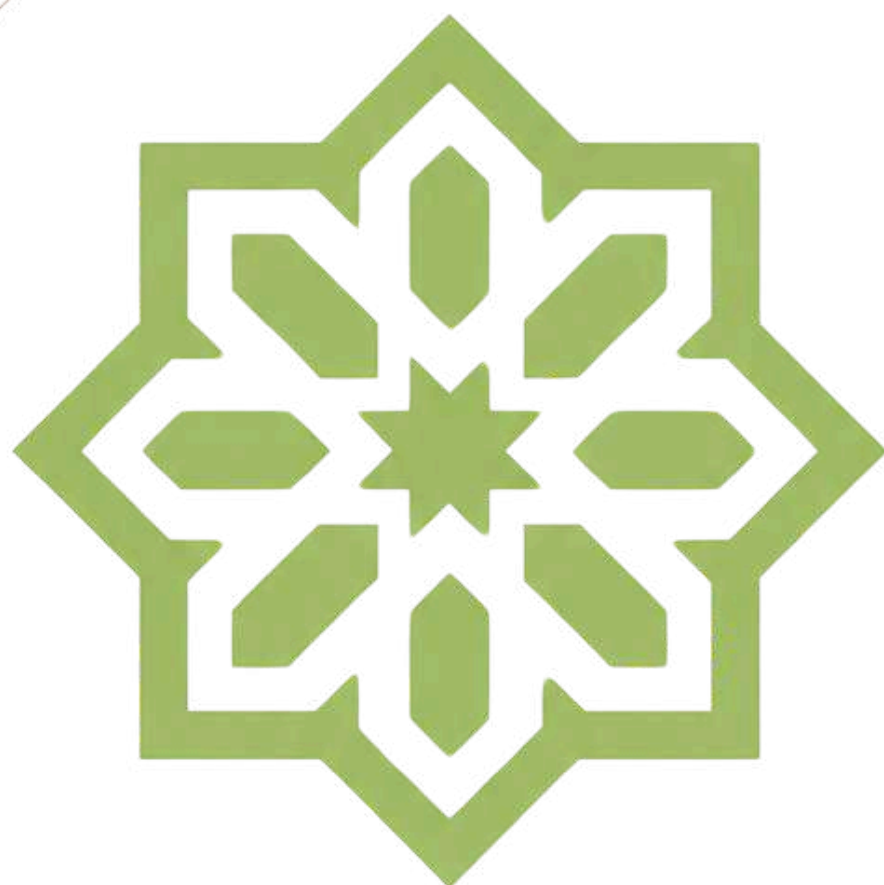




الصلاة



THE SALAH HANDBOOK

A PRACTICAL HANDBOOK FOR SALAH

MEADOWVALE ISLAMIC CENTER



Imam Sarmad Sajid

2026



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This handbook is organized into four khutbahs.
Each section builds upon the next to help you
correct your prayer and deepen your khushu'.

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COMMON MISTAKES IN SALAH

Khutbah 01 - July 24

Identify and correct common mistakes that affect
the quality and validity of our prayer.



