

First Necessities as a New Muslim

Bismillāh al-Raḥmān al-Raḥīm

GHUSL-A complete bodily wash for complete purification. It is highly recommended upon entering Islam to enter into the religion with bodily purification and symbolically *wash away* one's former practices (although it is expiated with the testimony). Ghusl is obligatory whenever one is in a state of major (sexual) uncleanness [this is orgasm, or when the penis and vagina meet (whether there is excretion or not) or upon completion of menses or post-partum bleeding] before reciting the Qur'an or praying.

PROCESS: 1-Make the intention in your heart to make *ghusl*. 2-Take a complete bath or shower making sure water gets to every spot of the body including the roots of the hair/scalp.

NOTE: Pre-sexual lubricant that comes from the member when aroused does **not** necessitate *ghusl* (just rinse the member, lightly rinse the clothing that may have been touched and make wuḍoo' in this case). Also, whenever you make *ghusl*, that covers wudhoo, but it is recommended to do both together (in the shower).

WUḌOO' (Ablution) – A spiritual purification wash required for prayer unless ghusl is needed.

PROCESS: 1-Make the intention in your heart to perform wuḍoo'. 2-Say "Bismillaah" (In the Name of Allah). 3-Rinse your hands up to the wrists 3 times with water. 4-Rinse your mouth 3 times. 5-Take water in your nose and blow out 3 times. 6-Wipe over your whole face (and run hands through beard) 3 times. 7-Wash your right forearm up past the elbow 3 times, and then your left. 8-Wash your scalp (from forehead to the nape and around the ears) *once*; 9-Wash each foot up to and including the ankles 3 times.

NOTE: Make it a continuous action. **Your wuḍoo is still valid until you:** sleep, let anything come out from your private parts (even gas), or touching the privates without a cloth barrier. **Note:** it is not a sin to "lose your wuḍoo" or "need to make ghusl", but it is a heightened spiritual state required for prayer.

SALAAH (Prayer) – Formal prayer, required from every sane, pubescent Muslim 5 times daily.

TIMES: **Dawn (Fajr-2 units)**- Within 1 hour before sunrise; **Noon (Dhuhr-4 units)**-Right as the sun declines from its zenith until; **Afternoon ('Asr-4 units)**-When the shadow is the corresponding length until; **Sunset (Maghrib-3 units)**-Right after sunset (lasts about 30-90 minutes depending) until; **Evening ('ishaa'-4 units)**-After the redness of sky disappears until the middle of the night.

Begin by facing "the qiblah" Mecca (approximately Northeast from America); be in a clean pure place; cover your 'awrah [everything except face for females; from below knee to covering the shoulders for males]

This is your personal appointment with Allah wherein you do just as His Messenger (Peace & Blessings Be Upon Him) did 1400 years ago and all Muslims since then similarly. Allah is the One Who provided you with 24 hours a day to live with, so it is nothing to give back a few minutes every-so-often throughout, and the rest will be more bountiful inshaa'Allah. This is for your own benefit and need, but Allah has no needs. Do your best to perform the prayers as early as possible *within their time slot* so that they do not become a burden. They are good deeds themselves, as well as an expiation of sins committed between them. The prayer is your chance to escape the outside world and truly flee to Allah, the One Who Created you and is capable of giving you all you could possibly want and need and save you from every worry and distress. When praying and prostrating, take that time to complain to Allah and beg Him of your needs, especially forgiveness and guidance.

Prophet Muhammad ﷺ (Peace Be Upon Him) said, "Pray as you see me pray." [Bukhari]

PROCESS: 1-Make sure conditions are set, and stand with feet shoulder-length apart, and fix your eyes on a spot on the floor in front of you. Whatever is NOT underlined is to be whispered silently to yourself but the underlined words are read aloud between movements.

2-Make the intention in your heart: know which prayer you are going to perform.

3-Raise your hands (palms out) to shoulder or ear level and say "**Allaahu Akbar**" [Allah is Greater].

4-Place your hands upon your chest (right hand over the left wrist/forearm).

5-**Recite Qur'an** [Surah Faatiha and a small part of the Qur'an in the first 2 units, then just Surah Faatiha in any remaining units. This is done silently except in the first 2 units of the Dawn, Sunset and Evening prayers in which they are better recited aloud with beautification in line with rules of recitation and pronunciation.]

