

Ilm Essentials

Salāh Lesson 4

Integrals of the Prayer

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Integrals of the Prayer

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- Together with the 7 pre-conditions, these 6 integrals comprise the fard parts of the prayer
 - ▣ Takbīr tahrīmah (the opening takbīr)
 - ▣ Qiyām (standing)
 - ▣ Qirā'ah (recitation of the Quran)
 - ▣ Rukū (bowing)
 - ▣ Sajdah (prostration)
 - ▣ Qa'dah ākhirah (the final sitting)

Takbīr Tahrīmah

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- Takbīr means to say “Allahu Akbar”
 - ▣ Tahrīmah means “forbidding”
 - Takbīr tahrīmah restricts a person from performing actions which would normally be permissible
- This takbīr is said at the beginning of prayer
 - ▣ Marks entry into the prayer
 - Must be attached to your intention
- Must be recited audibly, such that you can hear it yourself
 - ▣ Must be recited in the standing position before rukū
- This is the only takbīr for which the hands are raised
 - ▣ Except for the witr and eid prayers

Takbīr Tahrīmah: Performance

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- Begin with your hands at your sides
 - ▣ For men, the sunnah is to raise the hands until the thumbs are level with the earlobes, from outside his garment
 - Fingers should be spread at a normal distance
 - Palms should face the Qiblah
 - ▣ For women, the sunnah is to raise the hands until the chest/shoulders, from under her outer garment
 - Fingers should be close together
 - Palms should face the Qiblah
 - ▣ Pronounce the takbir as you bring your hands down
- The recitation of all the takbīrs in the prayer should begin at the start of the action and finish at its end

Qiyām

6

- Qiyām (standing) is fard for all fard and wājib prayers
 - ▣ “And stand before Allah with obedience/silence” (Quran 2:238)
- For sunnah and nafl prayers
 - ▣ If you sit without an excuse
 - You get 1/2 the reward
 - ▣ If due to an excuse, full reward
 - Sunnah of Fajr must be prayed standing
- Men should stand with their feet spaced the width of four spread fingers
 - ▣ Women should stand with their feet close together

Qirā'ah

7

- Qirā'ah (recitation of the Quran) of at least a single verse is fard in 2 rakāh of every fard prayer
 - ▣ In every rakāh of a wājib, sunnah or nafl prayer
 - “So read whatever is easy for you from the Quran” (Quran 73:20)
- This recitation must be in Arabic with proper pronunciation
 - ▣ One who cannot recite the Quran should recite tasbīh, tahlīl or takbīr until they can learn enough Quran
- The recitation must be uttered such that you can hear yourself, assuming a quiet environment

Recitation Behind the Imām

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- The follower (muqtadī) will not recite Quran behind the imām because the recitation of the imām suffices for the follower
 - ▣ Recitation of the follower is makrūh tahrīm
 - “When the Quran is recited listen to it and be silent, so that you may receive mercy” (Quran 7:204)
 - ▣ Applies to both the silent and audible prayers
 - Only applies to the standing position

Rukū

9

- Rukū (bowing) means to bend forward at the hips
- Minimum to fulfill the fard is to bend down until your fingertips reach the tops of your knees
 - ▣ For men, the sunnah is to bend down such that the back is arched at 90 degrees (i.e. the head is level with the hips)
 - Place the hands upon the knees with fingers spread
 - Gripping the knees
 - The elbows will be away from the body
 - ▣ Women should bend down only slightly, while keeping the knees slightly bent
 - The fingers will be kept close together
 - Place the palms upon the knees without gripping them
 - The elbows will be kept close to the body

Sajdah

10

- Sajdah (prostration) is fard in every rakāh of every prayer except the janāzah prayer
 - ▣ Both sajdah are fard
- Seven body parts must touch the ground while performing sajdah
 - ▣ Feet
 - ▣ Knees
 - ▣ Hands
 - ▣ Nose
 - ▣ Forehead

