

GMSA UEW

Islamic Prayer Guide

A Simple Guide to the Five Daily Prayers

Prepared as an introductory student resource for the Ghana Muslim Students Association (GMSA), University of Education, Winneba.

This guide presents the basic Fard prayer sequence. Some details of Salah differ among established schools of Islamic jurisprudence; legitimate differences should be respected.

1. Before You Pray

Salah is one of the five pillars of Islam and Muslims perform five obligatory prayers each day. Before beginning, prepare yourself and the place of prayer.

- Perform Wudu (ablution) and ensure ritual purity.
- Ensure your body and clothing meet Islamic modesty requirements.
- Make sure the place of prayer is clean.
- Face the Qiblah, the direction of the Ka'bah in Makkah.
- Pray within the prescribed time.
- Make the intention (Niyyah) in your heart.
- Pray with attention, humility and respect.

The five obligatory prayers are Fajr, Dhuhr, Asr, Maghrib and Isha. Exact prayer times change by date and location.

2. The Five Daily Prayers

Prayer	General time	Fard Rak'ahs
Fajr	Before sunrise	2
Dhuhr	After midday	4
Asr	Afternoon	4
Maghrib	After sunset	3
Isha	Night	4

The numbers above refer to the obligatory (Fard) units. Sunnah and voluntary prayers are not included.

Use a reliable local mosque timetable or trusted prayer-time service for exact times in Winneba.

3. The Basic Rak'ah

The following is the basic sequence. Details such as hand placement and some postures can vary by madhhab.

1. Qiyam

Stand facing the Qiblah with the intention for the prayer.

2. Takbir

Begin by saying Allahu Akbar.

3. Recitation

Recite Al-Fatihah and, in the appropriate rak'ahs, additional Qur'an.

4. Ruku'

Bow with the hands on the knees and maintain a composed posture.

5. Standing

Rise from Ruku' and stand upright.

6. First Sujood

Prostrate and glorify Allah.

7. Sitting

Sit briefly between the two prostrations.

8. Second Sujood

Perform the second prostration.

9. Rise

Stand for the next rak'ah, or sit for the prescribed sitting when required.

4. Key Recitations

رَبُّكَ أَكْبَرُ

Allahu Akbar
Allah is the Greatest.

سُبْحَانَ رَبِّيَ ٱلْأَعْلَى

Subhana Rabbiyal-'Adheem
Glory be to my Lord, the Most Great.

سَمِىَ ٱللَّهُ ٱلَّذِى يَسْمَعُ ٱلْحَمْدَ

Sami'Allahu liman hamidah
Allah hears the one who praises Him.

ٱلْحَمْدُ لِلَّهِ ٱلَّذِى ٱلْحَمْدُ لِلَّهِ

Rabbana wa lakal-hamd
Our Lord, and to You belongs all praise.

سُبْحَانَ رَبِّيَ ٱلْأَعْلَى

Subhana Rabbiyal-A'la
Glory be to my Lord, the Most High.

5. Surah Al-Fatihah

Al-Fatihah is recited in every rak'ah of Salah. Students learning recitation should study the Arabic text and pronunciation with a qualified teacher.

Al-hamdu lillahi Rabbil-'alamin. Ar-Rahmanir-Rahim. Maliki Yawmid-Din. Iyyaka na'budu wa iyyaka nasta'in. Ihdinas-siratal-mustaqim. Siratal-ladhina an'amta 'alayhim ghayril-maghdubi 'alayhim wa lad-dallin.

Meaning: All praise belongs to Allah, Lord of the worlds, the Most Merciful. Master of the Day of Judgment. You alone we worship and You alone we ask for help. Guide us to the straight path—the path of those You have blessed, not those who have incurred Your displeasure, nor those who have gone astray.

6. Completing the Prayer

- Fajr: 2 Fard rak'ahs.
- Dhuhr: 4 Fard rak'ahs.
- Asr: 4 Fard rak'ahs.
- Maghrib: 3 Fard rak'ahs.
- Isha: 4 Fard rak'ahs.

After the required number of rak'ahs, complete the final sitting with Tashahhud and Salawat according to the practice you have learned. The prayer is concluded with Tasleem.

سَلَامٌ عَلَيْكَ يَا رَسُولَ اللَّهِ

As-salamu 'alaykum wa rahmatullah
Peace and mercy of Allah be upon you.

7. Praying in Congregation

- Follow the Imam and do not deliberately move ahead of him.
- Stand in an orderly row and maintain calmness.
- If you join after the prayer has started, follow the Imam's current position.
- After the Imam completes the prayer, follow established guidance for completing any rak'ahs you missed.

For detailed rulings about joining late, prayer rows and differences between schools of jurisprudence, consult a qualified local Imam or Islamic teacher.

8. Common Mistakes to Avoid

- Starting without proper preparation or purification.
- Rushing through Ruku' or Sujood instead of maintaining composure.
- Forgetting one of the two prostrations in a rak'ah.
- Being distracted by phones, conversations or unnecessary movement.
- Moving ahead of the Imam during congregational prayer.
- Treating legitimate differences of madhhab as though one minor posture difference automatically invalidates another person's prayer.

If you are unsure about a religious ruling, ask a qualified scholar or Imam. This is an introductory educational resource, not a substitute for personalised religious instruction.

9. Quick Salah Reference

BEFORE SALAH

- Wudu completed
- Clean prayer place
- Appropriate clothing
- Face Qiblah
- Prayer time has begun
- Niyyah made

DURING EACH RAK'AH

- Qiyam and recitation
- Ruku'
- Standing after Ruku'
- First Sujood
- Brief sitting
- Second Sujood

AFTER THE FINAL RAK'AH

- Final sitting
- Tashahhud
- Salawat
- Appropriate supplication
- Tasleem

Fard rak'ahs: Fajr 2 • Dhuhr 4 • Asr 4 • Maghrib 3 • Isha 4

For exact prayer times in Winneba, use a reliable local mosque timetable or trusted prayer-time service.

Sources used for factual verification: Islamic Relief UK, "How to Pray Salah" (reviewed January 2026); Egypt's Dar Al-Ifta, "How to perform Prayer (Salah)." The wording, structure and design of this GMSA guide are original.