# BALGHAH!

YOUR GUIDE TO GETTING STARTED





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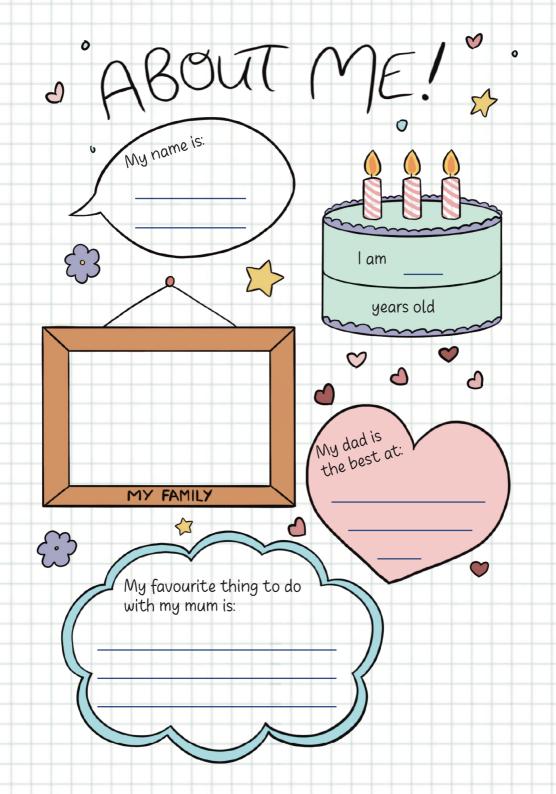
This manual has been developed in consultation with scholars. All laws explained are based on the rulings of Ayatullah Sayyid al-Sistani.

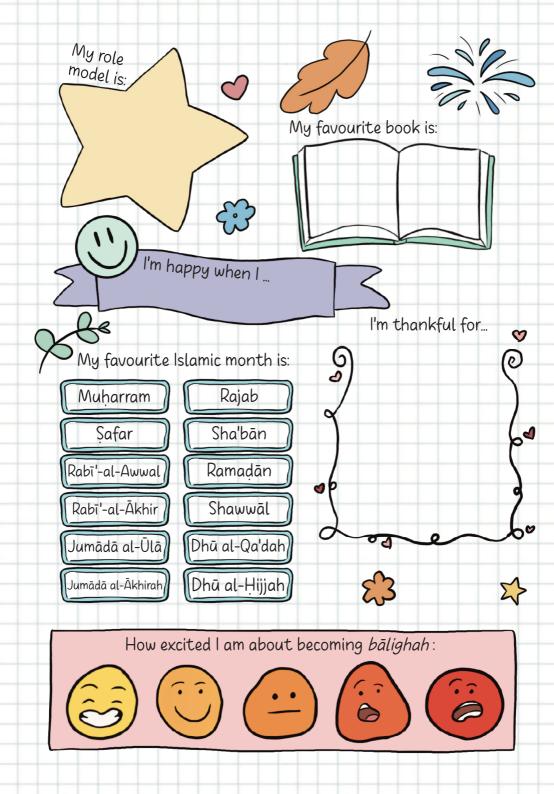




To the beloved daughter of Imam al-Ḥusayn (a), for her courage, strength, and for always putting Allah first. May her example inspire us to be strong and devoted in our journeys.





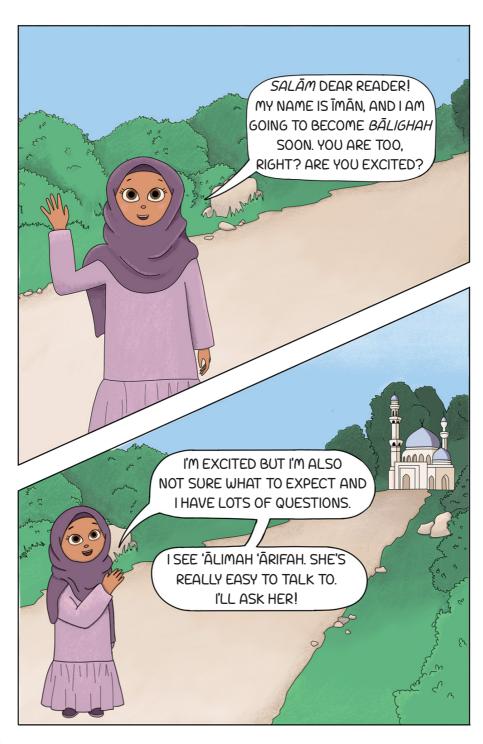


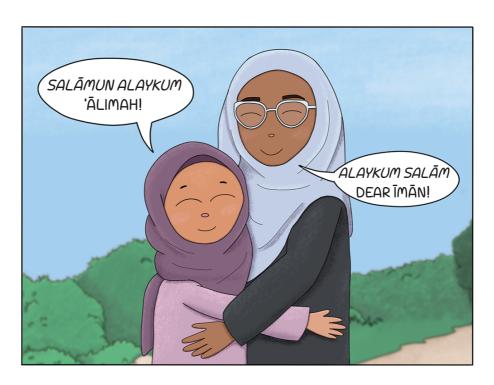


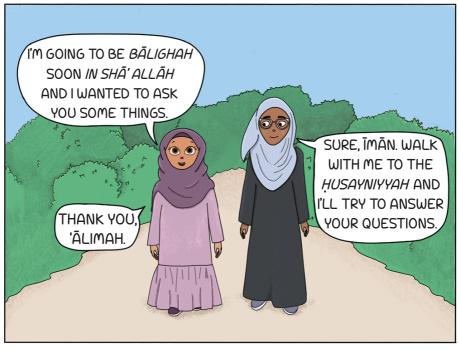
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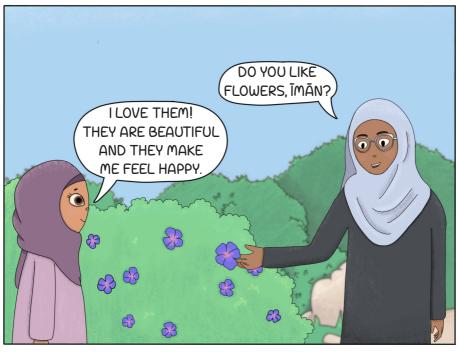