Sajdah

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- During sajdah, for men, it is not correct to put just the tops of the feet on the ground
 - ▣ Some portion of the toes must touch the ground
 - For at least the time of one subhāna ‘Llāh
- When performing sajdah, you should press down lightly with your nose and forehead
 - ▣ If you did sajdah with the forehead, leaving out the nose, the sajdah is valid
 - If with the nose, leaving out the forehead, it is invalid

Sajdah

12

- Necessary that you can feel the hardness of the ground beneath your forehead
 - ▣ Must be something on which the forehead can completely settle
- If you prostrate on something soft (grass, thin blanket, thick turban)
 - ▣ Must push down to feel the ground below
 - If the item is such that you cannot feel the hardness of the ground below (mattress, hay, snow, etc.), the sajdah is not valid

Sajdah

13

- Fard to rise from the 1st sajdah to a position close to sitting
 - ▣ And then return for the 2nd sajdah
- The place of sajdah should not be higher than the place of the feet
 - ▣ If the difference is greater than half an arms length the sajdah is invalid
 - Unless it is due to need where one prostrates on the back of another, who is performing the same prayer

Sajdah: Performance

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- When going into sajdah, recommended that the body touch the ground in this order
 - ▣ Knees
 - ▣ Hands
 - ▣ Nose
 - ▣ Forehead
- When rising, the order will be reversed
- Your fingers should be together and point in the direction of the Qiblah
- Your face should be between your 2 hands

Sajdah: Men's Performance

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- Men will perform sajdah with the arms held apart from the sides of the body and raised off the ground
 - ▣ Don't disturb others when praying in jamā'ah
- The hips should also be raised so that the stomach is away from the thighs
- You should sit up on your toes so that they point in the direction of the Qiblah

Sajdah: Women's Performance

16

- Women should perform sajdah with the body drawn in/contracted
 - ▣ So that the thighs touch the stomach
 - The arms are drawn in
 - ▣ Your forearms up to the elbow should rest on the ground
- Between the 2 sajdah you will sit taking both feet out to the right
 - ▣ Such that the right calf rests upon the left foot
 - The weight of the right thigh will bear (slightly) on the left
 - And your bottom will rest on the ground

Final Sitting

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- Qa'dah ākhirah (the final sitting) refers to the final sitting in the prayer
 - ▣ Depending on the prayer, it can come at the end of the 2nd, 3rd or 4th rakāh
 - Can be your first/only sitting, second or third
- Sitting for the measure of the tashahhud is fard
 - ▣ This must be in the actual final rakāh
 - Irrelevant of whether you realized which is your final rakāh

Final Sitting

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- There is no difference in posture among the earlier and final sittings
 - ▣ The sitting between the 2 sajdah will be just like the sitting in tashahhud
- When saying the shahādah you will raise your right index finger when you reach “lā ilāha”
 - ▣ At the same time form a ring by bringing the tips of the thumb and middle finger together
 - And also bringing in the tips of the remaining fingers
- Then lower the index finger at “illa ‘Ilāh” while maintaining the ring formation

Final Sitting: Men

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- The sunnah for men is to put the left foot down flat on its side and sit upon it
 - ▣ While keeping the right foot upright with the toes toward the Qiblah
- When sitting, recommended to put the hands upon the thighs, with the fingers pointing toward the Qiblah
 - ▣ The fingers should not extend beyond the knee
 - They will be spread at a normal span

