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# "THE SECRET OF PRAYERS IN SHALAT"





## TEACHERS SUPPORT TEACHERS

The development of this learning material in **Teachers Support Teachers** program is a collaboration between Quran and Islamic teachers with Alif Iqra to demonstrate the quality and creativity of teachers in creating learning materials.

**Teachers Support Teachers** is a learning material sharing program which can be accessed on the Alif Iqra website for all Quran and Islamic teachers. All materials created have gone through mentoring and selecting by the Alif Iqra academic team.

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## TEACHERS SUPPORT TEACHERS

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If you have any questions or suggestions for the development of the Teachers Support Teachers program and materials, please contact us at email [academic.alifiqra@gmail.com](mailto:academic.alifiqra@gmail.com)





*"Why does Allah ask us to pray?"*

**Shalat allows us to show our love for Allah, to talk, also to say thanks for everything He gives to us.**

On good days, it is easy to be thankful. But we also make shalat even when we are grumpy or sad. Those are some of the best times to be close to Allah. Just like how your parents love to hug you when you are happy and to make you feel better when you are sad, Allah loves it whenever we take time to talk to Him.

**IMAGINE THAT SHALAT IS SPECIAL TIME TO TALK TO OUR CREATOR!  
IT IS A GIFT TO HAVE 5 TIMES EVERY DAY TO TALK TO ALLAH!**



## **TIP FOR YOUR FIVE DAILY PRAYERS IN A DAY:**

Plan your day around shalat.

It is easier to worship to Allah when you know what time each prayer is.

Ask a grown up to help you look up shalat times, and try to not plan activities then



# HOW DO WE PRAY?

The Movements and Secret Meaning of Each Prayers

We first begin with our **niyyah** / our intention.

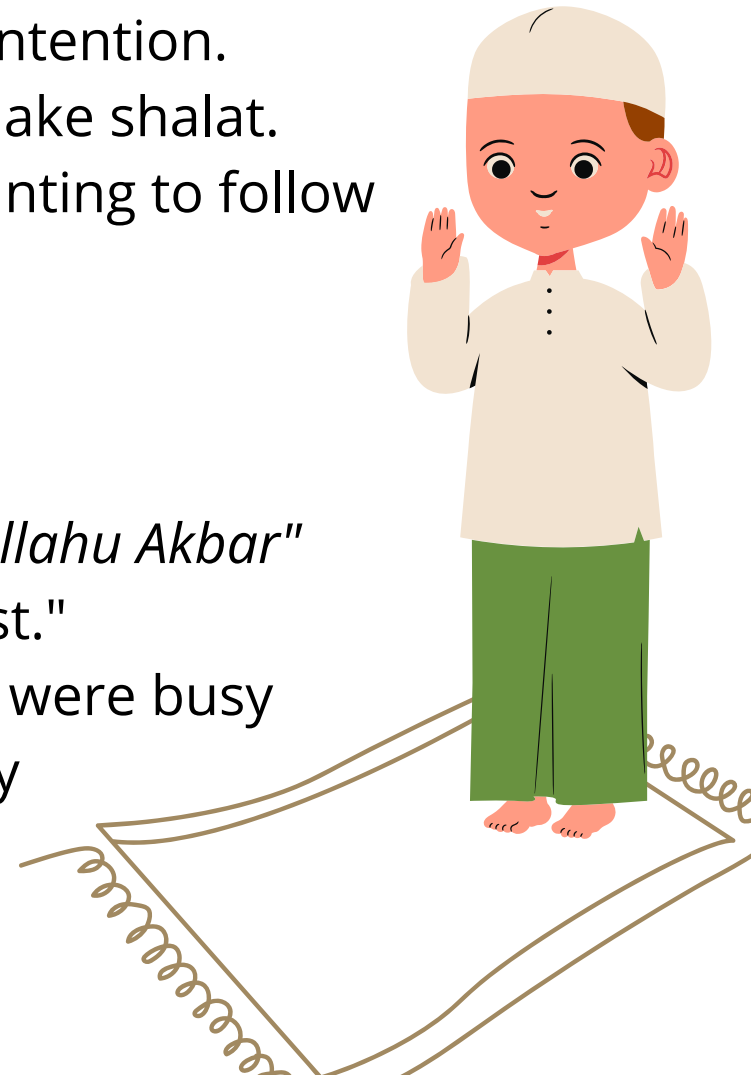
We say with our heart that we plan to make shalat.

1. We clear our minds of everything except wanting to follow what Allah tells us

Raise your hands to your ears and say "*Allahu Akbar*"

This means "Allah is The Greatest."

2. He is more important than anything we were busy with before it was time to pray





3. Put your hands over your heart and say the seven verses of Surah Al Fatihah, the first chapter in the Quran.

This is the most important surah of all. When we say this surah, we tell Allah how great He is because He created the world.

We also tell Allah that we only pray to Him, just like in the first pillar of Islam (syahadat).

4. Say any other short surah you know. This is when you get to choose anything from the Quran





5.