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II

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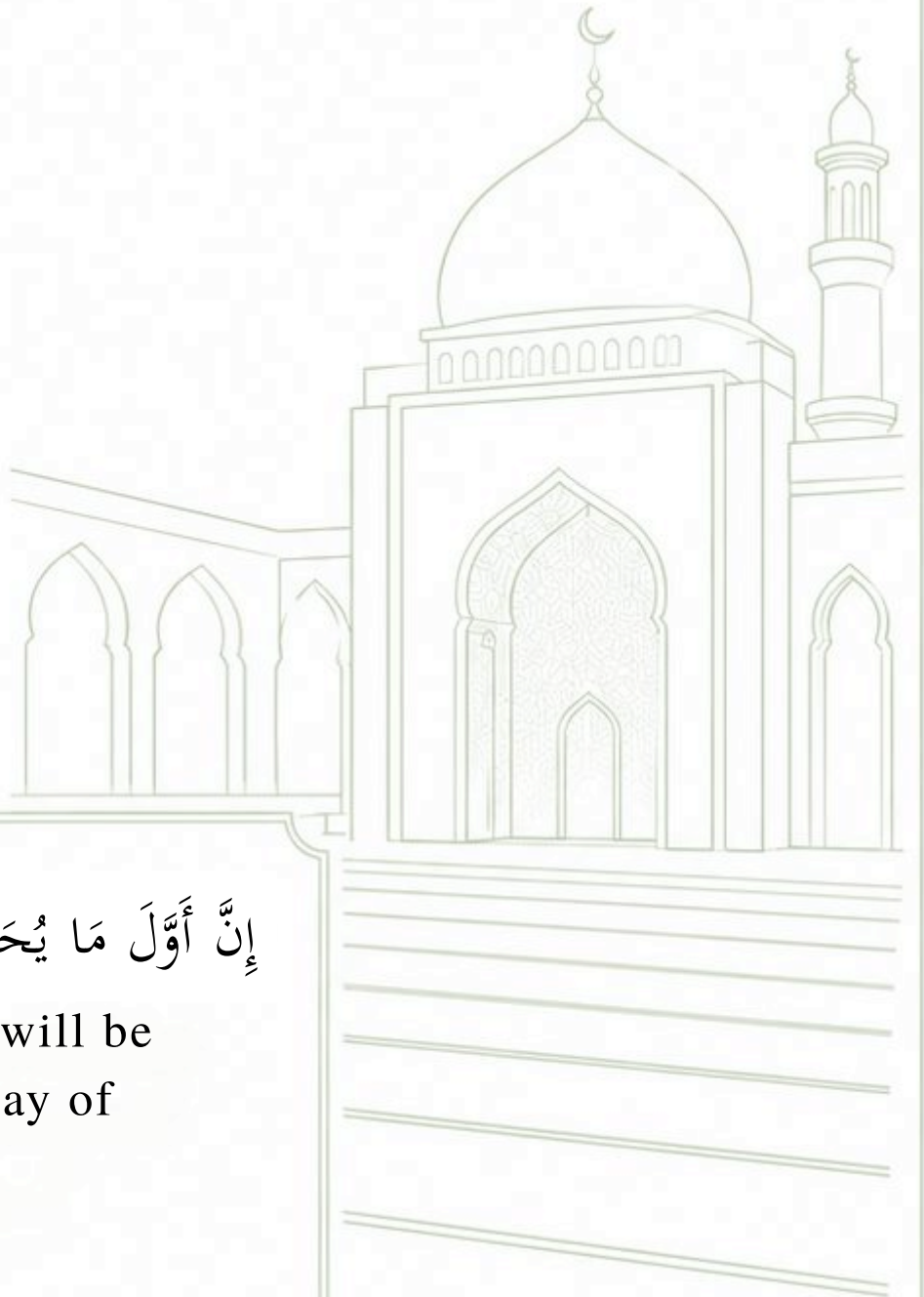
10-14

"Successful indeed are the believers - those who are humble in their prayer."



THE SALAH WE WILL BE ASKED ABOUT

Salah is not a minor detail of a Muslim's life. It is the first deed brought to account on the Day of Judgment, and its soundness reflects the state of the rest of our worship.



إِنَّ أَوَّلَ مَا يُحَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ

"The first matter that the slave will be held accountable for on the Day of Judgment is the Salah..."

AT-TIRMIDHI
(AUTHENTIC)

BEFORE THE PRAYER: TWO JUMU'AH REMINDERS



WHEN THE KHUTBAH HAS BEGUN

Remain silent and attentive. Even telling another person to be quiet was described by the Prophet as laghw.



If you say to your companion 'be quiet' while the imam is giving the khutbah on Friday, you have committed laghw.

BUKHARI & MUSLIM



WHEN ENTERING THE MASJID

Do not sit until you have prayed two brief rak'ahs- even if the khutbah has already begun.



When one of you enters the masjid, let him not sit until he has prayed two rak'ahs.

BUKHARI & MUSLIM

IMPORTANT: SHUT DOWN YOUR CELLPHONES IN THE MASJID



SLOW DOWN. PERFECT THE POSITIONS.



01

01 - Rushing Through Salah

THE MISTAKE

Moving immediately from one posture into another without becoming still.

THE CORRECTION

Pause in ruku'. Stand completely upright.
Pause in sujud. Sit calmly between the two prostrations.



"Go back and pray,
for you have not prayed."

