

Tell Me

how to
Pray

A QUICK GUIDE TO LEARN HOW TO PERFORM

WUDU (ABLUTION) AND SALAH (PRAYER)

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SALAH IS ONE OF THE FUNDAMENTAL PILLARS OF ISLAM.

Prayer (Salah) is the second Pillar of Islam. The obligation of Prayer was revealed directly to Prophet Muhammad* and will be the first action a believer will be questioned about.

The prophet Muhammad* said:

"The first act that the slave will be accountable for on the Day of Judgement will be prayer. If it is good, then the rest of his acts will be good. And if it is deficient, then the rest of his acts will be deficient"

Salah is our key to success in this world and in the hereafter. Allah says in His Glorious Book, *"Successful indeed are the believers who are humble in their prayers" and in another verse 'And who pay heed to their prayers. These are the heirs who will inherit Paradise. There will they abide "* (al-Mu'minun: 1-2, 9-11)

The main purpose of this booklet is to help you learn how to pray correctly as taught to us by the Prophet Muhammad*. It provides a simplified, illustrated step-by-step guide to Salah and Wudu' (ablution) which we hope will get you up and running quickly.

For a more detailed and comprehensive explanation along with the authentic references for each action, please use the details at the end of this booklet to request an advanced book.

We ask Allah to accept from us our actions and forgive us for our shortcomings, and inshaAllah you will find the contents of this booklet beneficial.

*Every time the name of Prophet Muhammed is mentioned, you should say, 'sallallahu alayhi wa sallam', meaning, 'may the peace and blessings of Allah be upon him'.



DEFINITION OF SALAH

The Arabic word for Prayer is Salah which originates from the word silah which means connection. The Islamic definition of Salah is the name given to the formal prayer of Islam. The prayer is one of the obligatory rites of the religion, to be performed five times a day by every obedient adult Muslim. It is a connection between the human and his Creator Allah.

2ND PILLAR OF ISLAM

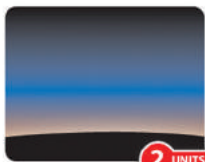
Salah is the second pillar of Islam. Performing Salah is the first priority after belief in the Oneness of Allah and in the prophet Muhammad. It is such an important pillar, that Muslims are called upon to perform this act of worship in all circumstances without fail.

WHO MUST PRAY

Prayer is obligatory upon every sane adult Muslim. A person is considered an adult upon reaching puberty. There are four signs of puberty (any one of these signs means the person has reached puberty):

1. Wet dreams
2. Pubic hair
3. Menstruation (for girls)
4. Reaching the age of 15 (lunar years).

THE NAMES AND TIMES OF THE 5 DAILY SALAH



2 UNITS

Fajr

The Dawn Prayer is performed after dawn and before sunrise. It consists of 2 units (raka'ah).



4 UNITS

Dhuhr

The Noon Prayer is performed when the sun begins to decline from the zenith point. It consists of 4 units (raka'ah).



4 UNITS

Asr

The Afternoon Prayer is performed midway between noon and sunset. It consists of 4 units (raka'ah).



3 UNITS

Maghrib

The Sunset Prayer is performed immediately after sunset. It consists of 3 units (raka'ah).



4 UNITS

ISHA

The Night Prayer is performed after twilight. It consists of 4 units (raka'ah).

Allah says: "Verily, the prayer is enjoined on the believers at fixed times" (Al-Nisaa 4:103)

PRAY ON TIME

Remember, it is best to perform each of the five obligatory prayers as soon as the time has commenced, as it is not permitted to delay them without a valid reason, and it must not be delayed beyond its permitted time.

MISSED PRAYERS

It is a major sin to miss a prayer deliberately; the missed prayer must be made up as soon as it is remembered. Any made-up prayer is performed in the exact manner it is prayed during its specified time.

PRAYER CALENDARS

It is advised that you refer to an Islamic prayer timetable published by one of the local Islamic centres in your city for exact prayer times throughout the year.

