad-dhalleeen). Ameen

This Surah means:

(Praise be to Allah the Lord of the Worlds. The Most Gracious the Most Merciful. Master of the day of Judgment. We worship You alone, and we seek Your help. Guide us along the straight path. The path of those on whom You have bestowed Your favours. Those whose (portion) is not wrath, and those who go not astray). Amen.

8. You are advised to recite some verses from the Holy Qur'an, or to recite a complete Surah (if possible). Here are some short Surahs:

a) (*Qol howallaho Ahad. Allahos-Samad. Lam yalid walam yoolad. Walam yakon lahoo kofowan ahad.*)

This Surah means:

(Say he is Allah the One and Only. The self Existing and besought of All. He begets not nor is he begotten. And there is none like unto him.)

b) (*Inna áátainakal Kawthar. Fasalli lirakbbika wanhar. Inna shanniáka howal abter.*)

This Surah means:

(Surely we have bestowed upon you (Mohammad) the abundance of every kind of good (one of which is the Rivekr of Al-Kawthar in the Hereafter). So, pray to your Lord and offer Him sacrifice. It is your enemy whose line will be cut off).

9) Then, raising your hands up to the level of your shoulders and saying (*Allaho Akbur*), bend down your trunk—making your head and back on one level, and putting your hands with the fingers spread on your knees.

10) Say: (*Sobhana Rabbiyal Adeem.*) which means:

(Glorified is my Lord. The Great). You are advised to say it three times.

11) Raise your head up from bowing, raising your hands up to the level of your shoulders and say: (*Sami-Állaho liman hamidah.*) Which means:

(Allah hears him who praises Him.)

12) Say: (*Rabbana walakal hamd*). This means: (Our Lord! Praise be for you.)

13) Prostrate saying: (*Allaho Akbur*).

In prostration, the following organs should touch the ground: The forehead, the nose, both hands, both knees, and the internal parts of the toes.

14) Say the following while prostrating: (*Sobhana Rabbiyal Aála*). It means: (Glorified is my Lord, the Exalted.) You are advised to say it three times.

15) Raise your head saying: (*Allaho Akbur*).
Seat yourself on your left foot and straighten up your right foot in a vertical position. Put your hands on your thighs and knees.

16) Say: (*Rabbighfir lee, warhamny, wahdinee, warzoknee, wáafinee, wajborny.*)

This means: (O my Lord, forgive me, have mercy on me, guide me, provide me with Your blessings, heal me and console me.)

You can suffice with: (*Rabbighfir lee*), which means: (O my Lord forgive me).

17) Prostrate again saying: (*Allaho Akbur*). Repeat during this prostration what you did and said in the first prostration.

18) Stand up saying: (*Allaho Akbur*). Recite the (*Fatihah*) and some other verses of the Holy Qur'an, and do as you did in the first unit of prayer (*Rakáh*).

19) If the prayer consists of two units of prayer—as the morning prayer— sit after the second prostration and recite the (*Tashahhod*). Here it is:

(Attahiyato lillahi wassalawato wattayibat. Assalamo álaika ayyahannabiyo warahmatol lahi wabarakatoh. Assalamo alaina wa ala ibadill ahissaliheen. Ash-hado alla ilaha illallahoh, wa ash-hado anna Mohammadan abdoho wa rasooloh.

Allahomma salli ala Mohammad, wa ala aali Mohammad, kama sallaita al Ibraheem, wa al áali Ibraheem, innaka Hameedon Majeed.

Wabarik ala Mohammad, wa ala aali Mohammad. Kama barakta ala Ibraheem, wa ala aal Ibraheem, innaka Hameedon Majeed.)

The meaning of this (*Tashahhod*) is:

(Greetings, prayers and the good things of life belong to Allah. Peace, Mercy and blessing of Allah be upon you O Prophet. Peace be upon us and upon the devout slaves of Allah. I bear witness that there is no god but Allah, and I bear witness that Mohammad is His slave and Messenger.

O Lord! Bless Mohammad and his family as You blessed Abraham and his family. You are the Most Praised, The Most Glorious.

Bestow Your Grace on Mohammad and his family as You bestowed it on Abraham and his family. You are the Most Praised, The Most Glorious.)

After reciting the (*Tashahhod*), you are advised to ask Allah's protection from torment of Hell, torment of the grave, the trials in life-time and after death, and from the imposter Anti-Christ, and also to ask Allah for whatever you wish in this life and the life to come.

20) Turn your face to the right saying: (*Assalamo alaikom wa rahmatollah*), and then turn it to the left saying: (*Assalamo alaikom wa rahmatollah*.)

This salutation ends the prayer, and it means: (Peace and Mercy of Allah be on you).

21) If the prayer consists of three units of prayer (three *rakaat*) as that of Sunset prayer (*Maghrib* prayer), stand up after reciting the *tashahhod* saying: (*Allaho Akbur*), and raising your hands up to the level of your shoulders. Put your right hand over your left one, and put them both on your chest.

22) Say: (*Bismillah Ar-Rahman Ar-Raheem*), then recite (*Al-Fatihah*) and perform the third unit of prayer as the second one. Recite the *Tashahhod* and ask Allah for whatever you wish. Finish your prayer by turning your face to the right, then to the left while saying: (*Assalamo alaikom wa rahmatollah*) as it has been explained before.

23) If the prayer consists of four units of prayer as that of the noon prayer (*Dohr* prayer), the afternoon prayer (*'Asr* prayer) or the Night prayer (*'Isha* prayer), stand up after the first (*Tashahhod*), and perform two units of prayer as the first two ones. Finish your prayer by the salutation which is (*Assalamo alaikom wa rahmatollah*.)

When you finish your prayer, you are advised to ask Allah's forgiveness saying three times:

(*Astaghfirollah*).

Then say:

*(Allahoma antas-Salamo wa minkassalam.
Tabarakta ya Jhal Jalali wal Ikram.)*

This means:

(O Allah, You are the Peace and peace comes from You. Blessed be the possessor of Majesty and Reverence).

Then ask Allah—your Lord—whatever you wish in this life and the life to come.

Then you are advised to say the following:

1. (*Sobhanallah*) which means: (Glory be to Allah).

2. (*Al hamdo Lillah*) which means: (Thanks be to Allah).

3. (*Allaho Akbur*) which means: (Allah is the greatest).

Say each one thirty three times. Then say once:

*(La ilaha illallah wahdaho la shareeka laho,
lahol molko walahol hamdo wahwa ala kolli shai-in
qadeer.)*

This means:

(There is no god but Allah. He is the one. He has no partner. His is the Dominant, and to Him alone is the praise. He has power over all things.)

In conclusion of this report, I ask Allah—again—that all readers make use of it, and I ask Him the reward in the hereafter.

Praise be to Allah and peace and blessings be upon our Prophet Mohammad, his family, his companions and upon those who follow their guidance until the day of Judgment.

كيف تتوضأ وتصلي؟

دليل عملي للتوضوء والصلاة

تأليف الشيخ

عبدالله بن سليمان المرزوق



الكتب التعاليمية للدراسة والأركان الروحية الجليلية بالصين

الرياض - حي النصار - مقابل الميناءات الخارجية لمستشفى البعثة

هاتف: ٢٢٢٨٢٢٦ - ٢٢٥٠١٩٤ فاكس: ١٤٦٥ - ٢٢

ص.ب: ١٥٨٤ الرياض ١١٥٥٣

انجليزية

١٠٣