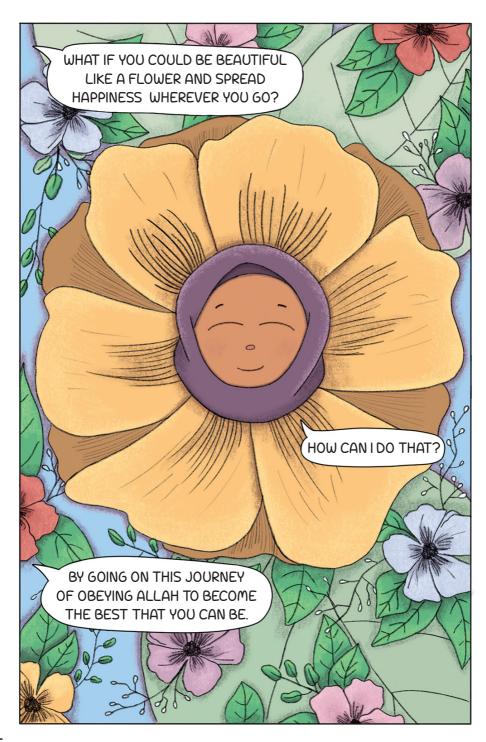






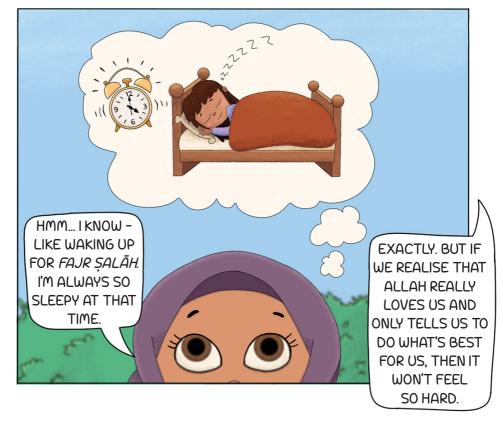


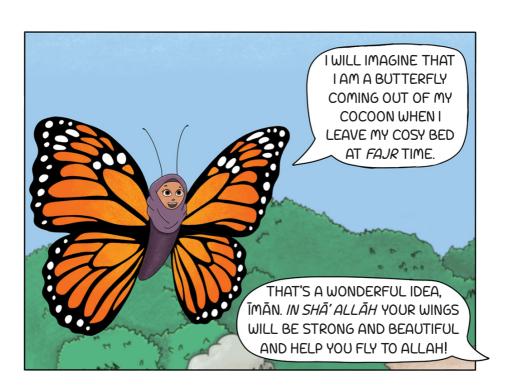






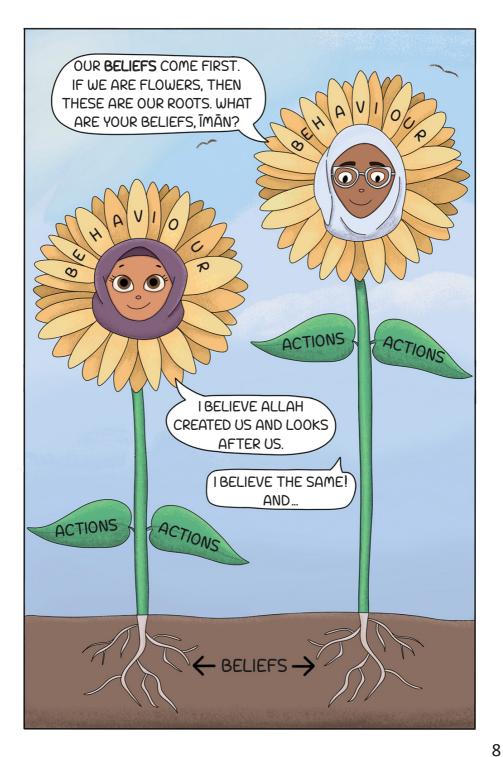


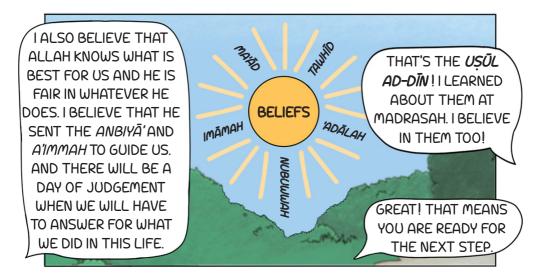


















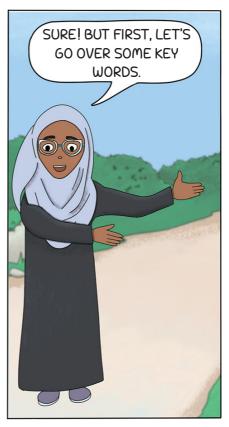


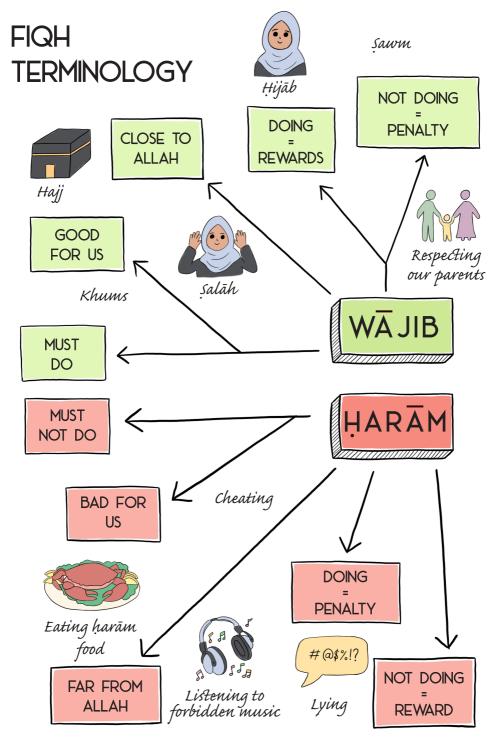


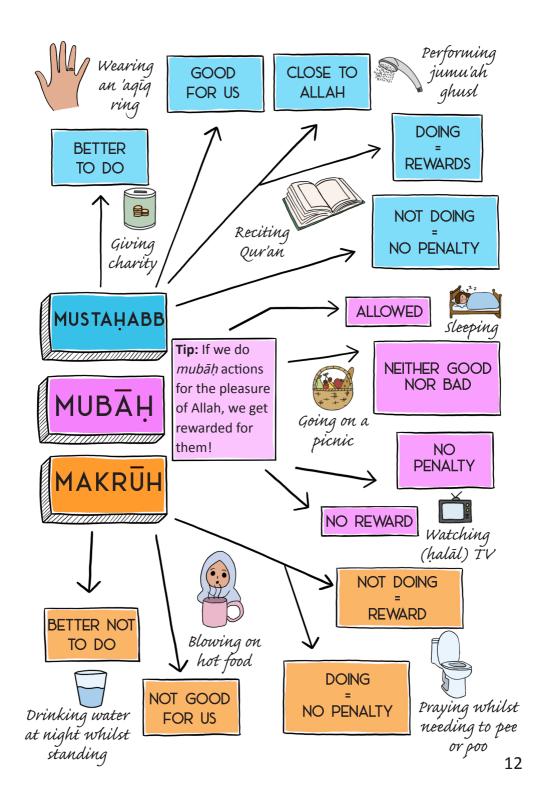














# TAQLID



Allah, the all-knowing and all-wise, created us.

He didn't just leave us. He loves us, takes care of us, and guides us; He says in the Qur'an:



ٱلَّذِي خَلَقَنِي فَهُوَ يَهْدِينِ

[The one] who created me, it is He who guides me.





Does Allah's guidance tell me how to live, day to day? How do I know what to eat, wear, and how to pray?





لِكُلِّ جَعَلْنَا مِنكُمْ شِرْعَةً وَمِنْهَاجًا

For each [community] among you We have given a code [of law] and a path.

Sūrat al-Mā'idah 5:48







The shartah, or code of law, is a set of rules by which Allah wants us to live.



(

Rasūlullāh (s) was the first teacher of the law. He taught the early Muslims how to live the right way.

When Islam spread further...

Rasūlullāh (s) sent his students to faraway lands so that they could teach the new Muslims living there.

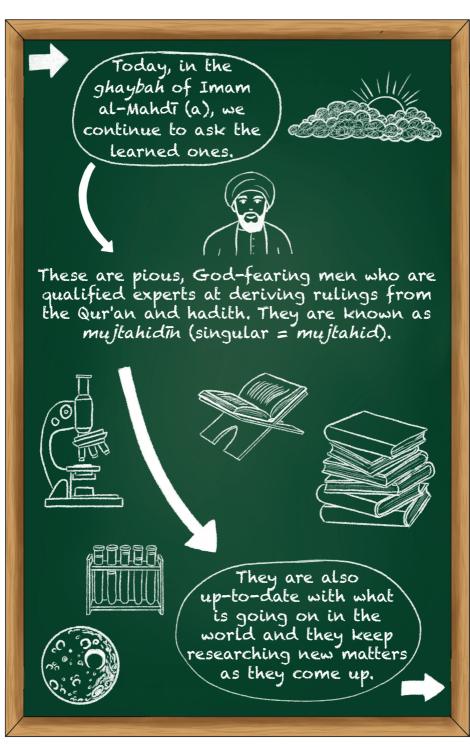






He told the Muslims to seek guidance from his students or the learned ones amongst them when they could not reach him. And it was the same during the time of all the a'immah.





## WHAT IS TAQLID?

Taglīd is the act of following the most learned mujtahid in all matters of Islamic law.



### IS IT WAJIB TO DO TAQLĪD?

Yes, it is wājib to do taglīd of the most learned mujtahid unless you become a mujtahid yourself.



### HOW DO I START DOING TAQLID?

Step 1: Find out who the most learned mujtahid is.

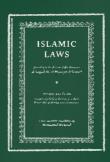
Step 2: On your ninth birthday (according to the lunar calendar), make a *niyyah* to follow this *mujtahid* in all matters of Islamic law.





# WHERE CAN I FIND ALL THE LAWS THAT APPLY TO ME?

- A good place to start is by asking your madrasah teachers, parents, and your local 'ālim to guide you.
- The Islamic Laws book of your mujtahid.
  Ayatullah Sistani's Islamic Laws book can be found here: https://www.sistani.org/english/book/48/





- OneStopFigh app has all the rulings from Ayatullah Sistani's book:

https://figh.world-federation.org/one-stop-figh-app/



- Videos on topics from Ayatullah Sistani's Islamic Laws book:

https://www.youtube.com/@IslamicLessonsMadeEasy





- You could send questions to the office of your mujtahid:
  - Ayatullah Sistani's office can be contacted via this webpage:

https://www.sistani.org/english/send-question/





- Or they can be emailed at: english@najaf.org



- You can also send your questions to 'Ask an Alim': https://figh.world-federation.org/question/ They will answer according to Ayatullah Sistani's rulings.







Rasūlullāh (s) has said: 'As for my daughter Fāṭimah, she is the leader of all women of the worlds, from first to last. She is part of me, the light of my eyes, and the apple of my heart. She is the soul inside me.'





'When she stands for *ṣalāh*, her light shines for the angels in the heavens just like the stars shine for people on earth.'

Rasūlullāh (s) loved and admired Sayyidah Fāṭimah (a) not only because she was his daughter, but because she worked hard to obey Allah. She is the best role model for all women, and Allah is truly pleased with her. Whoever pleases Allah, pleases Rasūlullāh (s) for sure!



If I please Allah like Sayyidah Fāṭimah (a) did, I'm sure Rasūlullāh (s) will love me the way he loves her!