THE COMPULSORY AND SUNNAH PRAYERS

The following are the number of compulsory and sunnah units associated with each prayer. The highlighted boxes are obligatory.

The sunnah prayers are highly recommended, and the person will receive great reward for performing them - but no sin is incurred for skipping them.

Prayer	Before (Sunnah)	Compulsory	After (Sunnah)
Fajr	2	2*	
Dhuhr	2x2	4	2
Asr		4	
Maghrib		3*	2
Ishá		4*	2

*The Qur'anic recitation of the first two units of each of the prayers which have the asterisk besides them should be read aloud. All other units of these prayers and other prayers without an asterisk should be recited silently.

THE COMPULSORY AND SUNNAH PRAYERS PURIFICATION AND CLEANLINESS - TAHAARAH

Purification is a very important matter in Islam. One must purify their intention for Allah alone and purify their bodies and clothes before beginning the Prayer.

Hygiene and cleanliness are very important aspects of a Muslim's life. One must ensure that their bodies, clothing and place of prayer is free from impurities such as urine, faeces and any other impure substances. After going to the toilet, it is recommended to wash the private parts with water if it is available and does not cause harm (due to injury for example).

It is obligatory to have a full shower known as Ghusl after intimate relations between the husband and wife, after ejaculation (due to a wet dream, for example), and upon completion of a woman's menses or post-natal bleeding.

INTENTION — NIYYAH

All actions in Islam require a clear intention before performing the act, with the action to be performed purely for the sake of Allah. The place of the intention is the heart.

In the Glorious Quran, Allah states "Truly, Allah loves those who turn unto Him in repentance and He loves those who purify themselves" (Al-Baqarah: 222)

The Prophet said: "Actions are only by intentions and every man has only that which he intended ..."

ABLUTION – WUDU'



THE IMPORTANCE OF WUDU'

The Prophet Muhammad said: "The Salah (prayer) of anyone of you who has invalidated his purification, is not accepted unless he makes wudu." (Bukhari)

THE VIRTUES OF WUDU'

The Prophet Muhammad said: "When the Muslim or believing servant performs ablution and washes his face, each sin he has committed by his eyes washes away with the water. When he washes his hands, each sin his hands have committed washes away with the water - or with the last drop of water until he becomes free of sin." (Malik and others).

BEFORE DOING WUDU'

1. Go to the toilet first (if required). You should use the toilet and then wash the private parts before performing wudu.
2. It is good practice to clean the teeth with siwak (tooth-stick) or a toothbrush before performing wudu' as taught by the Prophet Muhammad.
3. Before starting the actions of wudu' it is necessary to make your intention of washing is for the purpose of wudu' only.

HOW TO PERFORM WUDU (STEP—BY—STEP)

THE FOLLOWING STEPS MUST BE OBSERVED IN ORDER (TARTEEB).



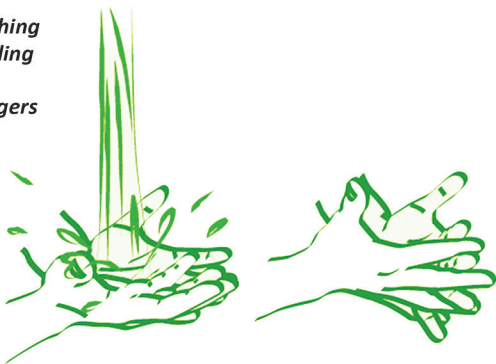
BEFORE WUDU' Intention of making wudu' should be done in the heart, then say:

Bismillah
In the name of Allah

بِسْمِ اللَّهِ

Completely washing the hands including the wrists and between the fingers (3 times).

2





Rinse the mouth (3 times). Using the right hand, put a small amount of water into the mouth, swirl around, then expel.



Sniff water into the nostrils as far as possible with the right hand, and then sniff it out with left hand (3 times).



Wash the face from forehead to chin, left earlobe to the right earlobe making sure the whole face is washed (3 times).

6

Wash the two arms up to and including the elbows, hand and between the fingers. Begin with the right arm (3 times for each arm).