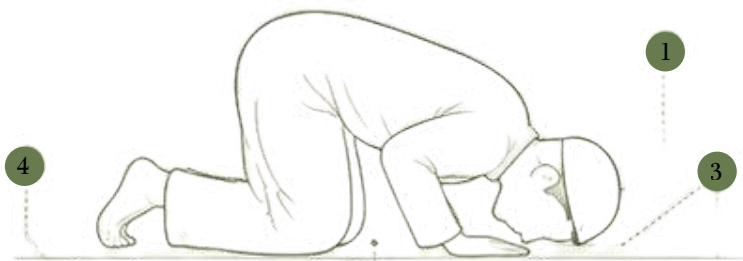
BUKHARI & MUSLIM

The Prophet repeated this to the man who rushed through his prayer, then taught him to remain at ease in every position.

TUMA'NINAH - CALM STILLNESS IS A PILLAR OF SALAH

02

02 - Correct Sujud



1 Forehead and nose

2

2 Two knees

3 Two hands

4

4 Toes of both feet

"I have been commanded to
prostrate on seven bones"

BUKHARI & MUSLIM

03

03 - Incorrect Sujud

INCORRECT

Forearms
flat on floor



INCORRECT

Feet raised in air and head
not touching the ground



"Let none of you spread his
forearms on the ground like a dog."

BUKHARI & MUSLIM



PROTECT YOUR SUJUD, GAZE & ROWS

04 "Pecking" Through Sujud

Sujud should not resemble a bird rapidly pecking. Rushing through prostration robs the servant of stillness and closeness to Allah.

“

"The closest a servant is to his Lord is when he is prostrating"

MUSLIM

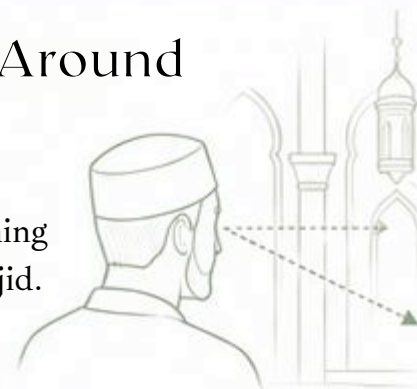
The khutbah connects rushing directly with losing that closeness.



05 Looking Around

THE MISTAKE

Wandering eyes and turning attention around the masjid.



“

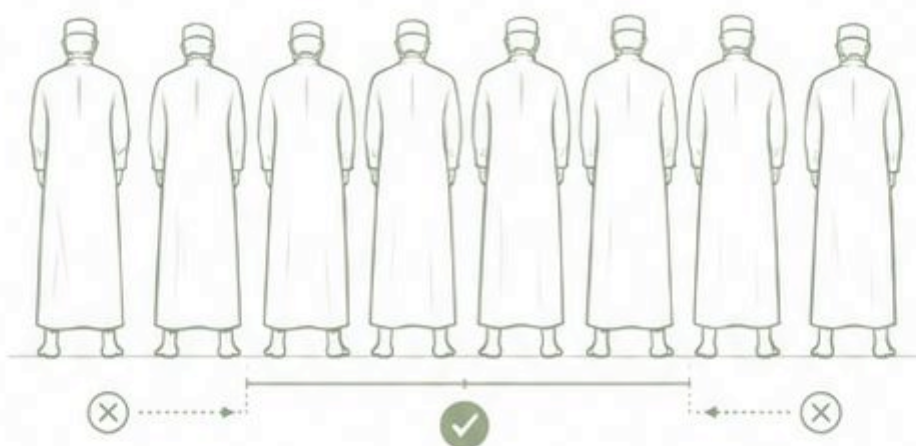
"It is a snatching by which Shayṭān steals from a person's prayer."

BUKHARI

THE CORRECTION

Maintain a focused gaze and protect the heart from distraction.

06 Crooked Rows & Gaps



SHOULDER
TO SHOULDER



FOOT
TO FOOT



MODERATE
STANCE

Straighten. Come together.
Do not exaggerate your stance.

The Messenger said, "Straighten your rows, for straightening the rows is part of perfecting prayer."

ABU DAWUD



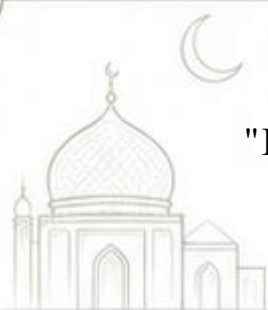
GUARD THE TIME

"Indeed, prayer has been decreed upon the believers at specified times."

