



Purification and Prayer Beginner's Guide

"It is not about who came first; it is about who was sincere".

Basic 101

The Foundation of Worship

The Purpose of Prayer:

- It is a direct command from Allah.
- It is a pillar of Islam.
- It serves as a personal connection with Allah without a mediator

The Root & Fruit:

Faith (*Iman*) is the root; Worship is its fruit. Faith must be expressed through action.

Introduction to Purification (Taharah)

Definition:

Physical and spiritual cleanliness is required for acts of worship like Prayers, “Salah”, or touching the Qur'an.

Types of Purity:

- **Physical:** Removing impurities like urine or blood from the body, clothes, and the place of prayer.
- **Ritual:** State of readiness achieved via Wudoo', Ghusl, or Tayammum.

The Items Needed: Clean water, clean clothes, and a clean body.

The Step-by-Step Wudoo' Guide

The Sequence:

1. **Niyyah:** Intention in the heart (not spoken).
2. **Bismillah:** Start in the name of Allah.
3. **Hands:** Wash to the wrists 3x.
4. **Mouth & Nose:** Rinse mouth 3x; sniff water into the nose and blow it out with the left hand 3x.
5. **Face:** Wash from hairline to chin and ear to ear 3x.
6. **Arms:** Wash up to the elbows 3x (Right first).
7. **Head & Ears:** Wipe the head once (front to back) and wipe inside/behind ears.
8. **Feet:** Wash up to ankles, including between toes 3x.

What Invalidate Wudoo'

- **Substances exiting from private parts:** Urine, feces, gas, or discharges
- **Mental State:** Deep sleep, where awareness is lost or loss of consciousness (fainting, intoxication).
- **Physical Action:** Touching private parts skin-to-skin.

Fiqh Principle: "Certainty is not removed by doubt." If you aren't sure it's broken, assume it is valid.

Ghusl (The Full Ritual Bath)

When it is Obligatory: After marital relations, wet dreams, or the end of menstruation/post-natal bleeding.

When it is Sunnah: For Jumu'ah (Friday) prayer, 'Eid prayers, or upon accepting Islam.

Core Requirements:

1. Intention (*Niyyah*).
2. Washing the entire body so that every inch of skin is wet.

Women's Health & Purity (Comparison Table)

Type of Discharge	Characteristics	Prayer Ruling
Hayd (Menstruation)	Dark/thick, unpleasant odor. Any other colors counted till purification.	Prayer is forbidden (<i>Haram</i>); no makeup needed. (Max 15 days common opinion for scholars)
Nifas (Post-natal)	Occurs after childbirth.	Same rules as Hayd (Max 40 days).
Istihada (Irregular) ⁽¹⁾	Bright red and thin, Yellowish, dark or any other color not counted.	Prayer is obligatory; perform Wudoo' before each time.

(1) (Irregular or Illness Bleeding) is defined as any vaginal bleeding that does not fit the criteria of **Hayd** (menstruation) or **Nifas** (post-natal bleeding).

The Essentials of Prayer (Salah)

The Conditions:

Being Muslim, having the correct intention, praying within the specified time, and facing the Qiblah.

- **Core Pillars (Missing these invalidates prayer):**

1. Standing (For the one who has the ability to do so)
2. The opening *Takbir* (*Allahu Akbar*).
3. Reading *Al-Fatiha* in every *rak'ah*.^(*)
4. Bowing (*Ruku*) and Prostrating (*Sujud*).
5. The final *Tashahhud* and *Salam*.^(*)

(*) Reading sura Al-Fatiha (even if with transliteration), but if one cannot, then one may say the following phrases: subhan Allah, Al hamdulillah, La ilaha ila Allah (till memorize the Fatiha)

(*) As for the tashahud: originally to be read in Arabic, even from a transliteration. However, if that's not possible, Can read it in her language (This is only for the tashahud), provided that she's in the process of learning and memorizing it.

Duties (Wajibat) of Prayer

Duties are actions or words that must be performed.