7

Wipe the head with wet fingers starting at the fringe to the back hairline and back the same way all in one movement (once only).



8

Simultaneously wipe the insides of both ears with the index fingers, and the back of the ears with the thumbs (once only).



9

**Wash the feet including the ankles and between the toes.
Begin with the right foot.
(3 times for each foot).**



10

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*Ash-hadu anllaa ilaaha illallaah wa ash-hadu anna
Muhammadan 'abduhu wa rasooluh*

I bear witness that there is no God worthy of worship except Allah.
And I bear witness that Muhammad is His slave and Messenger.



اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

*Allahuma ij-'alnee minat-tawabeen waj-'alnee
minal-mutatahireen*

Oh Allah, make me among those who turn in repentance to
you and make me among those who purify themselves.

AL-MASAH (WIPING)

Wiping over leather (thick) socks with wet hands instead of washing the feet is allowed, provided that the socks have been put on after performing ablution, including washing the feet.

This is allowed for 24 hours from the time of ablution, and for 3 days if the person is travelling on a journey. After this time, the feet must be washed when performing wudu' and the period of al-masah (wiping) is restarted.

Similarly if there is a wound in any parts of the body which has to be washed in ablution, and if washing that particular part is likely to cause harm, it is permissible to wipe the dressing of the wound with a wet hand.

The Prophet Muhammad said: "Whoever performs Wudu' well then says, (the mentioned supplication); the eight gates of Paradise will be opened for him to enter through any one he wills!" (Muslim)

ACTIONS THAT NULLIFY WUDU'

Wudu' is broken and must be redone before praying if any of the following acts occur:

1. Passing wind.
2. Passing urine or faeces.
3. Deep sleep, whereby one loses awareness.
4. Unconsciousness or intoxication.
5. Touching the private parts with the hand and fingers without a barrier.
6. Intimate relations between husband and wife or ejaculation (due to a wet dream, for example). A full shower known as Ghusl is required in this situation.

If a person forgets whether they have nullified their wudu' or not, then their wudu' is NOT nullified (regardless of whether the person is praying or not) until they are certain that they have nullified their ablution through one of the acts listed above.

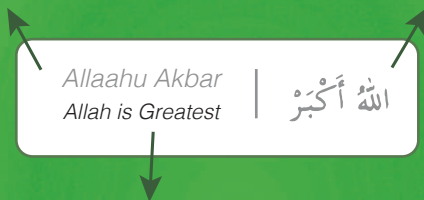
Note: A menstruating or post natal woman must not pray as long as blood is visible. Her missed prayers do not have to be made

PRAYER - SALAAT

FOLLOWING THE GUIDE

What needs to be said for non arabic readers.

What needs to be said for arabic readers.



English translation
not to be read.

For those who have not learned Surah Fatiha or the Tashahud (supplication while seated) there is an easier 'temporary' alternative you can say until you have learnt them, as per the following hadith:

Abu Dawood (832) narrated that a man came to the Prophet (peace be upon him) and said,

“I am not able to learn anything of the Qur’aan, so teach me something that will suffice me.” He said, “Say, Subhaan-Allaah wa’l-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaahu akbar wa laa hawla wa la quwwata illa Billaah.”

Please refer to the 'Beginner Learner Only' steps on pages 20 and 25.

BEFORE YOU BEGIN THE PRAYER:

Before you begin the prayer, you must ensure you fulfill the following requirements (where possible):

1. Wearing the correct clothing.

A man must cover the front and back of his body between his navel and knees, as well as both his shoulders when praying. The garments must be loose and non-transparent.

A woman must cover her entire body, except for her hands and face. The garments must be loose and non-transparent.

2. Ensuring body, clothing, and place of prayer is free from impurities.

3. Being in a state of purity. i.e. to have Wudu' (Ablution) The Prophet said: "Allah does not accept prayer without purity." (Muslim)

4. The time for the prayer has started. Allah says: "Verily, the prayer is enjoined on the believers at fixed times."

5. Facing the Qiblah - Direction of the Ka'bah. Wherever a Muslim is in the world, they must face towards Makkah for prayer. There are special compasses designed to help you find the Qiblah direction.

