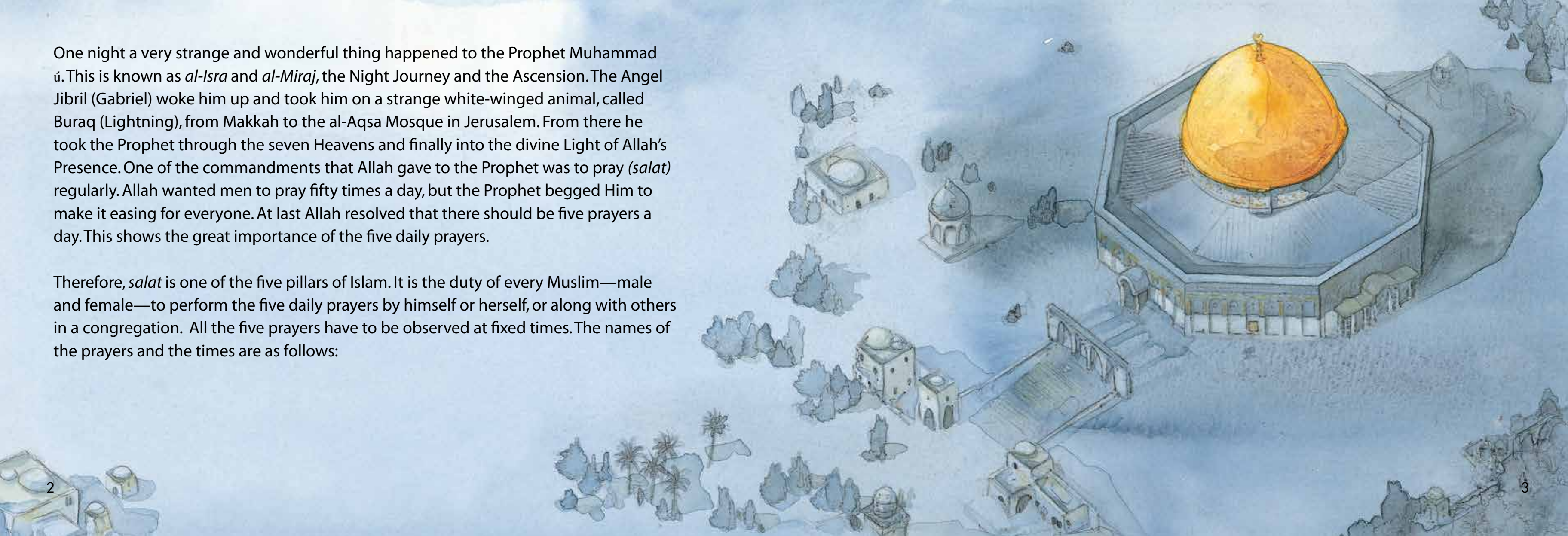


One night a very strange and wonderful thing happened to the Prophet Muhammad ﷺ. This is known as *al-Isra* and *al-Miraj*, the Night Journey and the Ascension. The Angel Jibril (Gabriel) woke him up and took him on a strange white-winged animal, called Buraq (Lightning), from Makkah to the al-Aqsa Mosque in Jerusalem. From there he took the Prophet through the seven Heavens and finally into the divine Light of Allah's Presence. One of the commandments that Allah gave to the Prophet was to pray (*salat*) regularly. Allah wanted men to pray fifty times a day, but the Prophet begged Him to make it easing for everyone. At last Allah resolved that there should be five prayers a day. This shows the great importance of the five daily prayers.

Therefore, *salat* is one of the five pillars of Islam. It is the duty of every Muslim—male and female—to perform the five daily prayers by himself or herself, or along with others in a congregation. All the five prayers have to be observed at fixed times. The names of the prayers and the times are as follows:





## فجر

*Fajr*, or Early morning prayer: two *rakahs*, between dawn and sunrise.

## ظهر

*Zuhr*, or Noon prayer: four *rakahs*, between noon and mid-afternoon.

## عصر

*Asr*, or Afternoon prayer: four *rakahs*, between mid-afternoon and sunset.

## مغرب

*Maghrib*, or Sunset prayer: three *rakahs*, between sunset and early evening.