AN-NISA 4:103

Among the most beloved deeds to Allah: prayer at its proper time.

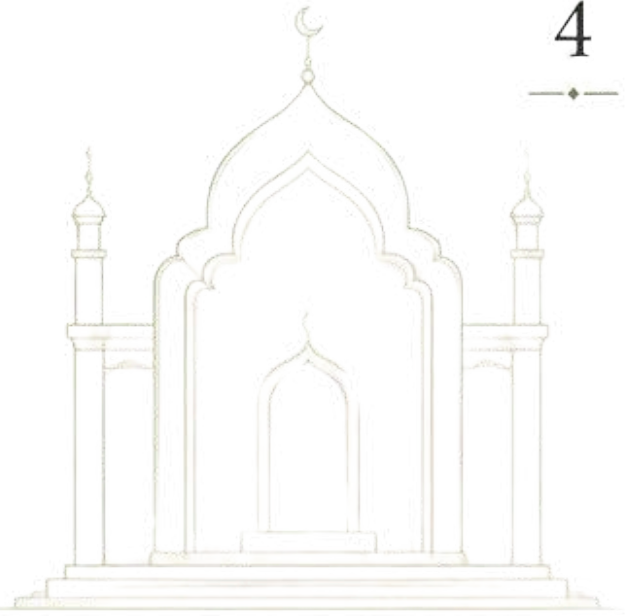
BUKHARI & MUSLIM





BEGIN THE PRAYER CORRECTLY

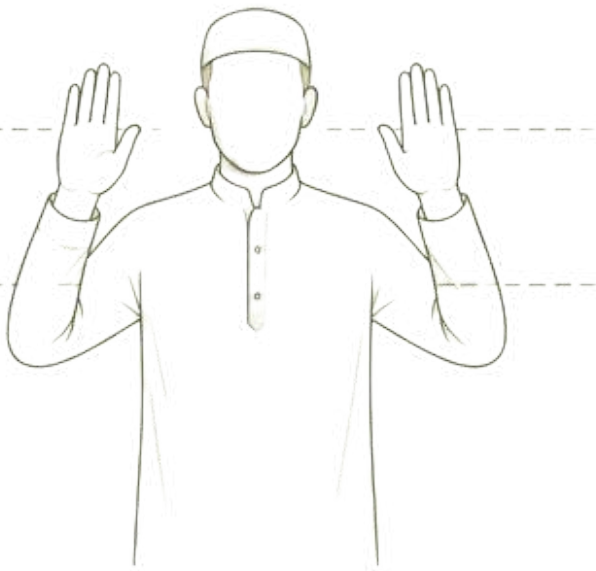
These essential details shape the quality and completion of our Salah.



07 TAKBIRAT AL-IHRĀM

EAR LEVEL
(approx.)

SHOULDER
LEVEL
(approx.)



✓ **RAISE THE HANDS:**
to approximately the shoulders
or ears

✗ **DO NOT ASSUME:**
that the thumbs must actually
touch the earlobes.



SUNNAH VARIATION

Both shoulder-level and ear-level
hand raising are authentically
reported

08 STRAIGHTEN THE BACK IN RUKŪ'



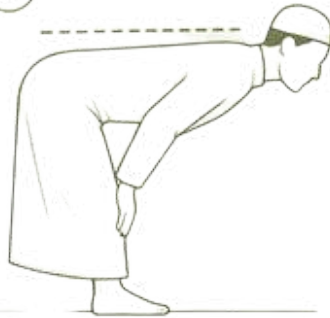
NOT A
SHALLOW DIP.



NOT
HUNCHED.



SETTLE INTO
THE BOW.

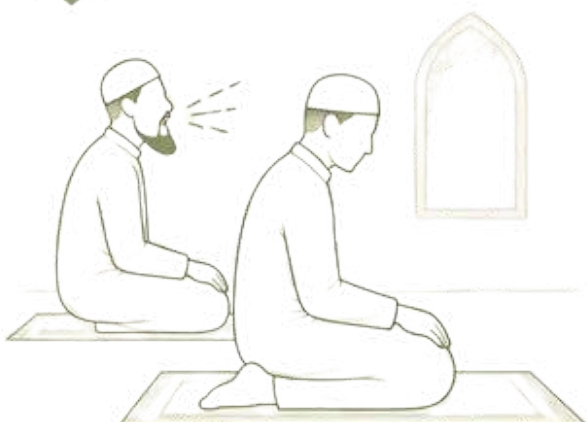


The Prophet warned
Hudhayfah (ra) about a man
whose bowing and prostration
lacked proper stillness.