6. Praying towards some sort of partition (Sutrah) when alone and in an open area.

BEGINNER LEARNERS FOLLOW THE GREEN HIGHLIGHTED STEPS ONLY.

ADVANCED LEARNERS FOLLOW ALL THE STEPS EXCEPT

FOR ANY 'BEGINNERS ONLY' STEPS.

Note: Beginner learners should aim towards becoming an advanced learner eventually.

HOW TO PERFORM SALAH (STEP-BY-STEP)

PERFORMING THE FIRST RAK'AH (UNIT) OF PRAYER.

After facing the Qiblah, the person should make their intention about the particular obligatory or optional prayer they intend to perform.

1



In the standing position, raise both hands so that your finger tips are in line with the shoulders or ears. Your palms should be facing outward. Then say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

2

Place your hands on your chest, with the right hand over the left. Then say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oothu billaahi minash-shaytanir-rajeem

I seek refuge with Allah from Satan the accursed



3^A RECITE SURAT AL-FATIHA

ADVANCED LEARNER ONLY



- ① *Bismillaahir rahmaanir raheem*
In the name of Allah, the Most Beneficent,
the Most Merciful
 - ② *Al-hamdu lillaahi rabbil 'aalameen*
Praise be to Allah the Lord of the worlds.
 - ③ *Ar-rahmaanir raheem*
The Most Beneficent, the Most Merciful
 - ④ *Maaliki yawmiddeen*
Master of the Day of Judgement
 - ⑤ *Iyyaaka na'budu wa iyyaaka nasta'een*
You alone we worship and in You alone
we seek help
 - ⑥ *Ihdinas-siraatal mustaqeem*
Guide us to the straight path
 - ⑦ *Siratallatheena an'amta 'alayhim*
The way of those whom You have favoured
- Ghayril maghdoobi 'alayhim*
Not the way of those who have
earned Your anger
- Waladdaalleen*
Nor of those who have gone astray
- Aameen*
Oh Allah answer our prayer!

3^B BEGINNER LEARNERS ONLY

Place your hands on your chest, with the right hand over the left. Then say:



- ① *Subhaan - Allah*
Glory be to Allah
- ② *Wa'l-hamdu Lillaah*
and praise be to Allah
- ③ *Wa laa ilaaha ill-Allaah*
there is no god except Allah
- ④ *Wa Allaahu akbar*
and Allaah is Most great
- ⑤ *wa laa hawla*
and there is no power
- ⑥ *wa la quwwata*
and no strength
- ⑦ *illa Billaah*
except with Allah

STEP 4 ADVANCED LEARNERS

Recite another chapter from the Qur'an if this is the 1st or 2nd Rak'ah (Unit). Refer to the end of this booklet for some short chapters from the Qur'an. In the 3rd and 4th Rak'ah (unit), only recitation of the Fatiha is required.

5



In the standing position, raise both hands as in Step 1. Then say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

You should now be in the bowing (rukoo') position.

6

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana rabbiyal 'atheem
Glory be to my Lord the Supreme

x3

Say this 3 times



Next, come up from the bowing position into the standing position.

7



As you are coming up say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'-Allaahu liman hamidah
Allah listens to the one who praises him

8

Now you should be in the standing position



In this position say:

رَبَّنَا وَ لَكَ الْحَمْدُ

Rabbanaa wa lakal hamd
Our Lord, and to You belongs the praise

Next you go into the prostration (sujood) position as described below.

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ

As you go into this position say:

Important: In the prostration position (sujood), ensure:

1. The nose and forehead are touching the ground
2. The two palms are on the floor with fingers together
3. The two knees are on the floor
4. The toes of both feet are upright and not laying flat on the floor

9

In the sujood position say the following 3 times:

x3 *Subhaana rabbiyal 'alaa*
Glory be to my Lord Most High



سُبْحَانَ رَبِّيَ الْأَعْلَى

Next you come up into the sitting position, saying:

In this position, sit on the left thigh, with the left foot along the ground and the right foot upright. The toes of the right foot should be facing the Qiblah and the hands should be placed of the knees.



