

STEP BY STEP SALAH

Printable Prayer Pack

A beginner-friendly print reference for the core Salah steps, movements and rak'ah maps.

How to use this pack: learn each movement and recitation once, then use the prayer maps to see what changes in 2-, 3- and 4-rak'ah prayers, Witr and Tahajjud. The website remains the source of truth for later corrections and source updates.

What your body is doing

Use these pictures alongside the step reference. Detailed posture points can differ between recognised Sunni schools; this pack follows the site's Hanafi-influenced presentation.



Begin with Takbeer



Stand



Rukū'



Sajdah



Jalsah



Tashahhud



Salām

Learn the words and movements once

Begin: intention in the heart & Takbeer

Do this

Know in your heart which Salah you are praying for Allah. No fixed spoken intention formula is required. Then begin the prayer with **Allahu Akbar**.

Source: Sahih al-Bukhari 1 — deeds are according to intentions ↗

Men: raise one's hands to your ears | Women: raising one's hands to the level of the shoulders and say Allahu Akbar

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is The Greatest

Thana & Ta'awwz

Men: Lower your hands and place them over your navel. Your right hand should be placed over your left hand. Women: Place one's right palm on top of the left hand without clasping it, resting both of them on top of the chest. Keep your eyes focused on the ground in front of you.

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ، وَلَا إِلَهَ غَيْرُكَ

Subḥānaka Allāhumma wa biḥamdika, wa tabārakasmuka, wa ta'ālā jadduka, wa lā ilāha ghayruk

Glory is to You O Allah, and praise. Blessed is Your Name and Exalted is Your Majesty. There is none worthy of worship but You.

Recite the opening chapter of the Qur'an

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

(1) Tasmiyah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillahir Rahmanir Raheem

In the name of Allah, Most Gracious, Ever Merciful.

(2) Recite Surah Al-Fatiha

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ مَلِكِ يَوْمِ الدِّينِ إِيَّاكَ
تَعْبُدُ وَإِيَّاكَ تَسْتَعِينُ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ
أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

Al-ḥamdu lillāhi Rabbil-‘ālamīn. Ar-Raḥmānir-Raḥīm. Mālikī yawmid-dīn. Iyyāka na‘budu wa iyyāka nasta‘īn. Ihdinaṣ-ṣirāṭal-mustaqīm. Ṣirāṭal-ladhīna an‘amta ‘alayhim, ghayril-maghḍūbi ‘alayhim wa laḍ-ḍāllīn

All praise belongs to Allah, Lord of all the worlds, Most Gracious, Ever Merciful; Master of Day of Judgement. Thee alone do we worship and Thee alone do we implore for help. Guide us along the right path, the path of those whom Thou has bestowed Thy blessings, those who have not incurred Thy displeasure, and those who have not gone astray.

(3) Recite any Surah you know (Al-Fil is the example below)

Beginner note:

You do not have to recite Sūrah al-Fīl specifically here. It is shown as a learning example; you may recite another Sūrah you know.

أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِأَصْحَابِ الْفِيلِ أَلَمْ يَجْعَلْ كَيْدَهُمْ فِي
تَضْلِيلٍ وَأَرْسَلَ عَلَيْهِمْ طَيْرًا أَبَابِيلَ تَرْمِيهِمْ بِحِجَارَةٍ مِّن سِجِّيلٍ
فَجَعَلَهُمْ كَعَصْفٍ مَّأْكُولٍ

Alam tara kayfa fa‘ala Rabbuka bi-aṣḥābil-fil. Alam yaj‘al kaydahum fī taḍlīl. Wa arsala ‘alayhim ṭayran abābil. Tarmīhim biḥijāratin min sijjīl. Faja‘alahum ka‘aṣfin ma’kūl

Have you not considered, [O Muhammad], how your Lord dealt with the companions of the elephant? Did He not make their plan into misguidance? And He sent against them birds in flocks, Striking them with stones of hard clay, And He made them like eaten straw.

(4) Takbeer and Go Down to Ruku (Bow Down)

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is The Greatest

(5) During Ruku (Bowling)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhana Rabbiy al-Azeem (x3)

Glory be to My Lord, The Greatest

(6) While Rising From Ruku

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami Allahu liman hamidah

Allah listens to him who praises Him.

(7) While in Standing Position

رَبَّنَا وَلَكَ الْحَمْدُ

Rabbana wa Lakal Hamd

Our Lord, all praises are for You

(8) Takbeer and Go Down For Sajdah (prostration)

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is The Greatest

(9) During First Sajdah

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhana Rab-bi yal A'ala (x3)

Glory to my Lord, the Most High.

Sit between the two sajdahs (Jalsah)

Do this

Rise from the first sajdah saying **Allahu Akbar**. Sit briefly and steadily between the two prostrations. Recite the du'ā shown below, then say **Allahu Akbar** and go into the second sajdah.

What happens in this step?

After the first sajdah, say **Allāhu Akbar** as you rise into the short sitting position (Jalsah). Sit steadily for a moment, place your hands on your thighs/knees, make the du'ā shown below, then say **Allāhu Akbar** and go into the second sajdah.

