



فقّه نفسك
في المذهب المالكي

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Prayer Guide



140 Acts of Prayer

Ordered by time of occurrence
with the specific rulings for
each praying person

This is a step-by-step prayer guide that consists of the different acts of prayer. In it you will find different acts and its rulings: the obligatory acts, the Sunnah ones, the recommended ones, the disliked ones and the acts that invalidate the prayer. You will also learn that rulings may differ depending on the type of person praying: some rulings are specific for the imam, some are specific for the *munfarid* (person praying alone) and some are specific for the person following the imam.

This guide is a brief overview; for more details and further rulings, please refer to the website of FaqihNafsak (see last page of this PDF).

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.1	Intention <i>The imam + munfarid + follower</i>	✓					
.2	Cancelling the intention					✗	
.3	Opening takbir <i>The imam + munfarid + follower</i>	✓					
.4	Standing for the opening takbir in the obligatory prayers <i>The imam + munfarid + follower</i>	✓					
.5	Saying that takbir out loud <i>The imam + munfarid + follower</i>			✓			
.6	Raising the hands for the opening takbir			✓			
.7	Letting the arms hang by the sides (sabl)			✓			
.8	Seeking refuge and saying the basmala				✗		

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.9	Supplication before reciting al-fatiha				✘		
.10	Reciting al-fatiha in every rak'at <i>The imam + munfarid only</i>	✓					
.11	Standing for the recitation of al-fatiha <i>The imam + munfarid in obligatory prayers only</i>	✓					
.12	Reciting <u>al-fatiha</u> out loud or silently where appropriate <i>The imam + munfarid in obligatory prayers only</i>		✓ Major sunnah				
.13	Saying "Amin" after al-fatiha <i>The imam in silent prayers + followers in silent and loud prayers</i>			✓			
.14	Saying "Amin" silently			✓			

	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.15	Supplicating before a surah or during its recitation				✘		
.16	Reciting a surah (whatever is easy from the Qur'an) <i>The imam + munfarid only in the first two rak'ats</i>		✓				
.17	Standing for a surah		✓				
.18	Reciting the surah out loud or silently where appropriate		✓				
.19	Finishing the recitation of the surah			✓			
.20	The followers remaining silent in the loud prayers		✓				
.21	Lengthening the recitations of Subh and Dhuhr, making it of middle length for 'Isha and shortening it for 'Asr and Maghrib			✓			

	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.22	Repeating the same surah in two rak'ats <i>Obligatory prayers only</i>				✘		
.23	Reciting two surahs in one rak'at <i>Obligatory prayers only</i>				✘		
.24	Putting the hands on the waist during the standing				✘		
.25	Raising one foot and resting it on the other one without necessity				✘		
.26	Putting the feet together during the standing				✘		
.27	Doing takbir for ruku' ("Allahu akbar")		✓				
.28	Saying it as you go down for ruku'			✓			

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.29	Ruku' (minimum: the palms near the knees) <i>The imam + munfarid + follower</i>	✓					
.30	Placing the hands on the knees and grasping the knees			✓			
.31	Straightening the back and neck during ruku'			✓			
.32	Straightening the knees without bending during ruku'			✓			
.33	Tranquillity in ruku'	✓					
.34	Extra tranquillity in ruku'		✓				
.35	Spreading the elbows away from the waist in ruku' (al- tajnih)			✓			
.36	Doing tasbih in ruku'			✓			

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	Act	Obligatory	Sunnah	Recommended	Disliked	Invalidating	Doesn't invalidate
.37	Supplicating in ruku'				✘		
.38	Reciting the Qur'an in ruku'				✘		
.39	Rising from ruku' <i>The imam + munfarid + follower</i>	✓					
.40	Standing straight after rising from ruku'	✓					
.41	Tranquillity after rising from ruku'	✓					
.42	Saying: سَمِعَ اللَّهُ مِنِّي حَمْدَهُ <i>The imam + munfarid only</i>		✓				
.43	Saying it as you rise towards the standing			✓			
.44	Saying: رَبَّنَا وَلَكَ الْحَمْدُ <i>Munfarid + follower only</i>			✓			

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.45	The takbir for sujud ("Allahu akbar")		✓				
.46	Saying it as you go down for sujud			✓			
.47	Placing the hands before the knees when prostrating			✓			
.48	Sujud on a part of the forehead <i>The imam + munfarid + follower</i>	✓					
.49	Settling the forehead and nose on the floor			✓			
.50	Sujud on the clothes that the praying person is wearing				✗		
.51	Tranquillity in sujud	✓					
.52	Making the hands level with the ears in sujud			✓			

	Act	Obligatory	Sunnah	Recommended	Disliked	Invalidating	Doesn't invalidate
.53	Keeping the stomach away from the thighs and spreading the arms away from the body in sujud <i>Men only</i>			✓			
.54	Having the buttocks higher than ones head in sujud			✓			
.55	Extra tranquillity in sujud		✓				
.56	Doing tasbih in sujud			✓			
.57	Supplicating in sujud			✓			
.58	Reciting Qur'an in sujud <i>Which is not a supplication</i>				✗		
.59	Takbir for rising from sujud		✓				
.60	Saying it as you rise for the sitting			✓			
.61	Sitting straight after rising from sujud	✓					

