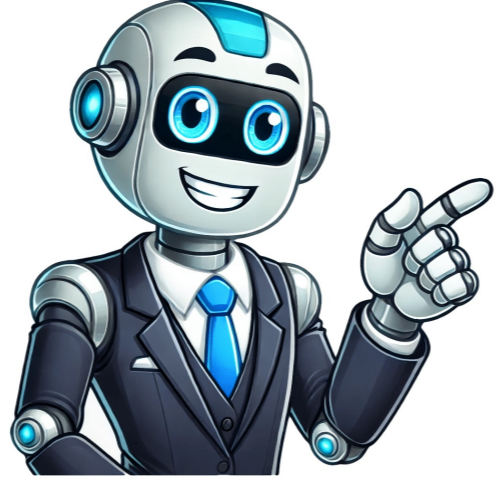


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1. Focus on your intention: Before praying, make sure you have a sincere desire to do so in your heart. 2. Raise your hand beside your shoulders and ears, and say "Allahu akbar" (meaning "God is greater"). Stand up straight if possible; remain seated with your arms by your sides. Spread your fingers as you raise your sides. 3. Bring your hands forward: Place your right hand on top of your left and rest them against your belly button, chest, or between the two. The specific position may vary depending on the Islamic school or tradition. Keep your gaze fixed on the ground, focusing on where your head will touch when you bow down later. 4. Bow down: Say "Allahu akbar" while bending forward, keeping your back and neck straight and parallel to the ground. Your arms should be alongside your body, and your fingers should rest against your knees. This position is called ruku. While in this position, say "Subhana rabbi al-adhim" three times (meaning "Glory to my Lord the Almighty"). 5. Stand up: As you stand, say "Sami' allahu liman hamidah" (meaning "God hears those who praise Him") and keep your arms by your side. You may also add "Rabbana wa lakal hamd" (meaning "Our Lord, to You belongs the praise") once, followed by "Hamdan kathiran tayyiban mubarakan fihi" (meaning "Abundant praise, pure and blessed"). 6. Prostrate: Say "Allahu akbar" while placing your head, knees, and hands on the ground. Make sure your forehead and nose touch the ground. This position is called sujud or sajdah. When you're in this position, say "Subhana rabbi al a'la" three times (meaning "Glory to my Lord the Most High"). Keep your forearms off the ground and let your fingers touch. 7. Stand up again: Rise from the sujud position and kneel down, placing your left foot forward and keeping your right foot vertical. Note: This paraphrased version is not a word-for-word translation but aims to preserve the original text's meaning and structure while making it easier to understand for non-Arabic speakers. Pour commencer sa prière, il faut se mettre debout avec les jambes écartées et les mains sur les genoux. Ensuite, il faut réciter des douas spécifiques, telles que "Allahumma ghfir li" ("Ô Allah, pardonne-moi"), pour demander la miséricorde, la force, l'élévation et le salut. Après cela, il faut prostre soi-même et réciter des prières supplémentaires, telles que "At-tahiyatullillah" ("Les salutations sont pour Allah..."), qui exprime son attachement à la religion et aux valeurs islamiques. Après les douas et les tachahuds (prières supplémentaires), il faut terminer la prière avec le taslim, qui consiste à tourner la tête vers la droite et la gauche pour demander la bénédiction d'Allah. Cette étape est considérée comme une forme de reconnaissance des bonnes actions et des mauvaises actions. La prière est un élément essentiel de l'islam, qui doit être effectuée cinq fois par jour. Chaque prière comprend 11 étapes, dont les ablutions (nettoyer les mains, la tête et les pieds), entendre l'appelle à la prière et se mettre debout avec un corps propre et des vêtements exempt d'impuretés. En résumé, la prière est une pratique islamique qui consiste à demander à Allah de pardonner et de bénir ses actions, et à exprimer son attachement aux valeurs et aux principes de la religion. The prayer begins with a recitation of "Barakatuhu" and the greeting "Assalamu 'alaina wa'ala ibadil-Lahis -Salihin." Then, it is necessary to stand up for the remaining Rakas (units) after performing Tashahhud. For a two-Raka prayer (Sohr or Nawafil), one remains seated after Tashahhud and recites silently the "Assalat Al Ibrahimyah" phrase. The next step is to turn one's head to the right, saying "Assalamou alaïkoum wa rahmatoullah" (peace and mercy of Allah be upon you), then turn one's head to the left, repeating the same words. This concludes the prayer. After completing the prayer, it is customary to say "Astarfiru allah" three times, followed by other phrases such as "Allahoma Anta Salam" and "Sobhana Allah." It is also possible to read specific verses from the Quran, such as Ayat Al Quorssi (verse 255 of the Cow chapter) or the last three chapters of the Quran. Before performing the prayer, it is customary to recite certain formulas to emphasize one's intention and solemnity. The first formula is the Takbir, which means "God is the greatest." This declaration reminds us of Allah's greatness and supremacy. Some traditions recommend additional invocations after the Takbir and before reading the Quran. These invocations aim to ask for Allah's protection against evil and to glorify His grandeur. It is also sometimes recommended to specify the type of prayer being performed, such as Duhr (afternoon), Asr (mid-afternoon), or Isha (night). These steps help prepare one mentally and spiritually for the prayer, manifesting oneself fully under Allah's protection and greatness. Oh Allah, purify me of my sins like a white garment is cleaned from dirt. Oh Allah, wash me of my sins with water, snow and hail [Muslim and Bukhari]. God, the Lord of the universe, has ordered Muslims to pray five times a day: Fajr: morning, before sunrise; Dohr: midday, after the sun reaches its highest point; Asr: late afternoon; Maghrib: just after sunset; Icha: between sunset and dawn. Table recapitulating obligatory prayers Obligatory Prayers Temp. Number of Rakats Decomposition of Rakats Reading Tone Optional (Nafila) Sobhl Fajr morning 22 rakats Fatiha + verses Voice high 2 rakats before Fajr Dohr midday 42 rakats Fatiha + verses Voice