Rise up from sujud and sit for a moment.

Say Allahu Akbar as you rise from Sujud and then sit on your left leg. Your left foot will rest on the floor while your right foot is upright. Place your hands on your knees.

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is The Greatest

رَبِّ اغْفِرْ لِي

Rabbighfir li* (x2) or

اللَّهُمَّ اغْفِرْ لِي، وَارْحَمْنِي، وَاهْدِنِي، وَاجْبُرْنِي، وَعَافِنِي،
وَارْزُقْنِي، وَارْقُعْنِي

Allāhumma'ghfir lī, warḥamnī, wahdinī, wajburnī, wa 'āfinī, warzuqnī, warfa'nī

O Allah! Forgive me*, have mercy on me, console me, provide me with sustenance and grant me good health

(11) Takbeer and Return to Sajdah

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is The Greatest

(12) During Second Sajdah

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhana Rabbi al A'laa (x3)

Glory to my Lord, the Most High.

(13) Takbeer and Rise to Standing Position

Arise from the sujud to return to the standing position and say Allahu Akbar

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is The Greatest

Continue to the next rak'ah

Use the rak'ah map near the top of this guide. It tells you exactly what changes in the next rak'ah without sending you back to numbered steps.

(14) Jalsa (Sitting) - Tashahhud

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ
وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ،
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

At-tahīyyātu lillāhi waṣ-ṣalawātu waṭ-ṭayyibāt. As-salāmu ‘alayka ayyuhan-nabiyyu wa raḥmatullāhi wa barakātuh. As-salāmu ‘alaynā wa ‘alā ‘ibādillāhiṣ-ṣāliḥīn. Ash-hadu an lā ilāha illAllāh, wa ash-hadu anna Muḥammadan ‘abduhu wa rasūluh

All Salutation is due to Allah and all Prayer and every thing pure. Peace be upon thee, O Prophet, and the mercy of Allah and His blessings; and peace be on us and on all righteous servants of Allah. I bear witness that there is none worthy of worship except Allah, and I bear witness that Muhammad is His servant and Messenger.

**Point index finger towards Qibla by lifting up when saying La Ilaha and should be lowered back when saying Ill Allah.*

(15) After Tashahhud, Durood Shareef

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ. اللَّهُمَّ بَارِكْ عَلَى
مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

Allāhumma ṣalli ‘alā Muḥammadin wa ‘alā āli Muḥammad, kamā ṣallayta ‘alā Ibrāhīma wa ‘alā āli Ibrāhīm, innaka Ḥamīdun Majīd. Allāhumma bārik ‘alā Muḥammadin wa ‘alā āli Muḥammad, kamā bārakta ‘alā Ibrāhīma wa ‘alā āli Ibrāhīm, innaka Ḥamīdun Majīd

Bless, O Allah, Muhammad and the people of Muhammad, as Thou didst bless Abraham and the people of Abraham. Thou art indeed the Praiseworthy, the Glorious. Prosper, O Allah, Muhammad and the people of Muhammad, as Thou didst prosper Abraham and the people of Abraham. Thou art indeed the Praiseworthy, the Glorious.

Before Salām: This is a genuine place for du‘ā. After tashahhud, the Prophet ﷺ taught seeking refuge from four trials and allowed a person to choose a supplication before ending the prayer. Muslim 588a · Bukhari 835.

These are examples, not two compulsory du‘ās.

Before the final Salām there is a place for du‘ā. The two supplications shown here are learning examples; do not mistake them for Sūrahs or think that these exact two must both be recited every time. See the source-linked note above for the established place of du‘ā before Salām.

These are examples, not compulsory exact words.

After Tashahhud and ṣalawāt, you may make an appropriate supplication before Salām. The two du‘ās below are examples to learn; do not treat them as required Surahs or a fixed pair.

Sahih al-Bukhari 835 ↗

Example du‘ā before Salām (1)

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي، إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Allahumma inni zalamtu nafsi zulman kathiran wala yaghfirudh-dhunuba illa anta, Faghfirli maghfiratan min indika war-hamni, innaka antalGhafur-Rahim

O Allah, I have greatly wronged myself and You alone can forgive sins, so grant me forgiveness from you and have mercy on me.

Example du‘ā before Salām (2)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي، رَبَّنَا وَتَقَبَّلْ دُعَاءِ. رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbij‘alnī muqīmaṣ-ṣalāti wa min dhurriyyatī, Rabbanā wa taqabbal du‘ā’. Rabbanaghfir lī wa li-wālidayya wa lil-mu‘minīna yawma yaqūmul-ḥisāb

My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication. Our Lord, forgive me and my parents and the believers the Day the account is established

(18) Salaam Towards the Right

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalamu Alaikum wa Rahmatullah

Peace be upon you and the mercy of Allah

(19) Salaam Towards the Left

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalamu Alaikum wa Rahmatullah

Peace be upon you and the mercy of Allah

End of prayer

Now use the right prayer map

The maps below show where recitation changes and where the sittings occur. The full words and movements are in the step reference before this section.