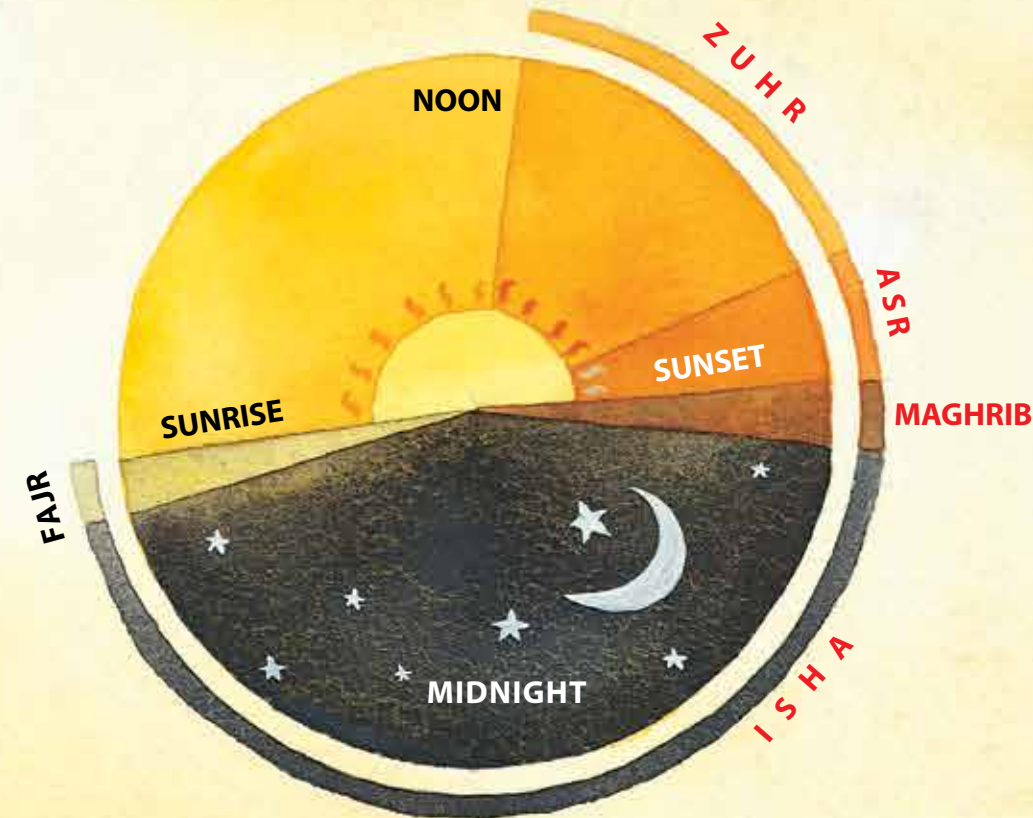
## عشاء

*Isha*, or Evening prayer: four *rakahs*, between the disappearance of twilight and the coming of the dawn.





*"Recite what is sent of the Book to you, and perform regular Prayer:  
for Prayer restrains from shameful and evil deeds."  
The Holy Quran, 29:45*



*Timings of Daily Prayers*



After doing *wudu*, make known your intention to pray.

1 Raising your hands to your ears, say, "Allahu akbar" (اللَّهُ أَكْبَرُ) then place the right hand over the left hand on the navel.

2 Read "Subhanaka Allahumma wa bi hamdika wa tabarakasmuka wa ta'ala jadduka wa la ilaha ghairuk.

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ.

A'udhu billahi minash-shaitanir-rajim. Bismillahir-rahmanir-rahim."

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.

Allah, all glory and praise belong to You alone. Blessed is Your name and exalted is Your Majesty, there is no god but You. I seek refuge in Allah from the cursed Satan. In the name of Allah, the Compassionate, the Merciful.

3 After this read, "Alhamdu lillahi rabbil-amin, ar-rahmanir-rahim. Maliki yawmiddin. Iyyaka na'budu wa iyyaka nasta'in.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. الرَّحْمَنِ الرَّحِيمِ. مَلِكِ يَوْمِ الدِّينِ. إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ. اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ.

Ihdinassiratal-mustaqim. Siratal-ladhina an'amta 'alayhim, ghayril-maghdubi 'alayhim waladdallin. Amin."

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ.

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ. آمِينَ.



1



2

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