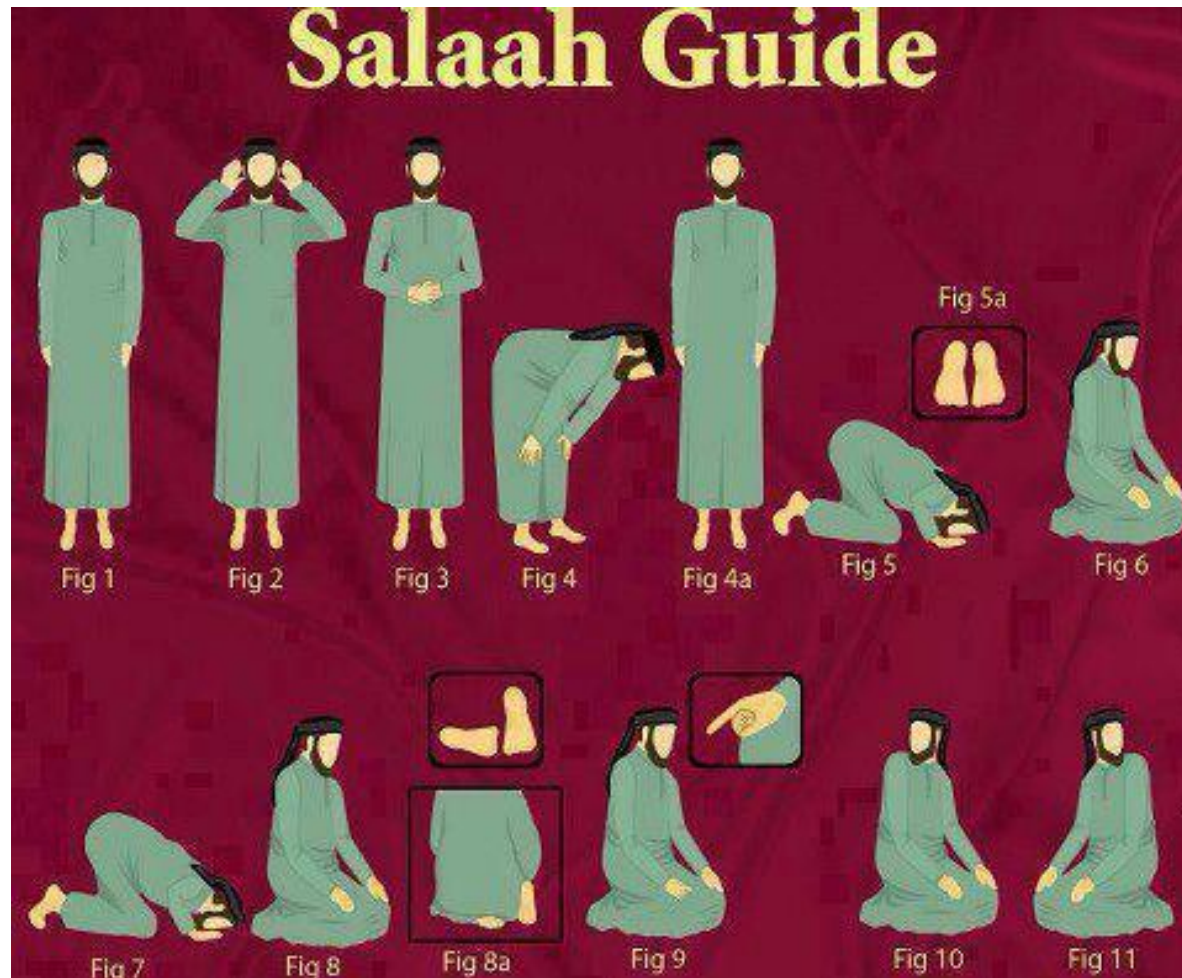
Final Sitting: Women

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- Women will sit on the left hip, taking both feet out to the right
 - ▣ Such that the right calf rests upon the left foot
 - And the weight of the right thigh bears (slightly) on the left thigh
- The feet will lay flat on the ground and will not stand erect
- The hands will rest on the thighs with the fingers close together