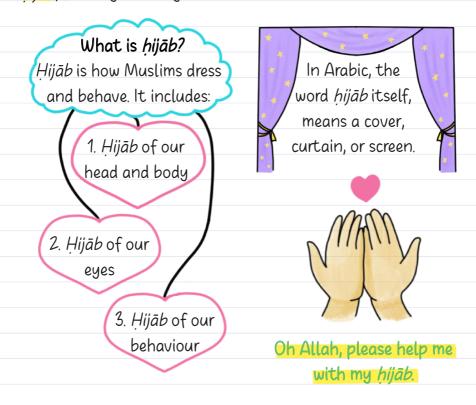




One of the reasons why Rasūlullāh (s) loved Sayyidah

Fāṭīmah (a) was the beautiful way in which she practiced

hijāb, exactly the way that Allah has commanded.



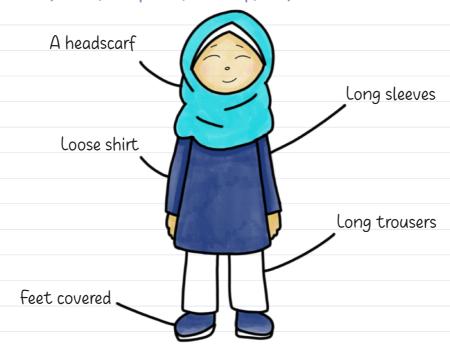
# Hijāb of our HEAD & BODY

a) What should I cover?



Allah asks me to cover ...

- My head including all my hair, ears, neck, and chest
- My body including my arms up to my wrists and my legs till the tips of my toes
- Anything extra that I wear to beautify myself (henna, nail polish, make-up, etc.)



### b) Who must I do *ḥijāb* in front of?

All the boys and men who are non-mahram to me.

### c) Who are my maḥrams?

### **FATHERS**

- My father
- My stepfather
- My grandfather
- My great grandfather

# MY NHRAMS

### SONS

- My sons and grandsons
- My sister's sons and grandsons
- My brother's sons and grandsons





### BROTHERS

- My brothers
- My mother's brothers
- My father's brothers
- My grandmother's brothers
- My grandfather's brothers

### HUSBAND

- My husband
- My husband's father
- My husband's sons



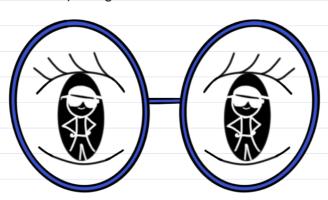
# Hijāb of our BEHAVIOUR

Hijāb also means that we must behave modestly and respectfully in front of non-maḥrams. This includes the way we walk and talk. We should have a good reason for speaking to non-maḥrams. Chatting to them unnecessarily or in a very relaxed and casual manner should be avoided. Non-maḥrams must not touch each other.



# Hijāb of our EYES

Girls must not stare at non-maḥram boys and boys must not stare at non-mahram girls.



# Tam a Muslimah

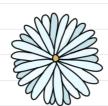


I'm sweet and special

Made by Allah

One look and you know
I'm a girl from afar





I'm pretty and precious

Loved by Allah

Wrapped up in light

Because I'm a star

I'm smart and savvy
I know my worth
I protect the honour
Allah gave me from birth





I'm covered and cautious
As I know well
The beauty Allah gave me
Is not for show and tell



I'm confident and cool

Because I know

In the eyes of Allah
I shine and glow!



# Useful Q & A at the end of class

1. Is it OK for me to show some of my hair?

Nope! It is wājib to cover all the hair on your head.

2. Can I wear sandals?

Sure you can, but not without socks!



3. Can I wear see-through clothing?

Nah! That's not proper *ḥijāb* - unless you wear a layer underneath so that your head and body don't show through.

4. Is wearing tight-fitted clothes allowed?

Not allowed. Your clothes should be loose, all the way to your ankles, which means your clothes should hide the shape of your entire body.

5. Can I wear jewellery?

Yes you can but you need to cover it all up, except for rings and bracelets. But don't wear them with the intention of attracting or impressing non-maḥrams! It's better to cover up all jewellery.

6. Can I apply nail polish or henna designs on my hands?

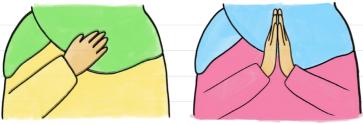
Sure you can. As long as you cover your hands in front of non-maḥrams, by wearing gloves for example. Remember - nail polish has to be removed for wuḍū' and ghusl.



7. Should I wear *ḥijāb* if my mum does not wear it?

Absolutely! *Ḥijāb* is *wājib* on every Muslim girl when she becomes *bālighah*.

8. What should I do if a non-maḥram tries to shake my hand? You can avoid shaking hands by using one of these gestures instead.



- 9. Do I have to do full *ḥijāb* in front of my cousins?

  Yes, none of your male cousins are your *maḥrams*, so you must observe proper *ḥijāb* with them.
- 10. Can I talk to my male teacher and classmates?

  Yes you can as long as you are careful of all the aspects of hijāb, especially the hijāb of behaviour.

# SALAH

# INTRODUCTION

Nabī Mūsā once asked Allah: 'O my Lord, are You far that I should call out to You, or are You near that I should whisper to You?'

Allah replied: 'O Mūsā, I am very close to the person who remembers Me.'

How do I become that person who remembers You, O Allah?

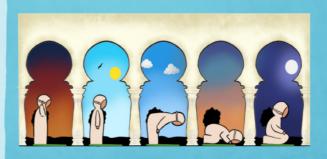




وَأَقِمِ الصَّلَاةَ لِذِكْرِي

Maintain *ṣalāh* for My remembrance. *Sūrat Ṭā Hā*, 20:14

Şalāh is the key to getting Allah's special attention. This attention is so good for us that Allah has made it wājib for us to meet with Him five times a day.



We book appointments with hairdressers, doctors, dentists, teachers, etc. when we have a problem that needs solving. But Allah, who is more wise and powerful than any person or anything, doesn't want us to wait until we get into trouble. He gives us five appointments a day to stay out of trouble!





إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنكَرِ

Indeed *ṣalāh* prevents indecencies and evil. *Sūrat al-'Ankabūt,* 29:45

When we pray, we really annoy Shayṭān. He had promised Allah that he would lead humans astray, but Allah told him not to be so sure about those who obey and worship Him sincerely.



# Team Allah Team Shayṭān O



Is *ṣalāh* only about some actions we must do and things we must say? Not quite. *Ṣalāh* has an outer form (the positions, actions, and the *dhikr*) and an inner form (the state of our heart in *ṣalāh*). This chapter talks about both these forms of *ṣalāh* in a simple way.

Imam Ja'far aṣ-Ṣādiq (a) has said that if our ṣalāh is accepted then all our other good deeds are accepted. So, one of our biggest goals as we become bālighah is to perfect our ṣalāh.





## PREREQUISITES OF SALĀH

Have you ever prepared for an exam, sports day, or a birthday party? Every big event needs preparation and there is no bigger event in the day than our meetings with Allah. Some scholars say that salāh is a gift that we present to Allah, the king of kings! And on the Day of Judgement He will return the gift to us, just the way we sent it to Him!



In preparing for salāh, we must pay attention to a few things:









#### IN THIS CHAPTER



A tick and bold text means it is wāiib to do/avoid these things



A star and regular text means it is mustahabb to add these things on



Make sure that *ṣalāh* time has set in. The best time to pray is the starting time for each *ṣalāh*.

Fajr (2 rakʻahs) Zuhr (4 rakʻahs) 'Aṣr (4 rakʻahs) Maghrib (3 rakʻahs) 'Ishā' (4 rakʻahs)

**Inner Form**: Rush to Allah on time, as you would for a very important meeting.

#### QIBLAH



Face the direction of the Ka'bah in Mecca





**Inner Form:** When your body faces *qiblah*, your heart should face Allah.

#### CLOTHING



Hair and body fully covered



Wear socks if there is a non-mahram around



Clothes are *tāhir* 



Permission to use the clothes one is praying in



Pray wearing a chador

**Inner Form:** When you cover your body for ṣalāh, ask Allah to cover your faults. Thank Allah for the blessing of clothes to cover your body as this is an honour that only human beings have in all of creation.



#### PLACE



Permission to pray here



**Ground is level** 



Place of sajdah is ţāhir



Men in front, women behind

Inner Form:
Walk towards
your place
of ṣalāh with
humility because
it is a sacred
place.

## TAHĀRAH



#### **TOILET MANNERS**



Enter with left foot



Exit with right foot



Hide private parts from others



Do not face *qiblah* or have your back to *qiblah* when doing a pee or poo



Wash yourself at least once with water



Wash with water twice or thrice after a pee

Note: It is smart to use the toilet before doing wuḍū' so that you don't need to go during ṣalāh.





