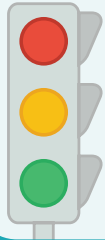


The Faraid and Sunan of Salah



Learning Objectives

In this lesson, I will:



Recall the faraid of salah

Identify some sunan of salah

Review how I practise the faraid and sunan of salah



Key Words

Upright posture - الْأَعْيَدَالُ

Audibly

Follower (in salah) - الْمُقْتَدِي

T Thinking Starter

Can you remember a time when your teacher said your work was 'okay' and a time when they said it was 'very good'? How did that feel different? What did you do to turn 'okay' into 'very good'?



Sunnah Stars

By following the sunnah of Muhammad ﷺ, we show our love and obedience to Allah and His Messenger ﷺ. The sunnah shows us the best way to live. When we add sunnah acts to the fard acts, Allah gives us even more rewards.

Muhammad ﷺ is the most beloved person to Allah سبحانه وتعالى and he worshipped Allah in the best way possible. If we want to become beloved to Allah, then we should try to worship Him just like Muhammad ﷺ did.

Our salah is valid when we complete the faraid. We make it very good when we include the sunan. We aim for perfection when we add the mustahabb acts of salah!



The Faraid and Sunan of Salah

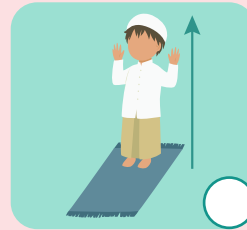
Key: Fard Sunnah



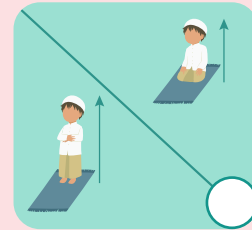
Making an intention in the heart



Takbiratul-ihram



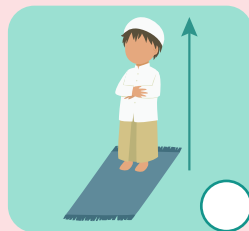
Standing for takbiratul-ihram



I'tidal (being **upright** in standing and sitting)



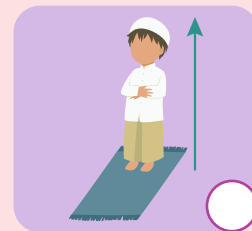
Reciting Surah al-Fatihah



Standing while reciting Surah al-Fatihah



Reciting Qur'an after Surah al-Fatihah, even one ayah



Standing while reciting Qur'an after Surah al-Fatihah



Reciting audibly in Fajr and the first two rak'ahs of Maghrib and 'Isha



Reciting quietly in Dhuhr, 'Asr, the last rak'ah of Maghrib, and the last two rak'ahs of 'Isha



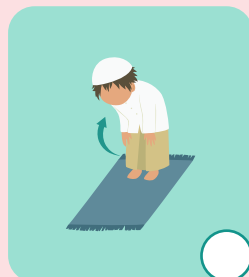
Remaining silent when the imam recites audibly (in Fajr and the first two rak'ahs of Maghrib and 'Isha)



Praying calmly and resting the body parts in **each position**



Ruku'



Rising from ruku'



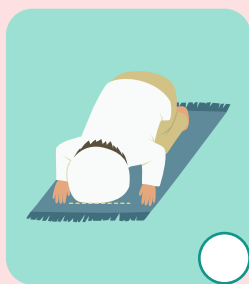
Saying **سَمِعَ اللهُ لِمَنْ حَمِدَهُ** when rising from ruku'



Praying with extra calmness in **each position**



Every takbir besides the takbir of ihram



Sujud with the forehead touching the ground



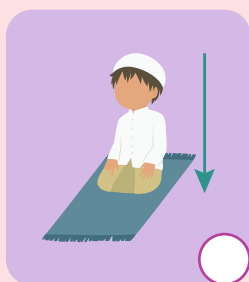
Sujud with the nose, palms, knees, and toes touching the ground



Sitting between the two sajdahs



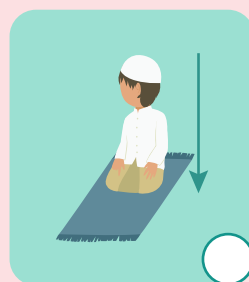
Reciting tashahhud in the first and second sitting



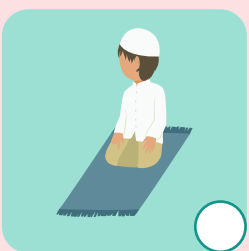
Sitting during tashahhud



Reciting salawat upon our Prophet ﷺ after the last tashahhud



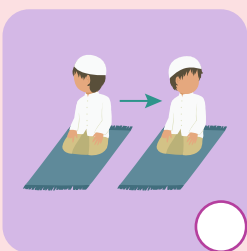
Sitting for the final salam



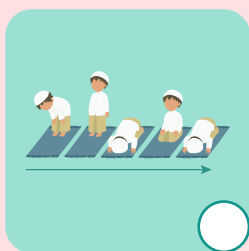
The final salam (to the right)



Saying the final salam audibly (for males)



For the muqtadi (follower) to do salam to the right and the left



Completing all postures in the correct order



Task 1

Match the key terms to their definitions:

I'tidal

Saying Allahu Akbar to begin salah

Muqtadi

Can be heard clearly

Audible

A person who is praying behind the imam

Takbiratul-ihram

Standing and sitting upright



Task 2

Look at the list of actions below. Put an 'F' for a fard action and an 'S' for a sunnah action.

	Fard	Sunnah
Reciting more Qur'an after Surah al-Fatihah		
Rising from ruku'		
Saying سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ when rising from ruku'		
Sitting during tashahhud		
The final salam (to the right)		



Task 3

Review your most recent salah. Put a tick (✓) or cross (X) in the boxes next to the images to evaluate your practice of the faraid and sunan.

I Act On What I Learn

I will make my salah very good by practising all the sunan of salah.



P

Progress Check



1. How many faraid of salah can you recall?

2. List three sunan of salah.

3. Why should we include the sunnah acts in our salah?