10

Allaahu Akbar
Allah is Greatest
اللَّهُ أَكْبَرُ

In the sitting position say the following (3 times):

رَبِّ اغْفِرْ لِي

x3

Rabbighfirlee

Oh Allah, forgive me

Next you go into the prostration (sujood) position for a second time as described in step 9. As you go into this position say:

Allaahu Akbar
Allah is Greatest
اللَّهُ أَكْبَرُ

In the sujood position say the following 3 times:

x3

Subhaana rabbiyal 'alaa
Glory be to my Lord Most High

11



سُبْحَانَ رَبِّيَ الْأَعْلَى

The first unit is now complete.

Now you should complete the second/final rak'ah (unit).

PERFORMING THE SECOND OR FINAL RAK'AH (UNIT) OF PRAYER

Stand up from the prostrating or sitting position

As you are coming up say:

Allaahu Akbar
Allah is Greatest

اللَّهُ أَكْبَرُ



Repeat steps 3 to step 11
from the first Rak'ah (unit)
of prayer.



12



After step 11 say:

Allaahu Akbar
Allah is Greatest

الله أَكْبَرُ

Then go into the sitting position. At this point raise your index finger on your right hand.

13

BEGINNER LEARNERS ONLY

Now recite the following:



- ① *Subhaan - Allah*
Glory be to Allah
- ② *Wa'l-hamdu Lillaah*
and praise be to Allah
- ③ *Wa laa ilaaha ill-Allaah*
there is no god except Allah
- ④ *Wa Allaahu akbar*
and Allaah is Most great
- ⑤ *wa laa hawla*
and there is no power
- ⑥ *wa la quwwata*
and no strength
- ⑦ *illa Billaah*
except with Allah

13 ADVANCED LEARNER ONLY

Now recite the following:



- ① *Attahiyyaatu lilaahi wassalawaatu wattayyibaatu*
All compliments, prayers and pure words are due to Allah
- ② *Assalaamu 'alayka ay-yuhan nabiyyu*
Peace be upon you Oh Prophet
- ③ *Wa rahmatullaahi wabarakaatuh*
and the mercy of Allah and His blessings
- ④ *Assalaamu 'alaynaa wa 'alaa ibaadillaahissaliheen*
Peace be upon us and on the righteous slaves of Allah
- ⑤ *Ash-hadu allaa ilaaha illallaah*
I bear witness that there is no God or Deity worthy of worship except Allah
- ⑥ *Wa ash-hadu anna Muhammadan abduhu wa rasooluh*
I bear witness that Muhammad is His slave and Messenger

WHAT TO DO NEXT?

You have now completed the first and second rak'ah (units). What you do next will depend on which prayer you are performing, i.e. how many rak'ah (units) you are performing.

Use the chart below to know what your next step is.

FAJR

1st Unit

2nd Unit

Complete the prayer

Follow steps on page 28

DHUHR, ASR & ISHA'

1st Unit

2nd Unit

3rd Unit

Follow steps 1 to 11 on page 18

4th Unit

Follow steps on page 24

Complete the prayer

Follow steps on page 28

MAGHRIB

1st Unit

2nd Unit

3rd Unit

Follow steps on page 24

Complete the prayer

Follow steps on page 28

COMPLETING THE PRAYER.