# WUDŪ

## CONDITIONS OF WUDU'



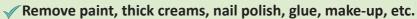
Must have permission to use the water



Wuḍū' body parts must be ṭāhir



Wuḍū' body parts must not have barriers



√ Remove/move jewellery, watches, etc.



Wuḍū' must be done in the correct order (tartīb)



**Wuḍū** actions must be performed without gaps (muwālāh)

## HOW TO PERFORM WUDŪ'



#### NIYYAH



I am performing wuḍū', qurbatan ilallāh (to get closer to Allah)

**Inner Form:** When you look at the water for wuḍū', praise Allah for making water pure.



## MUSTAHABB



Wash your hands

**Inner Form:** Ask Allah to make you of those who do *tawbah* often and stay pure.







Gargle three times

**Inner Form**: Ask Allah to make it easy for your tongue to remember Him.



Rinse your nose three times

**Inner Form**: Ask Allah to make you smell the fragrance of *jannah*.



# NOTE

The direction for washing in wuḍū' is downwards, not upwards.



#### **WASHING THE FACE**



Pour water as many times as you need



Run your hand from top to bottom, starting from the hairline



Make sure there are no dry spots



Length of wash: from the top of the forehead (hairline) to the bottom of the chin



Width of wash: area between the tip of your thumb and middle finger (and a bit beyond that)



Include eyelids, eyelashes, and corners of the eyes

Inner Form: Ask Allah to brighten your face on the Day of Judgement, when some faces will be dark (from sinning).





#### **WASHING THE ARMS**



Wash the right arm before the left arm



**Start pouring water** (from the inner arm, a little bit above the elbow). **Pour water as many times as you need** 

#### OR



Run your arm under the tap, wetting it from (above) the elbow down to your fingertips



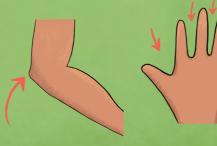
Go over any dry spots with your wet hand in a downward direction



Inner Form: Ask Allah to give you your book of deeds in your right hand and not in your left hand on the Day of Judgement.

## TIP

Don't forget to include your entire elbow and the space between your fingers.





#### **WIPING THE HEAD**



With the wetness that remains on your hand, wipe the front part of your head. Do not take any new water from the tap or anywhere else



The area to be wiped must be dry



Long hair must be parted so that water reaches the scalp/roots of the hair



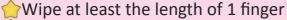
Keep your head still as you wipe



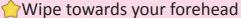
Use the palm of your right hand to wipe your head



Wiping a small area is enough



Wipe at least the width of 3 fingers joined together





Make sure the wiping stops before the forehead



Wipe once only

Inner Form: Ask Allah to cover you with His mercy, blessings, and forgiveness.





#### WIPING THE FEET

With the wetness that remains on your hand, wipe the top of your feet. Do not take any new water from anywhere else



The area to be wiped must be dry



Keep your feet still as you wipe



Wipe from the tip of your toes to the ankle



Wiping of any width is enough



Wipe the whole hand on the whole foot



Wipe the right foot with the right hand and the left foot with the left hand



Wipe your right foot first and then your left foot, OR wipe them both at the same time



Wipe once only



Wiping over socks or shoes is not valid





Inner Form: Ask Allah to keep your feet firm on His path.

#### WHAT MAKES MY WUDU' INVALID?



# GHUSL

Ghusl means to wash the whole body with water in a special way. Some ghusls are wājib and some are mustaḥabb. One of the most common mustaḥabb ghusls is ghusl al-jumuʿah, which is performed on Fridays.



#### HOW TO PERFORM GHUSL



Anything that prevents water from reaching the body **must be removed**, such as nail varnish, make-up, glue, paint, thick cream, etc.

There are two ways of doing ghusl:



#### Al-ghusl al-irtimāsī

This involves immersing your whole body in water at once or gradually.





#### Al-ghusl al-tartībī

This involves washing your body in a certain sequence.

**Niyyah:** I am performing *ghusl, qurbatan ilallāh* (to get closer to Allah)



**Step 1:** Wash your head and neck completely, then momentarily come out of the flow of water



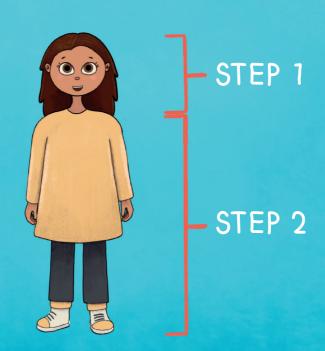
Step 2: Wash the rest of your body



Wash the right side of your body first and then the left side



If you think that water is not reaching everywhere, run your hand along your body as you wash



# TAYAMMUM

## Tayammum must be performed instead of wuḍū' or ghusl when:

- Water is not available or extremely hard to get
- Water is only enough for drinking
- Water is only enough for making our clothes *ṭāhir*
- Water is harmful to us
- We do not have enough time to do wuḍū' or ghusl before ṣalāh



#### HOW TO PERFORM TAYAMMUM

**Niyyah:** I am performing *tayammum* in place of *wuḍū'/ghusl, qurbatan ilallāh* (to get closer to Allah).

Strike both palms at the same time on your tayammum material, e.g. sand.





Run both palms over your face from the top of your forehead (where your hair starts to grow), up to the bridge of your nose. Spread your thumbs as you do this so that you cover your entire forehead as you wipe.

Wipe the back of your right hand with the palm of your left hand from the wrist to the fingertips.



Wipe the back of your left hand with the palm of your right hand from the wrist to the fingertips.



## HOW TO \_ PERFORM SALAH

Rasūlullāh (s): 'A person who completes their ṣalāh with focus and attention towards Allah, returns to the state of a newborn [and has no sins].'

## NIYYAH



Know which *ṣalāh* you are reciting



Know that you are offering *ṣalāh*, *qurbatan ilallāh* 

Inner Form: Know that you are praying to get closer to Allah and not for worldly things or to show off.





## QIYĀM





Stand straight, facing qiblah



Motionless whilst reciting dhikr



Hands resting on front of thighs



Fingers together



Feet together, in line with each other, pointing towards *qiblah* 



Look at the place of sajdah

**Inner Form**: Know that every action you do is with the power of Allah.

## TAKBIRAT AL-IHRAM

اَللَّهُ اَكْبَر

Allah is greater [than what He is described as]



Inner Form: Remind yourself that Allah is greater than everyone and everything. As you raise your hands to your ears, clear your head of all thoughts other than Allah.



Start recitation when starting to move hands



Keep body still, hands can move



Say the takbīr: allāhu akbar



Recite the *takbīr* in Arabic with correct pronunciation



End recitation when hands reach ears



Palms facing qiblah



Fingers together

QIRĀ'AH



#### 1st and 2nd rak ahs:



Recite Sūrat al-Fātiḥah



Recite another sūrah



The sūrah must not contain a wājib sajdah



If you choose to recite one of these *sūrahs* you must also recite the other:

- Sūrat al-Fīl and Sūrat Quraysh
- Sūrat al-Duḥā and Sūrat al-Sharḥ



Recite Sūrat al-Qadr in the first rak'ah



Recite Sūrat al-Ikhlāş in the second rak'ah



Recite sūrahs in Arabic with correct pronunciation

# SURAT AL-FATIHAH

بِسْمِ اللَّهِ الرَّحْمَانِ الرَّحِيمِ

In the name of Allah, the kind, the merciful.

اَخْمَدُ لِلَّهِ رَبِّ الْعَالَمِينَ

All praise belongs to Allah, Lord of all the worlds.

الرَّحْمَانِ الرَّحِيمِ

The kind, the merciful.

مَالِكِ يَوْمِ الدِّينِ

Master of the Day of Judgement.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You [alone] do we worship, and to You [alone] do we turn for help.

إهْدِنَا الصِّرَاطُ الْمُسْتَقِيمَ

Guide us on the straight path.

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّآلِّينَ

The path of those whom You have blessed – not [the path of] those whom You are angry with, or those who have gone astray.

# SURAT AL-IKHLAS

In the name of Allah, the kind, the merciful.

قُلْ هُوَ اللَّهُ أَحَدُّ

Say: 'He is Allah, the One.

اَللَّهُ الصَّمَدُ

All things need Allah [and He needs nothing].

He does not give birth [and He has no children] and nor was He born [and He does not have parents].

And there is no one like Him.'

# SURAT AL-QADR

## بِسْمِ اللّهِ الرَّحْمَٰنِ الرَّحِيمِ

In the name of Allah, the kind, the merciful.

Indeed we sent it [the Qur'an] down on the Night of Qadr.

And what will show you what is the Night of Qadr?

The Night of Qadr is better than a thousand months.

In it the angels and the Spirit descend, by the permission of their Lord, with every command.

It is peaceful until the rising of the dawn.

#### 3rd and 4th rak'ah:



Recite Sūrat al-Fātiḥah or al-tasbīḥāt al-arbaʿah at least once



Recite al-tasbīhāt al-arba'ah 3 times

## سُبْحَانَ اللَّهِ وَ الْحُمْدُ لِلَّهِ وَ لَا إِلٰهَ إِلَّا اللَّهُ وَ اللَّهُ اَكْبَر

I declare that Allah is free from imperfections, and all praise is for Allah, and there is no god but Allah, and Allah is greater [than what He is described as].

