

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## My Prayer Book

Part-1

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Al-hidaayah International School

First Print: February, 2026

ISBN:

Price: 280 BDT.

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Printing and Distribution



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# Preface

All praise is for Allah, the Lord of the worlds. Peace and blessings be upon our beloved Prophet Muhammad ﷺ, the one who taught us how to worship Allah with mercy, clarity, and excellence.

This book has been prepared to help our young learners take their first confident steps into the beauty of Salah—the greatest act of worship after the Shahadah. Salah is not only a daily duty; it is a daily gift. It purifies the heart, strengthens faith, and keeps a believer connected to Allah throughout the day and night.

My Prayer Book - Part 1 is designed as a simple, practical starting point. It introduces the meaning and value of prayer, reminds us of its rewards, and explains how Salah remains a mercy for every person in every condition—whether standing, sitting, or even lying down.

After building this motivation and understanding, the book guides the learner through the daily prayer times and then begins the most important part: learning how to pray step by step. With clear explanations and supportive illustrations, learners are guided through the early stages of Salah—from facing the Qiblah and saying the opening Takbir, to recitation, Ruku', rising from Ruku', Sujood, the sitting between two Sujood, and ending with the Tasleem.

Our hope is that this book becomes a gentle companion for children, parents, and teachers—making the learning of prayer easy, joyful, and spiritually meaningful. May Allah accept this effort, place barakah in it, and make our children among those who establish Salah with love, humility, and consistency.

Āmīn.

## Salah (Prayer)

Prayer is the most obligatory of the Five Pillars of Islam,  
after the Two Declarations of Faith.

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

Say, "Indeed, my prayer, my rites of sacrifice, my living and my  
dying are for Allah, the Lord of the world".

(Quran 6:162)

## How to pray

The Prophet Muhammad peace be upon him said:  
"Pray as you have seen me praying". (Sahih al-Bukhari)

The obligatory prayers are : 5 Prayers

2 Rak'ah Fajr

4 Rak'ah Zuhr

4 Rak'ah Asr

3 Rak'ah Maghrib

4 Rak'ah Isha

## Importance of Salat

**Praying often leads to Paradise.**

Rabi'a bin Ka'b said:

I was with Allah's Messenger (ﷺ) one night. and I brought him water and what he required.

He said to me: "Ask (anything you like)".

I said: "I ask to accompany you in Paradise."

He said: "Or anything else besides it?"

I said: "That is all (that I require)."

He said: "Then help me to achieve this for you by devoting yourself often to prostration."

[Muslim 489]

**Allah's Messenger (ﷺ) said:**

“Indeed the first deed by which a servant will be called to account on the Day of Resurrection is his Salat. If it is complete, he is successful and saved, but if it is defective, he has failed and lost. So if something is deficient in his obligatory (prayers) then the Lord, Mighty and Sublime says: 'Look! Are there any voluntary (prayers) for my worshipper?' So with them, what was deficient in his obligatory (prayers) will be completed. Then the rest of his deeds will be treated like that.”

[Tirmidhi 413]

The Messenger (may peace and blessings be upon him) said.

“Verily between man and between shirk and kufr is the negligence of prayer.”

[Muslim 82a]

**We have to pray no matter what the situation.**

The Prophet (ﷺ) said,

"Pray while standing; and if you can't, pray while sitting; and if you cannot do even that, then pray lying on your side."

[Bukhari 1117]

**Even those who can't learn Surah Fatihah must still pray.**

A man came to the Prophet ﷺ and said:

'I cannot learn anything of the Quran; teach me something that I can say instead of reciting the Quran.'

He ﷺ said:

'Say: SubhanAllah, wal-hamdulillah, wa laa illaaha ill-Allah, wa Allahu Akbar, wa la hawla wa la quwwata illa billaah"

[Abu Dawud 832, Nasa'i 924]

**Salat is a means to have our sins forgiven.**

Allah's Messenger (ﷺ) said:

"When the time for a prescribed prayer comes, if any Muslim performs ablution well, and offers his prayer with humility and bowing, it will be an expiation for his past sins, so long as he has not committed a major sin; and this applies for all times."

[Muslim 228]

**Allah loves those who pray regularly.**

Allah's Messenger (ﷺ) said:

Angels come to you in turns, by night and by day; and all of them are together at the time of the Fajr and Asr prayers. Those who have passed the night with you ascend, and Allah asks them - even though He already knows about you the most - "In what state did you leave my slaves?" The angels reply: "When we left them, they were praying; and when we reached them, they were praying."

[Bukhari 555, Muslim 632]