ADVANCED LEARNER ONLY



14

اللَّهُمَّ صَلِّ عَلَى مُحَمَّد

- ① *Allahuma salli 'ala Muhammad*
Oh Allah, send prayers upon Muhammad

وَ عَلَى آلِ مُحَمَّد

- ② *wa'ala aali Muhammad*
and upon the family of Muhammad

كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ

- ③ *kamaa salayta 'ala Ibraheem*
as You sent prayers upon Ibrahim

وَ عَلَى آلِ إِبْرَاهِيمَ

- ④ *wa'ala aali Ibraheem*
and upon the family of Ibrahim

إِنَّكَ حَمِيدٌ مُجِيدٌ

- ⑤ *Innaka hameedun Majeed*
Indeed You are praiseworthy, Most glorious



14

وَبَارِكْ عَلَى مُحَمَّدٍ

- ⑥ *wa baarik 'alaa Muhammad*
and send Your blessings upon Muhammad

وَعَلَى آلِ مُحَمَّدٍ

- ⑦ *wa'ala aali Muhammad*
and upon the family of Muhammad

كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ

- ⑧ *kamaa baarakta 'ala Ibraheem*
as You sent prayers upon Ibrahim

وَعَلَى آلِ إِبْرَاهِيمَ

- ⑨ *wa'ala aali Ibraheem*
and upon the family of Ibrahim

إِنَّكَ حَمِيدٌ مُجِيدٌ

- ⑩ *Innaka hameedun Majeed*
Indeed You are praiseworthy, Most glorious

COMPLETING THE PRAYER CONTINUED

BEGINNER AND ADVANCED LEARNERS



Turn your head to the right and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamu 'alaykum wa rahmatullah
May Allah's peace and mercy be upon you

Turn your head to the left and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalaamu 'alaykum wa rahmatullah
May Allah's peace and mercy be upon you



The Salah (Prayer) is now complete.

It is recommended to do dhikr remembrance of Allah after the prayer by saying:



x33

سُبْحَانَ اللَّهِ

Subhaan Allah
Glory be to Allah

x33

الْحَمْدُ لِلَّهِ

Al-hamdu lillah
Praise be to Allah

x34

اللَّهُ أَكْبَرُ

Allahu Akbar
Allah is the greatest

SOORATUL KAWTHAR [108]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ

Innaa a'ataynaakal kawthar

Indeed, We have granted you, [Oh Muhammad], al-Kawthar

فَصَلِّ لِرَبِّكَ وَانْحَرْ

Fasalli lirabika wanhar

So pray to your Lord and sacrifice [for Him alone]

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

Inna shaani'aka huwal abtar

Indeed your enemy is the one cut off.

SOORATUL IKHLAAS [112]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

قُلْ هُوَ اللَّهُ أَحَدٌ

① *Qul huwallaahu ahad*

Say: He is Allah, (The) One

اللَّهُ الصَّمَدُ

② *Allaahussamad*

Allah, the eternal Refuge (the one sought in times of difficulty and need)

لَمْ يَلِدْ وَلَمْ يُولَدْ

③ *Lam yalid walam yoolad*

He neither begets, nor is He born

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

④ *Walam yakullahu kufuwan ahad*

nor is there to Him any equivalent

SOORATUL FALAQ [113]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

Qul a'oothu birabbil falaq

Say: I seek refuge with the Lord of the daybreak

مِنْ شَرِّ مَا خَلَقَ

Min sharri maa khalaq

from the evil of what He has created

وَمِنْ شَرِّ عَاسِقٍ إِذَا وَقَبَ

Wamin sharri ghasiqin ithaa waqab

and from the evil of the darkening (night) as it comes with its darkness

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

Wamin sharrin-naffaathaati fil'uqad

and from the evil of the witchcraft when they blow in the knots

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Wamin sharri haasidin ithaa hasad

and from the evil of the envier when he envies

SOORATUL ANNAAS [114]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-rahmaanir-raheem

In the name of Allah, the Most Beneficent, the Most Merciful

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul a'oothu birabbinnas

Say: I seek refuge with the Lord of Mankind

مَلِكِ النَّاسِ

Malikinnas

The King of Mankind

إِلَهِ النَّاسِ

Ilaahinnas

The God of Mankind

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

Min sharril waswaasil khanaas

From the evil of the whisperer who withdraws (when one remembers Allah)

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ

Allathee yuwaswisu fee sudoorinnaas

Who whispers in the breasts of mankind

مِنَ الْجِنَّةِ وَالنَّاسِ

Minal jinnati wannas

From among the jinn and mankind

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“...Seek help in patience and the prayer...”

Al Qur'an 2:45

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