## QUNŪT



In the second rak'ah perform qunūt before rukū'



Recite takbīr before qunūt



Raise hands to face level



Palms facing upwards



Keep hands together



Fingers closed



Look at your palms



Recite any du'ā' or dhikr



Examples of du'ā'/dhikr:

## رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord, give us good in this world and good in the Hereafter, and save us from the punishment of the fire. (*Sūrat al-Baqarah*, 2:201)

#### رَبِّ زِدْنِي عِلْمًا

My Lord! Increase me in knowledge. (*Sūrat Ṭā Hā*, 20:114)

#### رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

My Lord! Be kind to my parents, just like they brought me up when I was little. (*Sūrat al-Isrā*', 17:24)

## RUKŪ



Inner Form: Give yourself in Allah's service and ask Him to accept you as you bow humbly to Him.



**Stand still before going into** *rukū* ' and recite *takbīr* 



Bend low enough for fingertips to reach the knees



Place hands on the front of your thighs



Don't bow too low



Look at your feet



Knees not pushed back



Body motionless whilst reciting dhikr



Recite dhikr in Arabic with correct pronunciation



Recite şalawāt after dhikr



#### **Recite 3 times**

#### سُبْحَانَ اللَّه

I declare that Allah is free from imperfections.

**OR** 



**Recite once** 

## سُبْحَانَ رَبِّيَ الْعَظِيمِ وَ بِحَمْدِه

I declare that my great Lord is free from imperfections, and I do so by praising Him.



Rise from  $ruk\bar{u}$ , stand straight and motionless



Recite the dhikr mentioned below followed by takbīr:

## سَمِعَ اللَّهُ لِمَنْ حَمِدَه

Allah hears the one who praises Him.

Inner Form: Feel that Allah has heard your praise for Him!

#### SAJDAH





Each rak ah has two sajdahs



Knees reach the ground before hands



Both knees touching the ground



Palms and fingers flat on the ground



Forehead on the ground, resting on a thing that sajdah is permitted on



Big toes touching the ground



Tips of big toes touching the ground



Fingers together and pointing towards qiblah



Palms aligned with ears



Elbows resting on ground



Arms close to body



Motionless whilst reciting dhikr



#### Recite dhikr in Arabic with correct pronunciation



Recite şalawāt after dhikr



#### **Recite 3 times**

#### سُبْحَانَ اللَّه

I declare that Allah is free from imperfections

OR



**Recite once** 

## سُبْحَانَ رَبِّيَ الْأَعْلَىٰ وَ بِحَمْدِه

I declare that my most high Lord is free from imperfections, and I do so by praising Him.

Inner Form: Know that you are putting the highest part of your body (your head) on the lowest part of the earth (the ground) to show Allah that you obey Him completely.



Between the two *sajdahs* recite the *dhikr* mentioned below, saying *takbīr* before and after it:

## أَسْتَغْفِرُ اللَّهَ رَبِّي وَ أَتُوبُ إِلَيْه

I seek forgiveness from Allah, My Lord, and I turn to Him to forgive me.





As you rise for the next rak'ah recite:

## بِحَوْلِ اللَّهِ وَ قُوَّتِهِ أَقُومُ وَ أَقْعُد

I stand and sit by the strength of Allah and by His power.

## TASHAHHUD AND SALAM





#### **Seated position**



Thighs together



Palms resting on thighs



Fingers together pointing towards qiblah



Feet as shown in the image



Look at your lap



Motionless whilst reciting dhikr



Recite dhikr in Arabic with correct pronunciation

#### Tashahhud in second and final rak'ah:

All praise is for Allah. I bear witness that there is no god but Allah, He alone, for whom there is no partner.

And I bear witness that Muḥammad is His servant and messenger.

O Allah! Bless Muḥammad and the progeny of Muḥammad.

#### Salām in final rak ah only:

Peace by upon you O Prophet, and Allah's mercy and His blessings [be upon you too].

Peace be upon us and upon the righteous servants of Allah.

Peace be upon you all, and Allah's mercy and His blessings [be upon you too].

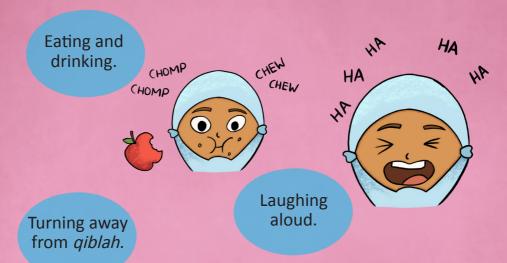
# SEQUENCE AND CONTINUITY

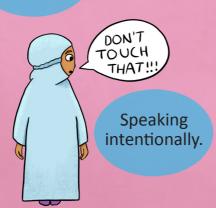
The actions and recitation of salah must be **performed** in the correct order ( $tart\bar{t}b$ ). If we intentionally do not follow the sequence, our salah is invalid.

The actions of salah must be **performed continuously** (muwalah) — one after the other without a long gap between them. And the recitations in salah should also be read one after the other in a normal manner. If we delay between acts to the extent that it looks like we are not praying, our salah is invalid.



# THINGS THAT BREAK SALAH





Breaking one of the prerequisites of salāh (time, qiblah, clothes, etc.) Saying *āmīn* after *Sūrat al-Fātiḥah*.



Placing your hands one on top of another. Crying loudly or silently for something worldly.



Doing something that breaks your wuḍū'.

Breaking the form of *ṣalāh*. For example:

- a. Jumping in the air.
- b. Remaining silent for so long it looks like you're not praying.





Having a doubt in *şalāh* that makes it invalid. For example:

- a. Any doubt in a 2 or 3 rak'ah wājib salāh.
- b. Completely losing track of which rak'ah you are on.
- c. Any doubt in the first 2 rak ahs of a 4 rak ah salāh.
- d. In a 4 rak'ah ṣalāh, any doubt that occurs before the second sajdah of the second rak'ah.

Intentionally or mistakenly adding or missing a *rukū* or two *sajdahs* in one *rakʿah*.



# BEAUTIFYING SALAH

There are some special acts that can make our *ṣalāh* more beautiful as we present it to Allah. These may not take long to do but they take our *ṣalāh* to the next level.

#### **APPEARANCE**

#### Wear clean clothes

Imam al-Ḥasan (a) has said: 'Allah says: "Adorn yourselves for every ṣalāh," so I adorn myself for my Lord and like to wear my best clothes [for ṣalāh].'



# Wear an 'aqīq ring Imam Ja'far aṣ-Ṣādiq (a) has said: 'A hand raised in du'ā' wearing an 'aqīq is more beloved to Allah than all other hands.'





### ADHĀN AND IQĀMAH

Imam Ja'far aṣ-Ṣādiq (a) has said: 'When a person recites adhān and iqāmah before his ṣalāh, two rows of angels pray behind him. When he only recites iqāmah, then only one row of angels prays behind him. The rows of angels are at least as wide as the earth.'

### ADHĀN

Adhān is the call to şalāh at şalāh time. We recite adhān once for two şalāhs that are recited one after the other (example: one adhān for zuhr and 'aṣr, and one adhān for maghrib and 'ishā').



اَللَّهُ أَكْبَر (4 times)

Allah is greater [than what He is described as].

أَشْهَدُ أَن لَّا إِلٰهَ إِلَّا اللَّه

(2 times)

I bear witness that there is no god but Allah.

أَشْهَدُ أَنَّ مُحَمَّداً رَّسُولُ اللَّه

(2 times)

I bear witness that Muḥammad is the messenger of Allah.

أَشْهَدُ أَنَّ عَلِيّاً وَّلِيُّ اللَّهِ (2 times)

I bear witness that 'Alī is the representative of Allah.

حَىَّ عَلَى الصَّلَاة

(2 times)

Hurry to prayers.

حَىَّ عَلَى الْفَلَاحِ (2 times) Hurry to success.

حَىَّ عَلَىٰ خَيْرِ الْعَمَل

(2 times)

Hurry to the best act.

اَللَّهُ أَكْبَر

(2 times)

Allah is greater [than what He is described as].

لَا إِلٰهَ إِلَّا اللَّه (2 times)

There is no god but Allah.

Inner Form: When you hear the adhān, let happiness enter your heart. Imagine the reward you will get on the Day of Judgement for answering the call of Allah for ṣalāh.

### IQĀMAH

*Iqāmah* is the call to begin *ṣalāh*. We recite it just before starting each *ṣalāh*.

اَللَّهُ أَكْبَر (2 times) Inner Form:
This is a final check to see if your heart is present.

Allah is greater [than what He is described as].

أَشْهَدُ أَن لَّا إِلٰهَ إِلَّا اللَّه

(2 times)

I bear witness that there is no god but Allah.