low 4 rakats before and 2 rakats after Dohr Asr late afternoon 42 rakats Fatiha + verses Voice low 2 rakats before and 1 rakat after Asr Maghrib evening 32 rakats Fatiha + verses Voice high 2 rakats after Maghrib, last rakat Fatiha Voice low Icha night 42 rakats Fatiha + verses Voice high 2 rakats (Chafaa) and one rakat Witr after Icha, last two rakats Fatiha Voice low All Muslims have the obligation to perform the five obligatory prayers, even the sick. Muslim children as young as seven years old are encouraged to pray. In Islam, community prayer, particularly that of Friday, plays a fundamental role. It symbolizes unity and brotherhood, strengthening ties between believers. Participating in this collective prayer is a means of reliving the experience of the initial Muslim community around the Prophet, reinforcing social cohesion and mutual support. There are four different types of prayer: Fardh - Imperative (missing one Fardh is considered a grave sin). Wajib - Obligatory (missing it is considered a sin, but not as great as a Fardh salah). Sunna - Practice of the Prophet. There are two types, one known as Muakkadah and the other as Ghair Muakkadah. Nafil - Voluntary. The Fajr prayer consists of two rakats. It is performed according to the method explained above. However, the Fajr prayer must be read at a high voice for men. The two Rakat represent two units of prayer, each unit being called Rakat. In Muslim prayers, one Rakat is composed of different stages: standing (Qiyam) during which you recite Surah Al-Fatiha and another surah, inclining (Rukou), standing after inclining, prostration (Sujoud), sitting position after prostration, and a new prostration. To perform two Rakat, you repeat these stages twice. The Fajr prayer, for example, is a prayer that consists of 2 Rakat. In Islam, there are obligatory prayers (Salat) that must be performed five times a day, as well as additional optional prayers (Rawatib). For each obligatory prayer, there is an optional one that can be performed before or after, known as Rawatib. The Fajr prayer consists of 2 Rakaas, while the Dohr prayer has 4 Rakaas. There is no optional prayer for the Asr prayer. During Ramadan, the Tarawih prayer is performed at night and can have either 8 or 21 Rakaas. Those who are unable to stand due to illness may perform their prayers while seated. If they cannot even sit, they can do so lying down while making gestures. This is based on the verse from Allah: "And glorify Him standing, sitting, and lying down" (Al-Imrane 3:191). The funeral prayer (Salat Janaza) should be performed standing if possible, and includes reciting certain verses and blessings for the Prophet. There are also special prayers to perform during Eid, which must be done twice a year. The guidebook provides instructions on how to perform this prayer. Additionally, the text discusses Istikhara, or seeking Allah's guidance through prayer. This involves offering two additional Rakaas of prayer and reciting specific verses asking for guidance in making important decisions. The Prophet Muhammad (peace be upon him) taught us to ask Allah for guidance and power, saying "I seek guidance from Your knowledge and I seek Your power." He also instructed us to name our needs when asking. The Prophet said that if one forgets or adds or subtracts anything, they should prostrate themselves twice. The Adhan (call to prayer) is a call to perform the five daily prayers, which are essential for Muslims. The Adhan is a series of 15 phrases that must be recited in a specific order and includes phrases such as "Allah is greatest" and "I bear witness that there is no God but Allah." The Salat (prayer) is a ritual prayer that is an integral part of Islam. It is the second of the five pillars of Islam and is essential for all Muslims. Unlike simple prayers, Salat involves specific gestures and phrases that are recited at specific times of the day. For Shia Muslims, daily prayers are organized in a unique way compared to other branches of Islam. Typically, there are three main prayer times: afternoon and evening (Dhuhr and Asr), evening and night (Maghrib and Isha). This allows Shia Muslims to maintain their religious obligations while adapting to the demands of daily life. The Quran says "Perform your obligatory prayers with precision" and emphasizes the importance of regular prayer. Please note that this is a paraphrased version, not a direct translation. Du milieu et tenez-vous devant Allah, en obéissant avec dévotion.» 2:238 « Et établissez la salate aux deux extrémités du jour et à l'approche de la nuit. En effet, les bonnes actions éliminent les mauvaises actions. C'est un rappel pour ceux qui se souviennent. 11:114 » Accomplissez salat au déclin du soleil [de son méridien] jusqu'à l'obscurité de la nuit et [aussi] le Coran de l'aube. En effet, la récitation de l'aube est toujours vue. 17:78 J'ai demandé au prophète de Dieu : « Quelle action est la plus chère à Allah? » Il a répondu : « Exécuter AS-Salat à son heure fixe la plus précoce. » Abou Hurairah a rapporté : J'ai entendu le Messager d'Allah dire : « Dis, s'il y avait une rivière à la porte de l'un de vous dans laquelle il prendrait un bain cinq fois par jour, reste-t-il des salissures sur lui ? Ils ont répondu : » Aucune souillure ne resterait sur lui. » Il a dit : « Ce sont les cinq Salat (obligatoires). Allah efface tous les péchés à la suite de leur exécution.

Apprendre la priere pour debutant femme. Comment apprendre la prière au petit. Priere ton de leeuw. Priere pour etre riche. Apprendre la priere islam femme debutant. Priere pour convaincre quelqu'un.