"Straighten your back in
your bowing and in your
prostration, and do not
hasten."

- ABU DAWUD
(AUTHENTIC)

09 DO NOT DISTURB OTHERS



“
كُلُّكُمْ مُنَاجٍ رَبِّهِ

"Each of you is in private
conversation with his Lord."

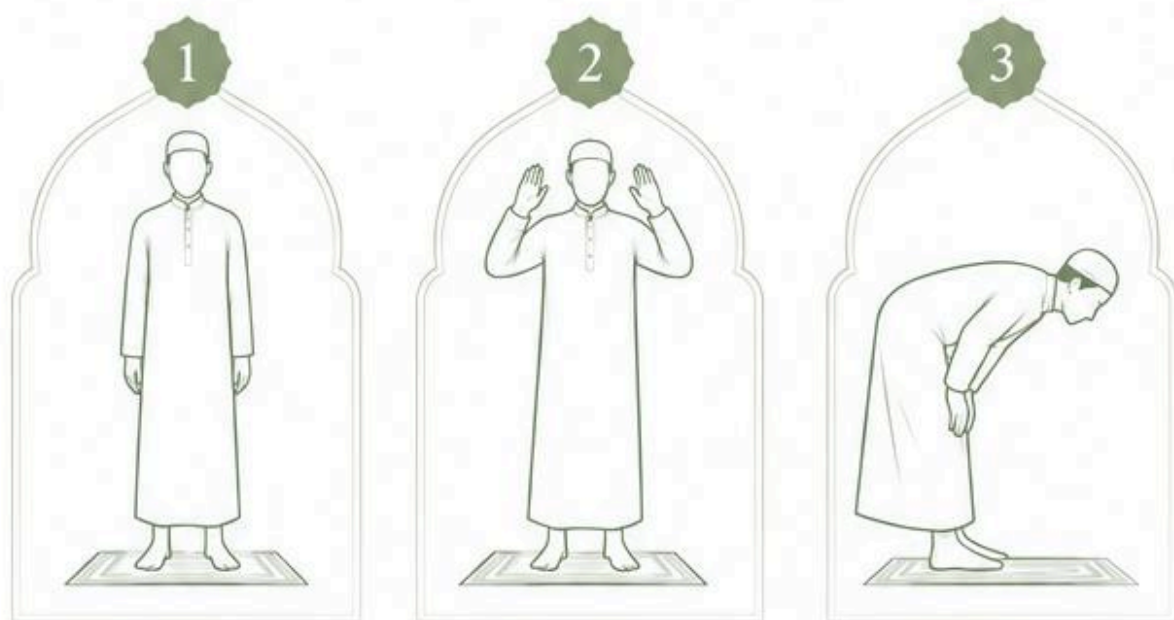
- AL-BUKHARI & MUSLIM

- ✱ Do not recite loudly
beside someone praying.
- ✱ Do not raise dhikr
unnecessarily over
another worshipper.
- ✱ Your worship should
not destroy another
person's khushū'.



10

JOINING THE IMAM IN RUKU'



STAND
UPRIGHT.

SAY ALLAHU AKBAR
FOR TAKBIRAT AL-IHRAM.

THEN TAKBIR
FOR RUKU



DO NOT

say your opening
takbir while already
bending into ruku.

That opening
takbir is what
enters you into
the Salah.