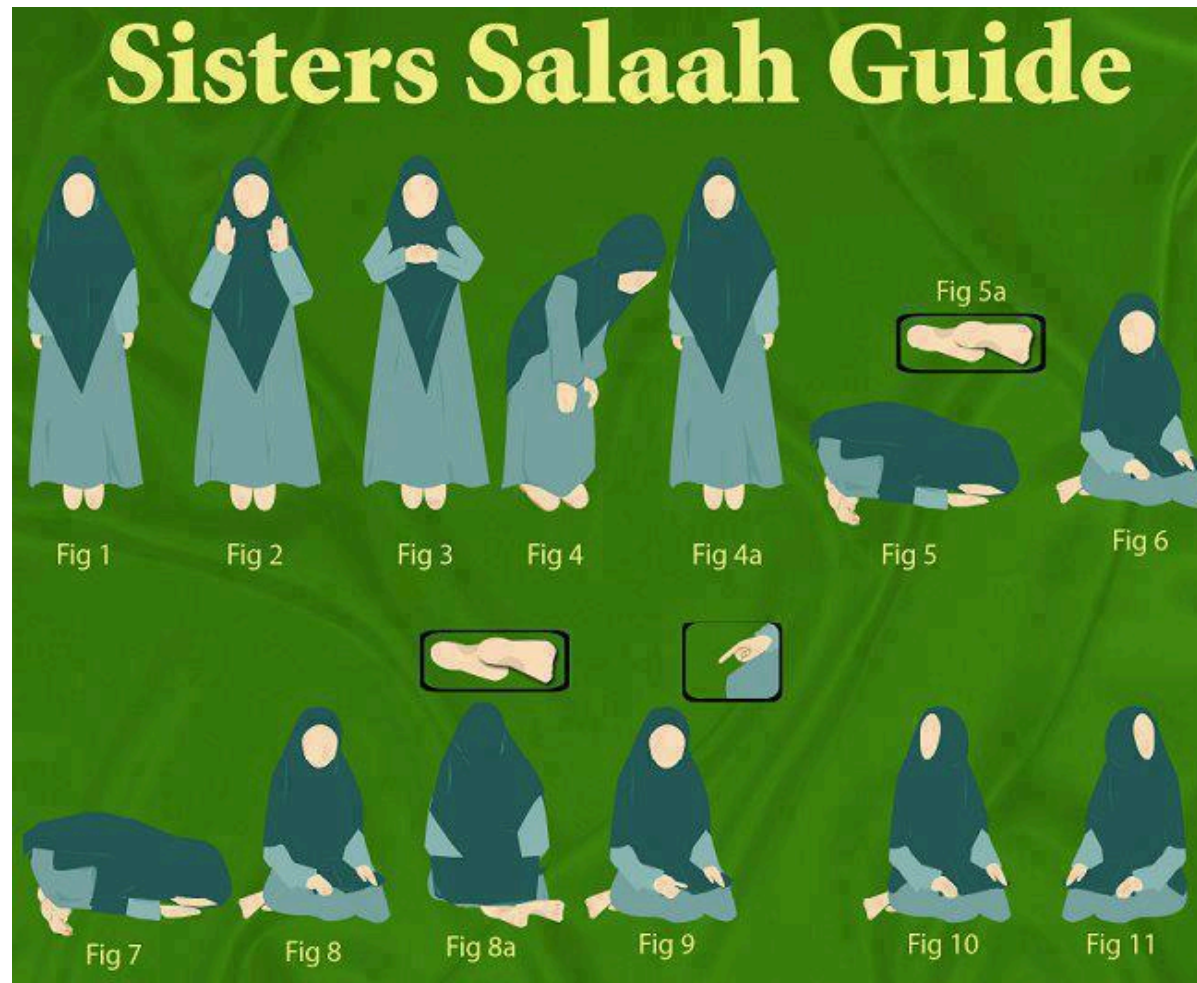
Positions of the Prayer (Men)

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Positions of the Prayer (Women)

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Integrals of the Prayer

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- If any of the integrals are left without a valid excuse
 - ▣ Prayer is invalid and must be performed anew
- If any of these 13 fard were left from past prayers
 - ▣ Those prayers must be made up
 - Provided you are sure you missed them
 - Check with a scholar first
- Necessary to have knowledge of the salāh, such that you can differentiate the obligatory characteristics from the sunnah ones

Questions and Discussion

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- Article in Student Section
 - ▣ Women's Prayer Differences