[recite what you know of al-Faatihah, you may use a note card to help you until you memorize it completely.
Reciting more than al-Faatihah is not required but recommended in first 2 units.]

A'oothu billaahi minash-Shaytaanir-Rajeem*; [1] **Bismil-laahir-Rahmaanir-Raheem***

[2] **Alhamdu-lillaahi-Rabbil-'Aalameen**; [3] **Ar-Rahmaanir-Raheem**; [4] **Maaliki-Yawmid-deen**;

[5] **Iyyaaka-na'budu wa iyyaaka nasta'een**; [6] **ihdinaS-SiraaTal-Mustaqeem**; [7] **SiraaTal-latheena an'amt** 'Alayhim; **ghayril-maghDoobi 'Alayhim**; **walaD-DAAalleen. Aameen.**

*These two statements are always said silently to yourself.

6-Say "**Allaahu Akbar**" and go into ruku' (bowing position with hands on knees).

7-Say "**Sub-haana Rabbiyal 'Azheem**" [Glory to my Lord the Most Great] 3 times.

8-Rise from ruku'/bowing while saying "**Sami'Allaahu liman hamidah**" [Allah hears those who praise Him].

9-When standing straight up, hands at your sides (natural position) say "**Rabbanaa wa lakal-hamd**" [Our Lord, Praise is for You.]

10-Say "**Allaahu Akbar**" and prostrate to the ground on seven parts [feet together (toes pointing ahead of you, not behind you), knees, palms of hands, and forehead/nose].

11-While in prostration, say "**Sub-haana Rabbiyal a'laa**" [My Lord, the Most High is free from imperfection] 3 times.

12-Raise your head, say "**Allaahu Akbar**" and come to a sitting position. Say "**Rab-bigh-fir-lee**"

13-Say "**Allaahu Akbar**" and prostrate again.

14-While in prostration, say "**Sub-haana Rabbiyal-a'laa**" thrice, and ask Allah for what you need most (particularly guidance to be a good, steadfast Muslim, and to incline one's heart to loving Islam). The best invocations are those of the Prophet (peace be upon him)

15-Briefly sit up. [This is one complete unit, after this you stand back up and return to step # 4 and go through this process once more whilst remaining in the prayer, not pausing for any other activities].

16-After the 2nd prostration of the 2nd unit, sit in pause, rest your left hand on your left thigh and your right fist on right thigh with index finger extended; sit on your left foot and keep your right foot folded and upright and say, "**At-tahiyyaatu lillaahi wasSalaatu waT-Tayyibaat; AsSalaamu Alayka ayyuhan-Nabee waRahmat-ullaahi wa Barakaatuh; as-Salaamu 'alaynaa wa 'alaa 'ibaa-dillaahiS-Saaliheen; Ash-hadu an laa ilaaha ill-Allaah, wa ash-hadu anna Muhammadan 'abduhu wa Rasooluh.**" [If it is dawn prayer go to #19]

17-Then say "**Allaahu Akbar**", stand up and repeat #'s 4-15 until the last unit of your prayer (Sunset only has three; noon, afternoon, and evening have four).

18-In your last unit, say what you said in #16 and add "**Allaahumma Salli 'alaa Muhammadin wa 'alaa aali Muhammadin kamaa Sallayta 'alaa Ibraaheema wa 'alaa aali Ibraheem. Innaka Hameedun Majeed. Allaahumma Baarik 'alaa Muhammadin wa 'alaa aali Muhammadin kamaa baarakta 'alaa Ibraaheema wa 'alaa aali Ibraaheem. Innaka Hameedun Majeed.**"

19-Finish the prayer by turning your head to the right and say "**As-Salaamu Alaykum wa-Rahmat-ullaah**", and to the left saying "**As-Salaamu Alaykum wa-Rahmat-ullaah.**"

The prayer—even with the minimum steps—is to be performed with solemnity and tranquility—not *rushed*—the motions are fluid, coming to a brief rest between each step. Your prayer is broken by laughing, eating/drinking, talking to anyone other than Allah, breaking wuḍoo', or *excessive* exposure of the 'awrah, unnecessary movement, or removal from prayer direction.

والله أعلم، وصلى الله على محمد وعلى آله وصحبه وسلم تسليماً كثيراً. سبحانك اللهم وبحمدك أشهد أن لا إله إلا أنت وأستغفرك وأتوب إليك