“

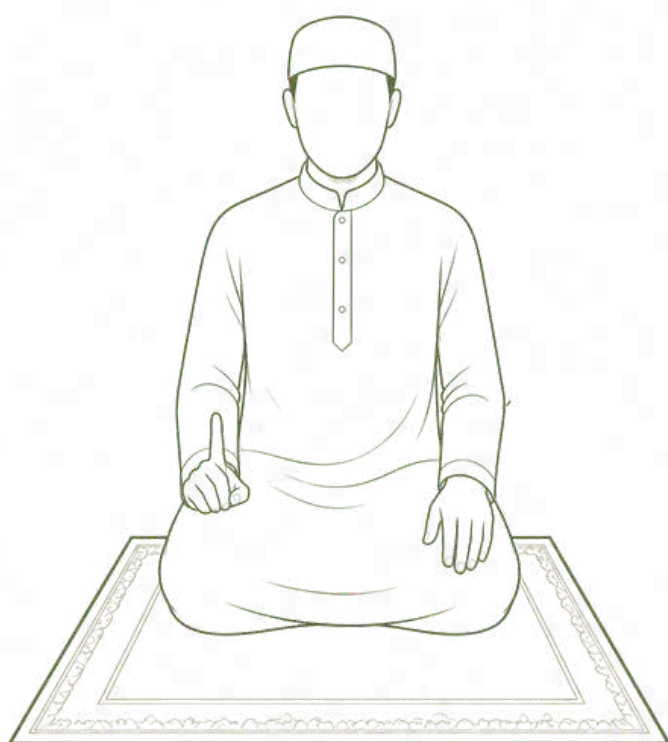
مِفْتَاحُ الصَّلَاةِ الطُّهُورُ وَتَحْرِيمُهَا التَّكْبِيرُ وَتَحْلِيلُهَا التَّسْلِيمُ

"The key to the prayer is purification, its prohibition is the takbir,
and its completion is the taslim."

-AT-TIRMIDHI (AUTHENTIC)

11

THE TASHAHHUD



ONE INDEX FINGER -
NOT TWO.



Right hand on thigh/knee;



Index finger used;



Thumb and middle finger
may form a ring;



Gaze directed toward the
pointing finger, according
to the narration.



AUTHENTIC REPORTS

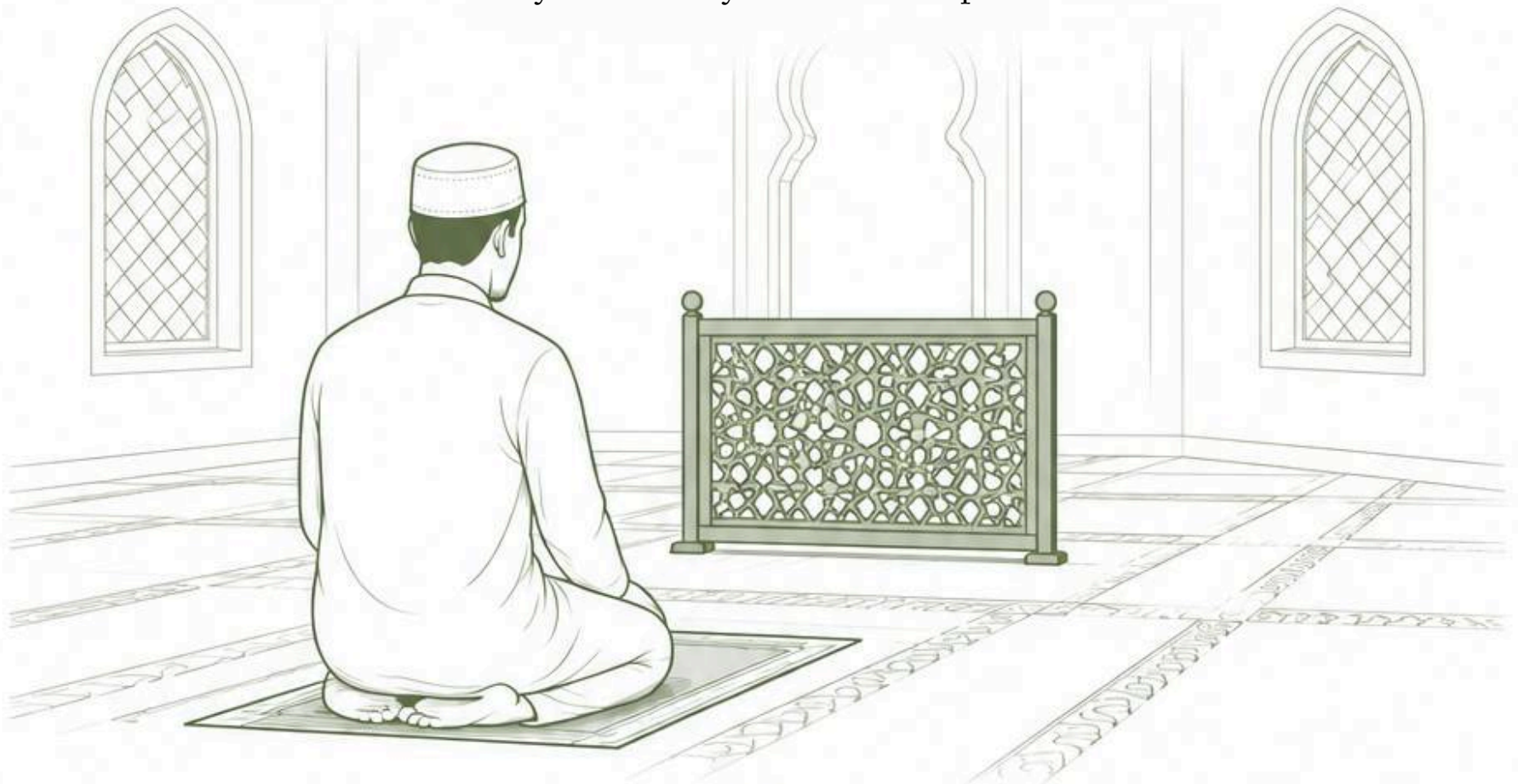
mention the hands resting on either
the thighs or knees. Both are established.
Both are Sunnah.