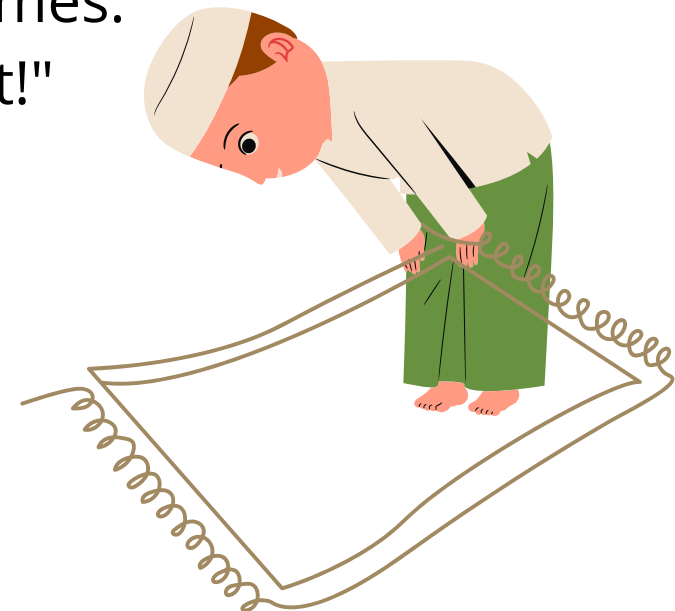
Say "*Allahu Akbar*" again.

Bow down and put your hands on your knees.

This is called going in to **ruku**.

When you are in ruku, say "*Subhaana Rabbiyal 'Adziimi Wa Bihamdih*" three times.

This means "Allah is perfect!"







Say "*Sami'allahu Liman Hamidah, Rabbanaa Wakal Hamdu*" and stand back up.

6. This means Allah knows everyone who praise to Him, and All praises be to Him.

7. Say "*Allahu Akbar*" again. We say this throughout our prayer to keep reminding ourselves how great Allah is. Sit down and put your forehead and hands on the floor. This is called going in to **sujud**.

While you are in sujud, say "*Subhaana Rabbiyal A'laa Wabihamdih*", three times.

This means we are thankful for Allah's mighty power over everything. When your head is down like this, you are as close as you can be to Allah in prayer.

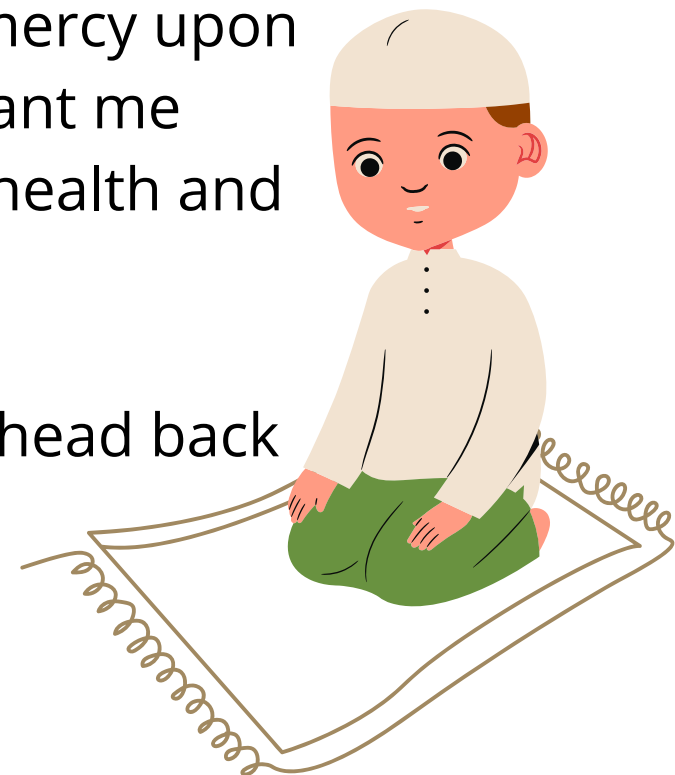




8. Say "*Allahu Akbar*" and sit up on your knees for a few second and say "*Rabbigfirlii warhamnii wajburnii warfa'nii warzuqnii wahdinii wa 'aafinii wa'fu 'annii.*"

That means: My Lord forgive me, have mercy upon me, set right my affairs, exalt me, grant me sustenance and guide me and give me health and forgive me

Say "*Allahu Akbar*" again, then put your head back on the floor in sujud.





9.

Say "Allahu Akbar" then stand up. That completes your first time through, or **one rokaat**.

Do everything again, all the way from surah Al - Faatihah to sujud, but this time, don't stand up.