PRAYER MAP

2 Rak'ah Sunnah / Fard

For this two-rak'ah learning guide, recite Al-Fātiḥah and additional Qur'an in both rak'ahs. The example Surah is not compulsory.



Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 2

Al-Fātiḥah + another Surah

Final sitting → salām

PRAYER MAP

2 Rak'ah Nafl

Both rak'ahs follow the same basic recitation pattern. The Surah shown in the guide is an example; you may recite another Surah or Qur'anic passage you know.



Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 2

Al-Fātiḥah + another Surah

Final sitting → salām

PRAYER MAP

3 Rak'ah Fard

The first two rak'ahs include additional Qur'an after Al-Fātiḥah. In this Hanafi learning guide, the third rak'ah uses Al-Fātiḥah without adding another Surah.



Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 2

Al-Fātiḥah + another Surah

First sitting



Rak'ah 3

Al-Fātiḥah only

Final sitting → salām

PRAYER MAP

4 Rak'ah Fard

Important beginner distinction: in this Hanafi learning guide, rak'ahs 3 and 4 use Al-Fātiḥah without adding another Surah. Additional Qur'an follows Al-Fātiḥah in rak'ahs 1 and 2.

1

Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs

2

Rak'ah 2

Al-Fātiḥah + another Surah

First sitting

3

Rak'ah 3

Al-Fātiḥah only — no additional Surah

Rukū' → two sajdahs

4

Rak'ah 4

Al-Fātiḥah only — no additional Surah

Final sitting → salām

4 Rak'ah Sunnah

Unlike the four-rak'ah Fard guide, this Hanafi Sunnah guide includes additional Qur'an after Al-Fātiḥah in all four rak'ahs.



Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 2

Al-Fātiḥah + another Surah

First sitting



Rak'ah 3

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 4

Al-Fātiḥah + another Surah

Final sitting → salām

3 Rak'ah Witr

This page presents the Hanafi three-rak'ah Witr method. Each rak'ah includes Al-Fātiḥah and another Surah; the third rak'ah also includes the Witr takbīr and Qunūt before rukū'.



Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 2

Al-Fātiḥah + another Surah

First sitting



Rak'ah 3

Al-Fātiḥah + another Surah

Takbīr + Qunūt → final sitting → salām

Witr: after the recitation in rak'ah 3, make the additional takbīr and recite Qunūt before rukū' in this Hanafi presentation.

PRAYER MAP

Tahajjud — 2 Rak'ah set

Tahajjud is prayed in sets of two rak'ahs. Complete the two rak'ahs below with salām, then begin another two-rak'ah set if you wish.



Rak'ah 1

Al-Fātiḥah + another Surah

Rukū' → two sajdahs



Rak'ah 2

Al-Fātiḥah + another Surah

Final sitting → salām

Additional Takbīr & Du‘ā al-Qunūt

Additional Takbir & Du‘a al-Qunoot

In the Hanafi three-rak‘ah method, after Al-Fatihah and another Surah in the third rak‘ah, say an additional takbir while raising the hands, fold the hands again, recite Du‘a al-Qunoot, then continue into ruku‘.

Qunoot wording note: This is the wording traditionally taught in Hanafi fiqh. Other recognised Sunni Witr Qunoot wordings also exist, including the supplication reported from al-Hasan ibn ‘Ali. Jami‘ at-Tirmidhi 464 [↗](#).

اللَّهُمَّ إِنَّا نَسْتَغْفِرُكَ وَنَسْتَغْفِرُكَ، وَنُؤْمِنُ بِكَ وَتَتَوَكَّلُ عَلَيْنَا، وَنُشْنِي عَالِيكَ
الْخَيْرَ، وَنَشْكُرُكَ وَلَا نَكْفُرُكَ، وَنَخْلَعُ وَنَتْرُكُ مَنْ يَفْجُرُكَ. اللَّهُمَّ إِنَّا نَعْبُدُكَ
وَلَكَ نُصَلِّي وَنَسْجُدُ، وَإِلَيْكَ نَسْعَى وَنَخْشَى، وَتَرْجُو رَحْمَتَكَ وَنَخْشَى عَذَابَكَ،
إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

Allāhumma innā nasta‘īnuka wa nastaghfiruka, wa nu‘minu bika wa natawakkalu ‘alayka, wa nuthnī ‘alaykal-khayr, wa nashkuruka wa lā nakfuruka, wa nakhla‘u wa natruku man yafjuruk. Allāhumma iyyāka na‘budu, wa laka nuṣallī wa nasjudu, wa ilayka nas‘ā wa naḥfidu, wa narjū raḥmataka wa nakshā ‘adhābaka, inna ‘adhābaka bil-kuffāri mulḥiq

O Allah! We implore You for help and beg forgiveness of You and believe in You and rely on You and extol You and we are thankful to You and are not ungrateful to You and we alienate and forsake those who disobey You. O Allah! You alone do we worship and for You do we pray and prostrate and we betake to please You and present ourselves for the service in Your cause and we hope for Your mercy and fear Your chastisement. Undoubtedly, Your torment is going to overtake infidels O Allah!

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