أَشْهَدُ أَنَّ مُحَمَّداً رَّسُولُ اللَّه

(2 times)

I bear witness that Muḥammad is the messenger of Allah.

أَشْهَدُ أَنَّ عَلِيّاً وَّلِيُّ اللَّهِ (2 times)

I bear witness that 'Alī is the representative of Allah.

حَيَّ عَلَى الصَّلَاة

(2 times)

Hurry to prayers.

حَىَّ عَلَى الْفَلَاح

(2 times)

Hurry to success.

حَىَّ عَلَىٰ خَيْرِ الْعَمَل

(2 times)

Hurry to the best act.

قَدْ قَامَتِ الصَّلَّاة

(2 times)

Certainly, the prayer has been set up.

اَللَّهُ أَكْبَر

(2 times)

Allah is greater [than what He is described as].

لَا إِلٰهَ إِلَّا اللَّه

(1 time)

There is no god but Allah.

### NĀFILAH SALĀH

The daily *nāfilah* ṣalāhs are *mustaḥabb* ṣalāhs that you may perform around each *wājib* ṣalāh. This is a gift from Allah because offering *nāfilah* ṣalāhs makes up for any shortfall in our *wājib* ṣalāhs (after we've tried our best).

Learn how to pray nāfilah ṣalāh:

Click or Scan me



### TA'QĪBĀT

It is *mustaḥabb* to recite some Qur'an, *dhikr*, *duʿāʾs*, etc. immediately after each *ṣalāh*. These are called *taʿqībāt*. It is better to remain in the same place after *ṣalāh*, facing *qiblah*, and with *wuḍūʾ* still valid at the time of reciting these. Here are some of the top picks for you to try:

Read the translation of the ta'qībāt so that you understand what you are reciting.

### SALAWAT x 3

The reward for reciting *şalawāt* cannot be counted by the angels!



### TASBĪḤ OF SAYYIDAH FĀṬIMAH (A)

34 times

اَللَّهُ أَكْبَر

Allah is greater [than what He is described as].

33 times

اَلْحَمْدُ لِلَّه

All praise is for Allah.

33 times

سُبْحَانَ اللَّه

I declare that Allah is free from imperfections.

Followed by 1 time

لَا إِلٰهَ إِلَّا اللَّه

There is no god but Allah.

Imam Ja'far aṣ-Ṣādiq (a) said: 'The *tasbīḥ* of Sayyidah Fāṭimah (a) every day, after every *ṣalāh*, is dearer to me than a thousand *rak'ahs* of *ṣalāh* every day.'

### **DU'A'S**

Our *aimmah* have taught us short *du'ā's* to recite as *ta'qībāt* after each *ṣalāh*. These little gems help us to ask Allah for the best things in this world and the Hereafter every single day!

### SAJDAH OF SHUKR



In the position of *sajdah*, recite 100 times or 3 times or once:

### شُكْراً لِلله

I am very grateful to Allah.

### ZIYĀRAH

Remember the *ma'ṣūmīn* through whom Allah sent you His guidance. Send them your *salām* by saying the following, and be sure that they will respond to your *salām*:

Peace be upon you, O household of prophethood,

Allah's mercy and blessings, too, be upon you.

### OTHER WAJIB SALAHS

*Şalāt al-āyāt* becomes *wājib* when these three natural events occur, even if one is not frightened by them:

- 1. Solar eclipse
- 2. Lunar eclipse
- 3. Earthquake







This *ṣalāh* is only *wājib* on the people who live in the town or area in which these events occur.

\*Other wājib şalāhs will be discussed in higher bands.

### QASR SALĀH

Based on some conditions, when a traveller leaves home for less than 10 days, they must shorten all 4 rak'ah ṣalāhs (zuhr, 'aṣr, and 'ishā') to 2 rak'ahs. This is done by reciting salām after tashahhud in the second rak'ah, to end the ṣalāh.

### QADA' SALAH

If, God forbid, you do not pray within the set time for a *wājib ṣalāh*, then you must pray that *ṣalāh* with the *niyyah* of *qaḍā*. If you miss a prayer whilst travelling, you must pray its *qaḍā* in the shortened form of *qaṣr ṣalāh*, even if you have returned home.

### FAQs

### Is it OK if I recite the sūrahs and dhikr in my head?

No, you must recite them at least in a whispered voice, where you can hear yourself.



### Can I close my eyes during salāh?

Yes, but it is better to keep them open.



What should I do if my hair sticks out of my chador during salāh?

Put it back in.

### What if I get confused during salāh about which rak'ah I am in?

For this, you should learn the rules for doubts in salāh.

Click or Scan me



Click or Scan me



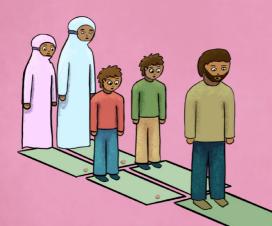
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### Is it OK if my ankles/wrists show in *şalāh*?

No, it is not OK. Your wrists and ankles must be covered throughout *şalāh*.





### Can men and women pray side by side?

No, women must pray behind men.

### Can I pray a few minutes before *ṣalāh* time?

*Şalāh* that is prayed before time is not valid.



11/July/2024

4/Rajab/1446

### Prayer Timings (where I live)

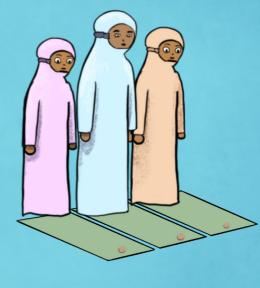
Fajr	04:04
Sunrise	05:33
Żuhr/ʿAṣr	12:26
Maghrib/ʻlshā'	19:29
Midnight	23:46

### Is it OK for a girl to recite the *sūrahs* and *dhikr* in a loud voice?

Yes, she can recite the *sūrahs* of *fajr*, *maghrib*, and *'ishā'* prayers loudly if there is no non-*maḥram* who can hear her. The *sūrahs* in *zuhr* and *'aṣr* prayers must be recited in a whisper. The other *dhikr* can be recited loudly if no non-*maḥram* can hear her.

### Can a woman lead other women in *ṣalāh*?

Yes, she can. However, she must lead by standing in the middle of the first row with her followers.



What should I do if I notice nail polish, glue, paint, and such barriers on my hands and nails during ṣalāh?

If you are sure the barrier was there before you did  $wu d\bar{u}$ , you would need to remove the barrier, perform  $wu d\bar{u}$  again and pray again.

### Can I pray *zuhr* and 'aṣr, and maghrib and 'ishā' with the same wuḍū?

Yes, you can.



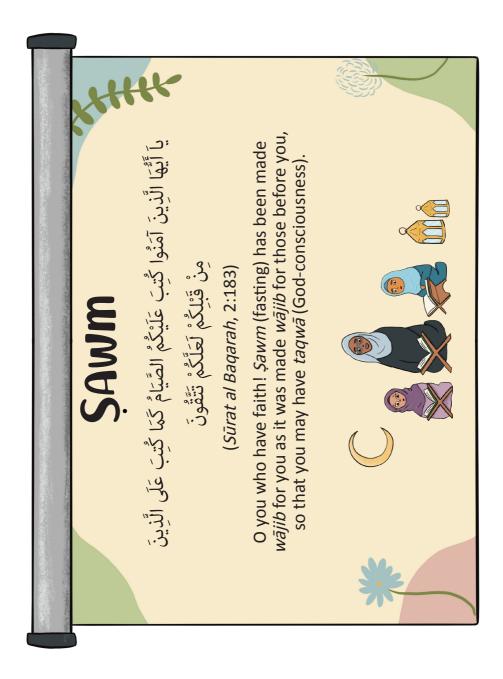
### Can I pick up a book of sūrahs/ du'ā's to read from during ṣalāh?

Yes you can, as long as you don't turn away from the *qiblah*. Pause your *dhikr* as you do this.

### Can I do sajdah on a tissue?

You can only do *sajdah* on tissue paper if it is made of something natural that cannot be worn or eaten. The best thing to do *sajdah* on is the *turbah* of Imam al-Ḥusayn (a). After that: earth, stone, and grass (in that order).









### SAWM

\$awm (fasting) is to stay away from certain things such as eating and drinking from fajr till maghrib, in obedience to Allah.

*Ṣawm* strengthens our *taqwā*.

### WHAt is

### **IAQWA**

Taqwā is to remember our duty to Allah at all times - doing what He wants us to do, and staying away from what He wants us to avoid.

Obedience to Allah - more taquācloses to Allah - pieasing Allahpurpose of Life achieved!



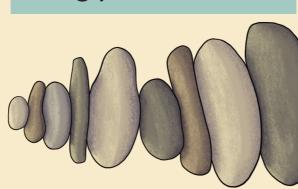


### WHY DO WE FAST?



Allah has commanded us to fast in the month of Ramadan so we fast in obedience to Him.