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.62	Tranquillity after rising from sujud	✓					
.63	Sitting between the two moments of sujud <i>The imam + munfarid + follower</i>	✓					
.64	The specific sitting position (al-tawarruk)			✓			
.65	Sitting up on the balls of the feet				✗		
.66	Spreading the thighs during the sitting <i>Men only</i>			✓			
.67	The second sujud	✓					
.68	The acts mentioned from 50 till 58 are repeated again for the second sujud						
.69	Takbir for rising from sujud, for the next rak'ah or tashahhud		✓				

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.70	Connecting the positions with the takbir			✓			
.71	The tashahhud		✓				
.72	Sitting for the tashahhud		✓				
.73	The specific sitting position (al-tawarruk)			✓			
.74	Sitting up on the balls of the feet				✗		
.75	Separating the thighs during the sitting <i>Men only</i>			✓			
.76	Placing the hands on the knees during the sitting and joining the fingers in the specific manner			✓			
.77	Supplicating after the first tashahhud				✗		

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.78	Takbir after the tashahhud for the standing of the third rak'at		✓				
.79	Connecting the tashahhud and the standing with the takbir	Recommended when standing straight					
.80	Reciting an extra surah after the first two rak'ats				✗		
.81	Salat on the prophet ﷺ After the last tashahhud only		✓				
.82	Supplicating after the second tashahhud and before the salam			✓			
.83	Keep supplicating before the salam			✓			
.84	Saying the supplications and tashahhud out loud				✗		
.85	The salam (only one salam) The imam + munfarid + follower	✓					

	Act	Obligatory	Sunnah	Recommended	Disliked	Invalidating	Doesn't invalidate
.86	Turning the head (slightly) to the right during the salam			✓			
.87	Sitting for the salam <i>The imam + munfarid + follower</i>	✓					
.88	Saying the obligatory salam out loud <i>The imam + munfarid + follower</i>		✓				
.89	The follower supplicating after the salam of the imam				✗		
.90	Specifying one dua without doing any other dua <i>In all places of dua</i>				✗		
.91	The follower giving salam to the imam and the person on his left		✓				
.92	Intentionally doing a salam whilst in a state of doubt about the completion of the prayer					✗	

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
.93	Standing and sitting straight <i>The imam + munfarid + follower</i>	✓	Both have been mentioned before and are repeated for extra emphasis				
.94	Tranquillity <i>The imam + munfarid + follower</i>	✓					
.95	Performing the obligatory acts in the right order <i>The imam + munfarid + follower</i>	✓					
.96	Al-Qunut <i>in Subh prayer only</i>			✓			
.97	Looking around with no need for it				✗		
.98	Interlocking of the fingers and cracking the knuckles				✗		
.99	Closing the eyes <i>Except when there's a fear of seeing something forbidden or distracting</i>				✗		
100	Thinking about a worldly affair				✗		

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
101	Carrying something in the mouth or sleeve <i>It invalidates the prayer when it blocks the articulation of letters or distracts the praying person from performing an obligatory act</i>				✘		
102	Playing with the beard				✘		
103	Saying "alhamdulillah" after sneezing				✘		
104	Responding to a <i>mushammit</i> (person supplicating for a sneezing person) by indication				✘		
105	Responding to a <i>mushammit</i> with speech					✘	
106	Scratching the body without necessity				✘		
107	Smiling a little bit				✘		
108	Laughing with sound					✘	

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
109	Intentionally leaving a minor sunnah				✘		
110	Intentionally leaving a major sunnah				✘ Forbidden, doesn't invalidate		
111	Clapping hands				✘		
112	Intentionally leaving a pillar of prayer					✘	
113	Intentionally adding a pillar that is an action					✘	
114	Intentionally adding a tashahhud					✘	
115	Intentionally eating only or drinking only <small>Even a morsel or a sip</small>					✘	
116	Intentionally speaking, not to rectify the prayer					✘	
117	Speaking a lot to rectify the prayer					✘	

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	Act	Obligatory	Sunnah	Recommended	Disliked	Invalidating	Doesn't invalidate
118	Intentionally making noise					✗	
119	Intentionally blowing air through the mouth					✗	
120	Intentionally regurgitating food Even a small amount, even when it exits in a pure state					✗	
121	The occurrence of one of the nullifiers of wudu					✗	
122	Remembering the occurrence of a nullifier of wudu					✗	
123	Exposure of the heavy awrah					✗	
124	Something impure falls on the praying person When settled + he knows about it + able to remove it + enough time to pray on time					✗	
125	Correcting the recitation of someone other than the imam					✗	
126	Excessive movement during the prayer Even out of forgetfulness					✗	

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	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
127	Little movement <i>Measured by what is the custom</i>						=
128	The occurrence of something that distracts you from obligatory act in prayer					✗	
129	Remembering the first prayer of the two <i>hadira</i> prayers during the second prayer					✗	
130	Adding two rak'ats in the Subh prayer					✗	
131	Adding four rak'ats in any other prayer than Subh					✗	
132	Remaining silent for someone speaking to you, when it is a small amount						=
133	Killing something harmful such as insects, when it wants to harm the praying person						=
134	Indicating something with a limb for a need						=

	Act	Obligatory	Sunnah	Recom- mended	Disliked	Invalidating	Doesn't invalidate
135	Groaning a little due to pain <i>When it's a small amount</i>						=
136	Crying due to khushu (i.e. presence of the heart)						=
137	Clearing the throat loudly for no need, a small amount <i>When it's a small amount</i>						=
138	Closing the mouth for yawning						=
139	Spewing in clothes or something else						=
140	Swallowing something between the teeth						=

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