12

PRAY TOWARD A SUTRAH

A sutrah is something placed in front of you while you pray,
beyond which you should not pass.



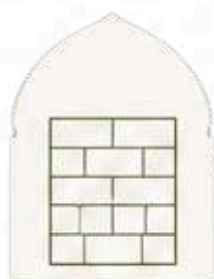
“

إِذَا صَلَّى أَحَدُكُمْ فَلْيَتَّجِهْ إِلَى سُتْرَةٍ فَلْيَدْنُ مِنْهَا

"When one of you prays, let him pray
towards a sutrah and stay close to it."

- ABU DAWUD

EXAMPLES OF A SUTRAH



WALL



PILLAR



CHAIR



The purpose of the sutrah is to protect the focus and humility of your prayer. The Imam's Sutra is enough for the Jamaah. You can go through the rows during jamaah if you see a need like a gap.



WHAT IS KHUSHU'?

الخشوع

PRESENCE OF THE HEART BEFORE ALLAH

Khushu' is the heart's humility before Allah-
filled with awareness of His greatness-
until that humility appears in the stillness
and attentiveness of the body.

A person may appear perfectly still in Salah,
yet his heart may be elsewhere.
Khushu' is of the heart, not merely the body.

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ١
الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ٢

"Successful indeed are the believers-
those who are humble in their prayer."

AL-MU'MINUN 23:1-2

SALAH WAS ESTABLISHED FOR
THE REMEMBRANCE OF ALLAH.

وَأَقِمِ الصَّلَاةَ لِذِكْرِي

"Establish prayer for My remembrance."

TA-HA 20:14



03

FIVE PEOPLE. ONE PRAYER.

Ibn al-Qayyim's reflection on Salah.

01

Neglects both
the outward
requirements
and the prayer
itself.



02

Protects its
outward form,
but the heart
remains
occupied with
the world.



03

Protects the
prayer and
fights
distraction,
continually
bringing the
heart back.



04

The heart
becomes
immersed in the
Salah and
focused on
standing
properly before
Allah.



05

Stands before
Allah with
love, awe and
awareness as
though seeing
Him.



WHERE AM I
IN MY SALAH?



03

09 HOW TO BUILD KHUSHU'

01



REMOVE DISTRACTIONS

Patterned clothing distracted even the Prophet during prayer. (Bukhari 373)

Protect your eyes so you can protect your heart.

02



REMEMBER WHO YOU ARE SPEAKING TO

“

"When one of you is in prayer, he is in intimate conversation with his Lord."

- BUKHARI

Understand what you are saying. Reflect on even a few words rather than allowing the tongue to move while the heart is absent.

03



REMEMBER THAT ALLAH SEES YOU

"Worship Allah as though you see Him; and if you do not see Him, He sees you."

- MUSLIM

'Ammar ibn Yasir (ra) said:

A person may leave Salah with only one half of it, or one third, or one quarter, or even one tenth of it recorded for him-according to the presence he had within it.

- ABU DAWUD



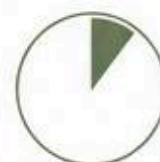
1/2



1/3



1/4



1/10

...

DO NOT ONLY COMPLETE YOUR SALAH.
BE PRESENT IN IT.