Ramadan is the month of from physical pleasures our soul. The month of strengthening our souls. and soul. Staying away like food, allows us to pay more attention to We are made of body



### STRENGTH MUSCLES



### RASŪLULIĀH (S) HAS SAID:

- A fasting person's sleep is worship, his silence is *tasbīh*, his good deeds are accepted, and his *du'ā'* is answered.
- Fast and you will be healthy.
- Fasting is a shield against hellfire.

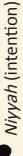
### 

## **Benefits of Fasting**





### Rules of Fasting



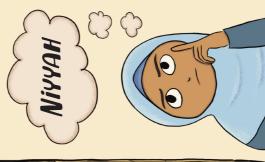
of Ramadan. This *niyyah* does not need to be said verbally. It is important to have the *niyyah* to fast during the month

You may make the niyyah to fast for the entire month at the beginning of the month. After that, you simply need to be aware of your *niyyah* throughout the month.

of Ramadan, in obedience to Allah, qurbatan ilallāh (to get Your niyyah should be that you are fasting for the month closer to Allah).

Even when you fast outside the month of Ramadan, you must make the *niyyah* to fast *qurbatan ilallāh*.

Note: Fasting to show off makes the fast invalid.

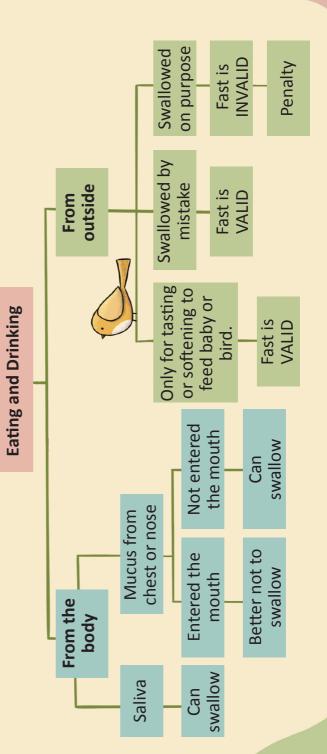


## WHAt Breaks my Fast?

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### 1. Eating and drinking

- a. Eating or drinking anything on purpose, makes your fast invalid.
  - b. If you do it by mistake, your fast does not become invalid.





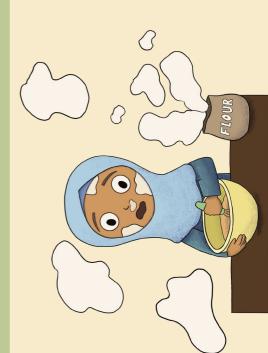
## WHAt Breaks my fast?

2. Lying about Allah, Rasūlullāh (s), and the 12 Imams (a).

3. Causing thick dust to reach the throat or smoking deliberately. Example:

Inhaling smoke from cigarettes or tobacco. Inhaling dust from sweeping.

4. Vomiting intentionally.







### After beginning your fast

- swallow it on purpose, your fast is and you realise it is fajr time, you 1. If you have food in your mouth must spit the food out. If you invalid.
- left in your teeth, or your fast will 2. You must not swallow the food become invalid.
- 3. You can floss and brush as long as you do not swallow toothpaste or bits of food on purpose.

### **Before beginning** your fast

- your teeth whilst fasting, you must brush/floss to remove that food. swallow the food left between If you are sure that you will
- 2. It's a good idea to brush and floss your teeth anyway.







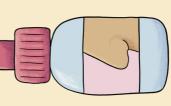


### FAOS



Can I use my asthma inhaler while I am fasting? Yes, you can as long as the puff goes into your lungs and not your food pipe.







Is it OK to use nasal drops/sprays while I am fasting?

you are unsure that this will happen, throat, you cannot use them. But if then it is allowed, but it is makrūh. smell of the drops will reach your If you are sure that the taste and

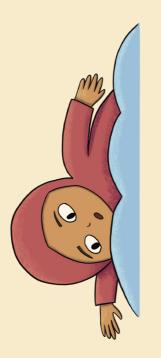






### Can I swim while I'm fasting?

Yes, you are allowed to swim, but it is **highly** makrūh to put your full head under water. In fact, it is better to completely avoid doing that.





### Is it OK to play sports whilst fasting?

You are allowed, but it is *makrūh* to play if it makes you extra tired.









### Can I rinse my mouth with water while fasting?

reason while fasting is makrūh unless it is to gargle for wudu'. It is better to Putting water in your mouth for no spit three times after rinsing.



What if I gargle with water because I'm thirsty?

day and repeat the fast as *qaḍā'* after you must complete your fast on that you gargle with water when you are thirsty and swallow it by mistake, It is better to avoid doing that. If the month of Ramadan.

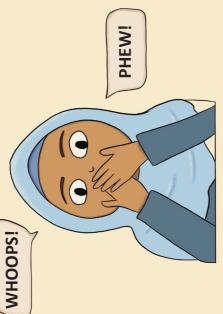






What if I swallow water by mistake whilst gargling for wudū'?

That is not a problem and you do not need to repeat your fast.





Is it OK to take an injection or IV drip whilst fasting?

Yes, it is.









# Extreme Difficulty And Sickness

Feeling weak and tired whilst fasting is normal. But if it becomes unbearable such that you absolutely cannot continue, then you can eat or drink as much as will allow you to feel a bit better. After that, you must continue fasting. And, you must repeat the fast as qaḍā' before the next month of Ramadan.

Fasting is not wājib when you are too ill to fast. In fact, if it is causing you harm, then fasting is not allowed and not valid. However, you have to make up for the missed fasts as  $qad\bar{a}'$  before the next month of Ramadan.





Intentionally not fasting or intentionally breaking your fast in the month of Ramadan is a SERIOUS sin and carries a BIG penalty.



month of Ramadan, and they want to make up for their wrongdoing, they If someone, God forbid, misses or breaks their fast intentionally in the

- 1. Sincerely ask Allah for forgiveness.
- 2. Make up the missed or broken fast as *qaḍā'*.
- 3. Pay the following penalty for each broken or missed fast:



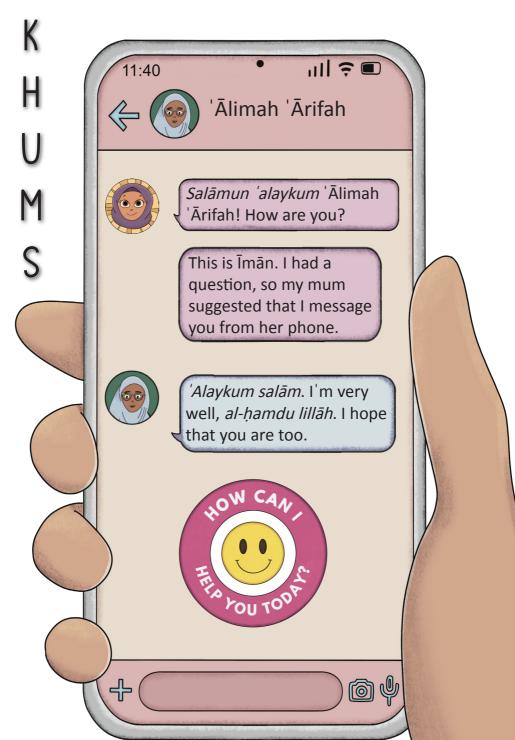
OR

b. Feed 60 poor people.



19 20







My brother wants the pocket money I saved from last year. He said I should hand it to him soon because after I turn *bālighah* I'll have to give it all away as *khums* anyway! Is this true?

### What is khums?



Khums is one of the furū'ad-dīn. It is a wājib tax that we must pay on the money and things that we own but have not spent or used for more than a year.



Really? Why does Allah want me to give away the little money I have collected??

### Why must we pay khums?



All our wealth is a gift from Allah. He allows us to use it, but when we have extra at the end of the year, He tells us to give just one-fifth of it as *khums*. Your brother is only joking about giving it all away!



By the way, the word *khums* means 'one-fifth' in Arabic.







Phew! I'm glad I don't have to give it ALL away.

So now I'm wondering ...

Who is khums for?



Allah explains to us in the Holy Qur'an that khums belongs to Him and the people He chooses to receive it.

He says: 'Know that whatever thing you gain, a fifth of it is for Allah and for the Prophet, and for the relatives and the orphans, and for the needy and the traveller.'

(Sūrat al-Anfāl, 8:41)



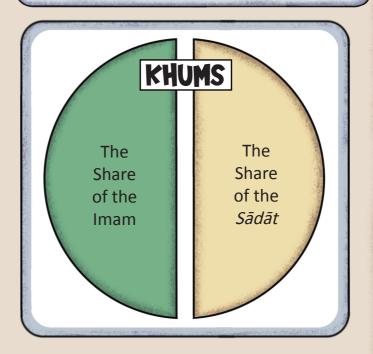
Aha! So when I pay *khums*, I'm returning what belongs to Allah in the first place! And it goes to the needy people, of course.

This is such a great system. 
Allah plans for everything! But I obviously can't send money to Allah directly, so ...