- **Consequence of Omission:**

- If left **intentionally**, the prayer is invalid.
- If **forgotten**, the prayer remains valid but must be completed with *Sujud al-Sahw* (prostration of forgetfulness).

- **List of Duties:**

- **Takbirat al-Intiqal:** Saying *Allahu Akbar* for every movement (into ruku, into sujud, rising from sujud, etc.), except for the opening takbir which is a pillar.
- **In Ruku:** Saying "*Subhana Rabbiyal-Azim*" (Glory be to my Lord, the Most Great) at least once.
- **In Sujud:** Saying "*Subhana Rabbiyal-A'lala*" (Glory be to my Lord, the Most High) at least once.

- **Between Sujuds:** Saying "*Rabbi-ghfir li*" (My Lord, forgive me) at least once while sitting between the two prostrations.
- **The First Tashahhud:** Reciting the Tashahhud after the second rak'ah in prayers that have more than two rak'ahs.
- **Sitting for First Tashahhud:** The act of sitting to recite it is itself obligatory.

Recommended Actions (Sunan as-Salah)

These are actions the Prophet used to perform in prayer.

- **Value:** Missing them does not invalidate the prayer, but performing them brings rewards and makes the worship more complete.

- **List of Recommended Actions:**
 - **Raising Hands:** Raising hands to shoulder or ear level during the opening takbir, before ruku, and after rising from ruku.
 - **Opening Supplication:** Reciting *Du'aa' al-Istiftah* immediately after the opening takbir.
 - **Saying "Amin":** Saying "Amin" after finishing *Surat al-Fatiha*.

- **Extra Recitation:** Reciting an additional Surah after *Al-Fatiha* in the first two rak'ahs of obligatory prayers and all rak'ahs of voluntary prayers.
- **Hand Placement:** Placing the right hand over the left on the chest or upper body while standing.
- **Posture in Ruku:** Keeping the back straight, aligning the head with the back, and gripping the knees with the hands.
- **Posture in Sujud:** Ensuring seven body parts touch the ground: forehead & nose, two hands, two knees, and the toes of both feet.
- **Final Supplication:** Asking Allah for forgiveness, guidance, and protection from Hellfire before the final *Taslim* (Salam).

Summary of Prayer Manners

Action Type	Examples	Ruling if Missed
Duties	<i>Subhana Rabbiyal-Azim</i> , First Tashahhud	Valid if forgotten (requires <i>Sujud al-Sahw</i>); Invalid if intentional.
Sunnah	Raising hands, extra Surah, "Amin".	Prayer remains valid; reward is reduced.
Makruh (Disliked)	Looking around, cracking fingers, playing with clothes	Prayer is valid, but reward and focus are reduced.

Purity in Practice: A Beginner's Guide to Taharah



Understanding Najasah (Impurity)

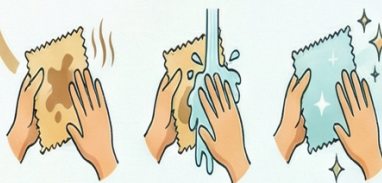
Physical substances like urine, stool, blood, and dog saliva that must be removed before prayer.

The "Rule of Seven" for Dogs

If a dog licks a vessel, it must be washed seven times, including one wash with soil.



Complete Removal of Traces



Wash areas with pure water until the substance, smell, and color are gone.



Minor Impurity

Causes: Sleep, passing wind, or relieving oneself.

Required Action: Wudhu (Ablution)

Major Impurity

Causes: Sexual intercourse, menstruation, or postnatal blood.

Required Action: Ghusl (Full Ritual Bath)

Toilet Etiquette: Entry and Exit



Enter with the left foot and a prayer.

Exit with the right foot saying "Ghufranak."

Istinja vs. Istijmar



Istinja (Water)
Clean private parts using water (Istinja).



Istijmar (Wipes)
or at least three wipes with tissue.

May Allah Make
this knowledge
beneficial for
you.