Name: ..... Date: .....

How I pray

Lesson 6 · the prayer step by step

📖 **The story: How I pray**
Read together, part by part.

Part 1 – Before you begin

Youssef is seventeen and works in a warehouse in the summer. A new colleague, Ali, has only just become Muslim. “Can you show me how you pray?” he asks. “I’m embarrassed to ask in the mosque.” Youssef nods. “First the conditions. You have done wudu. Your body, your clothes and the place are clean. Your body is covered as it should be. It is prayer time. And you face the qibla, the direction of the Ka‘ba.” Ali takes his phone and finds the direction with a compass app. “South-east,” he says. “Great,” laughs Youssef. “Then you begin with the niyya in your heart.”

☆ **Wudu, clean, covered, on time, facing the qibla: then you can pray.**

condition = something that must be in order first · **qibla** = the direction of the Ka‘ba

Part 2 – Standing, bowing, prostrating

Youssef shows it calmly. He raises his hands to his ears and says: Allahu akbar. That is the takbir. Standing, he recites Al-Fatiha and then a short surah. With Allahu akbar he bends forward, hands on his knees: the ruku‘. “Subhana rabbiya l-‘azim,” he says softly. He stands up straight again and says: “Sami‘a llahu liman hamidah.” Then he kneels and places his forehead, nose, hands, knees and toes on the ground: the sujud. “Subhana rabbiya l-a‘la.” He sits briefly and does a second sujud. “That was one rak‘a,” he says.

☆ **Takbir, standing, ruku‘, sujud: that is how one rak‘a goes.**

recite = read aloud or quietly from the Quran · **rak‘a** = one round in the prayer

Part 3 – Sitting and salam

“After two rak‘as you sit down,” Youssef explains, “and you say the tashahhud: the testimony.” In the last sitting he also says a blessing on the Prophet. Then he turns his head to the right: “As-salamu ‘alaykum wa rahmatullah.” And to the left: the same. “Done.” Ali looks worried. “That’s a lot to remember.” “It took me years too,” says Youssef. “The Prophet said: pray as you see me pray. Watch, copy, and learn a little more every week.” That Friday they go to the mosque together. Ali stands next to Youssef in the row. He is no longer afraid.

☆ **Pray as the Prophet prayed: watch, copy and learn step by step.**

tashahhud = the testimony while sitting · **worried** = a little anxious

💬 **Let’s talk:** How would you help someone who still has to learn the prayer, without making him feel ashamed?

💡 Did you know? – How many rak‘as?

- Fajr has 2 rak‘as, dhuhr 4, asr 4, maghrib 3 and isha 4. Together that makes 17 obligatory rak‘as a day.
- In sujud seven body parts touch the ground: forehead with nose, two hands, two knees and the toes of both feet.
- There are small differences between the schools of law, for example where you hold your hands. They are all based on the sunna.

📖 Hadith

Al-Bukhari

صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

Sallu kamaa ra’aytumuni usalli.

“Pray as you see me pray.”

How I pray

Lesson 6 · questions and writing

✔ Questions

Tick the correct answer.

1. Where does Youssef work in the summer?

- ◯ in a warehouse
- ◯ in a restaurant

2. What is the qibla?

- ◯ a prayer mat
- ◯ the direction of the Ka‘ba

3. What do you say at the takbir?

- ◯ As-salamu ‘alaykum
- ◯ Allahu akbar

4. What is bowing with hands on the knees called?

- ◯ ruku‘
- ◯ sujud

5. How many rak‘as does maghrib have?

- ◯ four
- ◯ three

6. How do you end the prayer?

- ◯ with Bismillah
- ◯ with the salam

☆ **Remember this:** Pray as the Prophet prayed.

✍ Think and write

Answer in a few sentences.

1. How would you help Ali to learn the prayer?

2. What are the conditions for the prayer?

Puzzles

Lesson 6 · How I pray

🔤 Word search

Find the words: from left to right and from top to bottom.

I	F	D	Y	T	A	A	S	S	I	T
R	A	A	O	A	U	A	U	E	S	U
A	T	Q	U	K	U	J	J	E	I	F
K	I	H	S	B	Q	S	U	A	T	F
A	H	S	S	I	I	U	D	I	T	Y
H	A	U	E	R	B	A	L	T	I	S
A	S	A	F	Q	L	F	R	T	N	U
Y	G	S	A	L	A	M	B	L	G	A
A	L	I	M	Q	I	R	U	K	U	R
K	T	E	B	K	S	I	A	A	S	B
A	Y	S	B	A	H	L	R	T	I	R

☐ YOUSSEF ☐ SITTING ☐ TAKBIR ☐ FATIHA ☐ SUJUD ☐ QIBLA ☐ SALAM ☐ RUKU ☐ RAKA ☐ ALI

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