Who must I give my khums to?



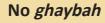
That's a really good question. *Khums* payments are divided into two equal parts.





### The Share of the Imam

For the Imam of the time



When the Imam is not in ghaybah, this part of khums is given to him and he distributes it.

Ghaybah

In the ghaybah of Imam al-Mahdī (a), this part is given to your mujtahid and he has the authority to distribute it.





### The Share of the Sādāt

### Sādāt

Shia descendants of Hāshim, the great grandfather of Rasūlullāh (s)

Stranded travellers

Poor

Needy and poor orphans

Sādāt is the plural of sayyid



*Mā shā 'allāh*! *Khums* seems to be a very useful tax.



It is indeed! **Did you know?** ...

*Khums* is spent to support Islam and Muslims in many important ways. Some of these are:

Spreading Islam and the teachings of the Ahl al-Bayt to different countries around the world 💮 环

Building and maintaining Islamic centres, masājid, and religious schools, etc.

Supporting the 'ulamā' and ḥawzah students, who dedicate their lives to learning about Islam and teaching it

Publishing books about Islam



Providing necessary expenses to the poor and needy Shia 🍗 🧼 🧥

Assisting those affected by disasters such as earthquakes, disease, war, etc.

Helping a stranded traveller 🚂 🛭





Khums is a great way to help Islam and Muslims. I can't wait to be a part of this!

### When do I pay khums?



Since you are **not working to earn a living**, you have **two options** for when to pay *khums:* 

**Option 1:** Keep track of all the money you get, and everything you receive (including gifts), by noting down the exact date when you received them.

After one year is completed for each entry, pay *khums* on the money and things that have remained unused.

**Option 2:** Choose any date in the year as your *khums* payment date 17. On that day, every year, pay *khums* on the money and things that have remained unused, regardless of when you received them.

You may be paying a bit ahead of time for some items, but that's OK.



I have no problem tracking my money and gifts!

I better get my khums diary ready.







Do I have to pay *khums* on EVERYTHING?



What must I pay khums on?



Khums is wājib on seven things.

The one that you need to know about is the savings from the money you earn, and the gifts and things you receive.



I have one last question for you please.

How do I calculate khums?



You must calculate *khums* based on the option you choose for when to pay *khums*.

Option 1: Keep track of each item you receive

### My Khums Diary

Regularly review your entries in the notebook where you track the money and things you receive.

If on any day, you have money that was not spent for a whole year, divide the saved amount by five and pay it as *khums*.



 $20 \div 5 = 4$ 



 $50 \div 5 = 10$ 





- KHUMS

If on any day, you have things that remained unused for a year, find out what they cost at the time you are paying *khums* and divide that number by five. Pay the one-fifth amount as *khums*.



#### Option 2: Choose a specific date in the year

#### Step 1:

For the first time you pay *khums*, on your chosen date, check how much money you have and write down this number. 30

#### Step 2:

On the same date, check if you have any things that you haven't used since you got them. Find out what they cost on that date and write down that number.

70

#### Step 3:

Add the two numbers from **Step 1** and **Step 2**. Divide this amount by 5 and pay that amount as khums. 30 + 70 = 100

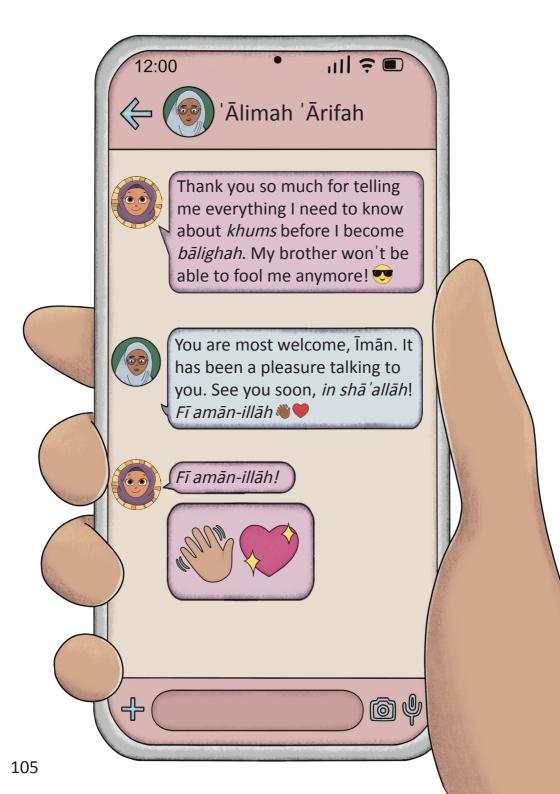
$$100 \div 5 = 20$$
 KHUMS

#### Step 4:

Make a note of the amount that is left over after you paid the *khums*. This is useful for next year's calculation. 100 - 20 = 80

**Note:** From the second year onwards, in **Step 1**, check how much money you have and write down that number. Subtract the amount that remained after you paid *khums* in the previous year (**Step 4**). Proceed to **Step 2**. 140 - 80 = 60

LEFT OVER FROM LAST YEAR



# AKHAQ IS KESY

We have discovered that becoming bālighah is the starting point of our journey towards perfection, towards Allah. On this journey, having the right beliefs and following Allah's rules is essential, but it is not enough. Our akhlāq (good behaviour) is key. Without it, there is no way that we can progress to reach perfection.







Imagine this journey to Allah as an **epic racing game**. Becoming bālighah is the **starting line**. Each racer is on their own journey and in charge of their own points. But here's the cool gameplay: a racer earns MANY MORE points for boosting other racers along the way!



#### How do you boost another racer?

Be kind. If someone doesn't know the rules, don't make fun of them. Help them out instead.

Try not to guess how many points others have. Only Allah knows that. This is a competition where we work with each other and not against each other.

Remind one another gently if we forget our responsibilities.

TRYING TOREACH
ALLAHON YOUR OWN

SUCCESS

FIGURE ACHOTHER
TO REACH ALLAH

SUCCESS

This game has unlimited levels, just like the stages to reach Allah. Wājib actions are necessary. You can only get to the next level by completing them first. Mustaḥabb actions and good behaviour unlock bonus points and help us rank up! We must beware of ḥarām and bad actions as they drain our hard-earned points and cause serious glitches. The main idea of this game is to unlock higher and higher levels till the end of our lives!



On the Day of Judgement, Allah will **reveal** the points we earned in the epic race of our lives. Those with the **highest points** will be the winners and those who didn't bother to follow the rules, or behave nicely, will be the losers.

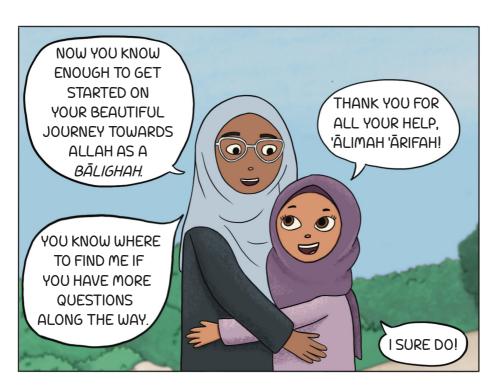


The winners will get an UNLIMITED reward from Allah in jannah:

يُطَافُ عَلَيْهِم بِصِحَافٍ مِّن ذَهَبٍ وَأَكْوَابٍ وَفِيهَا مَا تَشْتَهِيهِ لَيُطَافُ عَلَيْهِم بِصِحَافٍ مِّن ذَهَبٍ وَأَنتُمْ فِيهَا خَلِدُونَ لُأَعْيُنُ وَأَنتُمْ فِيهَا خَلِدُونَ

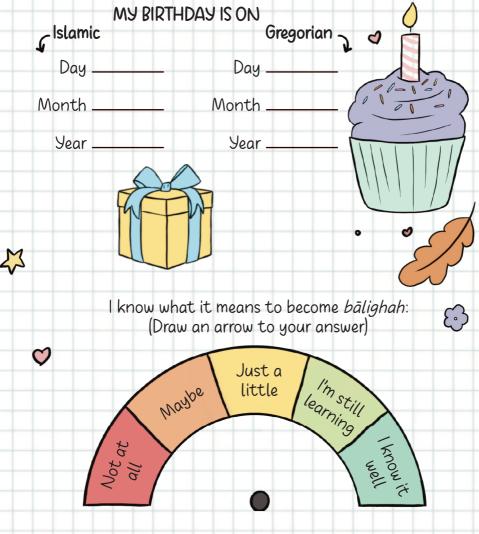
They will be served around with golden dishes and goblets, and in it (Jannah), will be whatever the souls wish for and what eyes like to see. You will live in it forever.

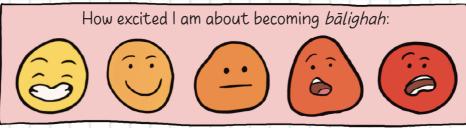






## AFTER READING THIS BOOK





Embark on a beautiful journey with Imān as she discovers what it means to become *bālighah*!