Stay sitting on the floor and say:

*"Attahiyyaatul mubaarakaatush sholawaatuth thayyibaatul lillaah, Assalaamu 'alaika ayyuhan nabiyyu warahmatullaahi wabarakaatuh, Assalaamu 'alainaa wa 'alaa 'ibaadillaahish shaalihiin. Asyhadu allaa ilaaha illallaah, Wa asyhadu anna Muhammadar rasuulullaah. Allaahumma sholli 'alaa sayyidinaa Muhammad"*

**THIS IS CALLED TASYAHUD, WE TELL ALLAH THAT WE ONLY PRAY TO HIM AND THAT PROPHET MUHAMMAD IS HIS MESSENGER, AND ALSO SHALAWAT FOR PROPHET MUHAMMAD.**





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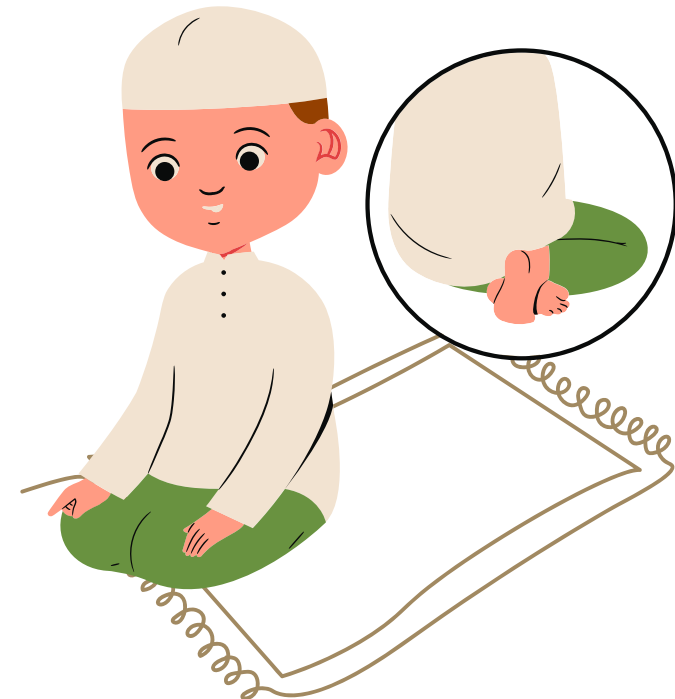
Pray each rokaat until you finish the right number for that time of day. Say the tasyahud after every two rokaat.

The Fajr / Subuh has two rokaat, so you say the tasyahud once.

Dhuhur has four, Asr has four. Magreeb has three, and Isya has four. That mean you say Tasyahud two times in each of those prayers.

After the second tasyahud, say additional doa for prophet muhammad and ibrahim:

*"Kamaa shallaita 'alaa Ibraahim, wa 'alaa aali Ibraahim. Wabaarik 'alaa Muhammad, wa 'alaa aali Muhammad, kamaa baarakta 'alaa Ibraahim, wa 'alaa aali Ibraahim. Fil 'aalamiina innaka hamiidum majiid"*





11. After finishing your last rakaah, turn your head to the right. Say: "Assalamu'alaikum wa rahmatullah". Then turn your head to the left and say it again. This is called **Tasleem / Salam**.  
After that, shalat is finished!

**It is important not to rush through prayers. Sometimes you may want to pray fast so you can get back to playing. But shalat is the most important part of our day. We should give our shalat our full attention and pray with our whole heart**





# WHAT DO YOU THINK?

You've just learned a lot about shalat. What is your opinion about these questions?

What do you like about praying with your family or in a group?

How can you look your best when it is the time for shalat?

What can you do to help yourself remember the times of shalat?





# WHAT CAN WE DO TOGETHER?

Here are some fun activities you can do with your family, teacher, or friends to keep learning:

- 1 . Decorate a shalat space in your home. Ask if it can be family project. Add lights and beautiful pillows and scarves to make it special.
- 2 . Still learning the parts of shalat? Make a chart where you can color in each part after you learn a step. Celebrate with your teacher / family after all the parts are colored in.
- 3 . Get a pen pal. What is your favorite part of shalat? Write a letter or send a text message to a friend or family member telling them about what you love about shalat.
- 4 . Make a night time routine. Go to bed at a good time every night so it will be easier to wake up for Fajr / Subuh. Ask your family to pray together in the morning so you can support each other.



# GET MORE FUN THINGS TO DO...

**Our Five Daily Prayers**  
Do you know that our five daily prayers have their own rakaat?  
Lets cut and place some straws that are suitable with the rakaat for each prayer!

|                       |                        |                       |                         |                      |
|-----------------------|------------------------|-----------------------|-------------------------|----------------------|
| <b>Subuh</b><br><br>2 | <b>Dzuhur</b><br><br>4 | <b>Ashar</b><br><br>4 | <b>Maghrib</b><br><br>3 | <b>Isya</b><br><br>4 |
|-----------------------|------------------------|-----------------------|-------------------------|----------------------|

**OUR FIVE DAILY PRAYERS:  
COUNTING THE RAKAAT WITH STRAWS**

**Do'a for Shalat Movements**  
Listen carefully to the do'a, then drag and drop a suitable picture with the do'a that played.

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**Guessing Game: The Sounds of Shalat Movements Prayers**

|                          |                              |
|--------------------------|------------------------------|
| <br>Tidal                | <br>Takbiratul Ikrām         |
| <br>Rukuk                | <br>Duduk diantara dua sujud |
| <br>Bersedekap           | <br>Salam                    |
| <br>Tahiyat awal & akhir | <br>Sujud                    |

**GUESSING GAME:  
THE SOUNDS OF SHALAT MOVEMENTS PRAYERS**

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