04

BEFORE SALAH: THE 9 CONDITIONS

A prayer cannot begin correctly unless its conditions are fulfilled.

01



Islam

02



Sanity

03



Age of
Discernment

04



Purification
Wudu' or ghusl
where required.

05



Removal of Impurity
Body, clothing, place.

06



Covering
the 'Awrah

07



The Prayer Time
Has Entered

08



Facing
the Qiblah

09



Niyyah
The intention exists in the
heart; it is not verbally
announced.

A CONDITION EXISTS BEFORE AND THROUGHOUT SALAH.



04

INSIDE SALAH: THE 14 PILLARS

These are the essential pillars that make the prayer valid and complete.

01



Standing
In obligatory
prayer, if able.

02



Opening
Takbeer
Beginning with
'Allahu Akbar'.

03



Reciting
Al-Fatihah

04



Rukoo'
Bowing.

05



Rising from
Rukoo'

06



Standing
Upright
After bowing.

07



Sujood
Prostration.

08



Rising from
Sujood

09



Sitting Between
the Two
Prostrations

10



Being at Ease
Tranquility in every
physical pillar.

11



The Final
Tashahhud

12



Sitting for the
Final Tashahhud
And for the two
salaams.

13



The Two Salaams

14



Following the Correct Order
Doing the pillars
in sequence.

A PILLAR CANNOT BE OMITTED IN THE PRAYER.



INSIDE SALAH: THE 8 OBLIGATORY PARTS

These are the wajib acts of prayer that must be observed.

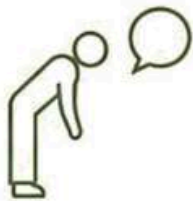
01



All Takbeerat

Every 'Allahu Akbar'
other than the
opening takbeer.

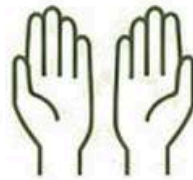
02



Sami'a Allahu
liman hamidah

For the imam and
one praying alone.

03



Rabbana wa
laka'l-hamd

Said after rising
from bowing.

04



Subhana
Rabbiyal-'Azeem

Once while
bowing (rukoo').

05



Subhana
Rabbiyal-A'la

Once while
prostrating (sujood).

06



Rabb ighfir li

Between the two
prostrations.

07



The First
Tashahhud

The first sitting

08



Sitting for the
First Tashahhud

The sitting
position for it.

IF OMITTED FORGETFULLY, A WAJIB IS REPAIRED BY

SAJDAH AL-SAHW.



INSIDE SALAH: THE 11 VERBAL SUNNAHS

These are the verbal Sunnahs that beautify and complete the prayer

01



Opening Du'a

After the opening
takbeer: Subhaanaka
Allahumma...

02



Seeking Refuge

Saying: A'oodhu billahi
min ash-shaytan
ir-rajeem.

03



Bismillah

Saying Bismillah
before recitation.

04



Ameen

Saying Ameen after
Al-Fatihah.

05



Reciting a Soorah

Reciting another
soorah after
Al-Fatihah.

06



Reciting Aloud

The imam recites
aloud where
prescribed.

07



Additional Praise

After Rabbana wa
laka'l-hamd

08



Extra Tasbeeh in Rukoo'

Saying the tasbeeh
more than once
while bowing.

09



Extra Tasbeeh in Sujood

Saying the tasbeeh
more than once
while prostrating

10



Saying Rabb ighfir li
more than once between
the two prostrations.

11



Salat & Du'a in Final Tashahhud

Sending prayers upon
the Prophet and his
family, then making du'a.

A SUNNAH PERFECTS THE PRAYER BUT ITS OMISSION
DOES NOT INVALIDATE IT.



سجود السهو

THE PROSTRATION OF FORGETFULNESS

Two additional prostrations for an unintentional mistake in Salah.

BEFORE SALĀM

01



Unsure of the number
of rak'ahs

Discard the doubt and build
upon what you are certain of.

02



Forgot a wajib

Example: the first tashahhud.

AFTER SALĀM

01



Added something extra

Example: an additional rak'ah.

02



Ended the prayer too early

Complete what remains,
give salām, then perform
the two prostrations.

How?



Two normal prostrations with a brief sitting between them.





الصلاة



May Allah allow us to perfect our salah
like the Prophet ﷺ

AMEEN



IMAM SARMAJ SAJID