



IN-MI

Your first day as a Muslim

A short guide from the International
New Muslim Institute

Shahadah is the beginning, not the finish line.

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Welcome. You do not need to learn everything this week. This guide has only what you need for your first days.

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1

What you said

The words of the Shahadah, and what they mean.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ

Ash-hadu an la ilaha illallah, wa ash-hadu anna Muhammadan rasulullah.

I bear witness that there is no god but Allah,
and I bear witness that Muhammad is the
Messenger of Allah.

2

Wudu

Do this before each prayer. You only need to do it again if you use the toilet, sleep, or pass wind.

1 Intend it and say Bismillah

Mean it in your heart. Say "Bismillah", in the name of Allah.

2 Wash your hands

Up to the wrists, three times.

3 Rinse your mouth

Take water in, swirl it and spit it out, three times.

4 Rinse your nose

Breathe a little water in and blow it out, three times.

5 Wash your face

From your hairline to your chin and ear to ear, three times.

6 Wash your arms

From fingertips to above the elbow. Right arm first, three times each.

7 Wipe your head and ears

Wet hands over your head from front to back, then wipe your ears. Once.

8 Wash your feet

Up to and over the ankles, between the toes. Right foot first, three times each.

3

The five prayers

Each prayer is made of units. One unit is standing, bowing and prostrating, in that order. In Arabic a unit is called a rak'ah.

1	Fajr Dawn, before sunrise	2 units
2	Dhuhr Just after midday	4 units
3	Asr Late afternoon	4 units
4	Maghrib Just after sunset	3 units
5	Isha Night	4 units

4

How to pray

Say what you can while you learn. Read from this page if you need to.

One unit, in order

- 1 Stand and say Allahu akbar
- 2 Say Al-Fatihah
- 3 Bow
- 4 Stand up again
- 5 Prostrate
- 6 Sit for a moment
- 7 Prostrate again

After every two units, and at the end of the prayer, you sit. The words for the sitting are on page 9.

1 Start the prayer

Raise your hands and say this. Say it again each time you move.

Allahu akbar

Allah is the Greatest.

الله أكبر

2 Standing: Al-Fatihah

Say this in every unit, standing, facing the qiblah.

The words of Al-Fatihah are on the next page.

Al-Fatihah

Say this in every unit, standing, facing the qiblah.

Bismillahir-rahmanir-rahim

1

In the name of Allah, the Most Gracious, the Most Merciful.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Al-hamdu lillahi rabbil-lamin

2

All praise is for Allah, Lord of all the worlds.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Ar-rahmanir-rahim

3

The Most Gracious, the Most Merciful.

الرَّحْمَنِ الرَّحِيمِ

Maliki yawmid-din

4

Master of the Day of Judgment.

مَلِكِ يَوْمِ الدِّينِ

Iyyaka na'budu wa iyyaka nasta'in

5

You alone we worship, and You alone we ask for help.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

Ihdinas-siratal-mustaqim

6

Guide us to the straight path.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

*Siratal-ladhina an'amta 'alayhim,
ghayril-maghdubi 'alayhim wa lad-dallin*

7

The path of those You have blessed, not of those who earned Your anger, nor of those who went astray.

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

3 Bowing

Hands on your knees, back straight. Say it three times.

Subhana rabbiyal-adhim

Glory be to my Lord, the Most Great.

سُبْحَانَ رَبِّيَ الْعَظِيمِ

4 Standing up again

Say the first line as you rise, the second once you are standing.

Sami'allahu liman hamidah

Allah hears the one who praises Him.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Rabbana wa lakal-hamd

Our Lord, all praise is Yours.

رَبَّنَا وَلَكَ الْحَمْدُ

5 Prostrating

Forehead, nose, hands, knees and toes on the ground. Say it three times.

Subhana rabbiyal-a'la

Glory be to my Lord, the Most High.

سُبْحَانَ رَبِّيَ الْأَعْلَى

Sitting

After every two units, and at the end of the prayer. Sit back and say this.

*At-tahiyyatu lillahi was-salawatu
wat-tayyibat*

1

All greetings, prayers and good things belong
to Allah.

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ

*As-salamu 'alayka ayyuhan-nabiyyu wa
rahmatullahi wa barakatuh*

2

Peace be upon you, O Prophet, and the mercy
of Allah and His blessings.

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ
اللَّهِ وَبَرَكَاتُهُ

*As-salamu 'alayna wa 'ala
'ibadillahis-salihin*

3

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

السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ
اللَّهِ الصَّالِحِينَ

*Ash-hadu an la ilaha illallah, wa ash-
hadu anna Muhammadan 'abduhu
wa rasuluh*

4

I bear witness that there is no god but Allah,
and I bear witness that Muhammad is His
servant and His Messenger.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

The last sitting

In the last sitting only, say this after the words on page 9. Then end the prayer.

Allahumma salli 'ala Muhammadin wa 'ala ali Muhammad, kama sallayta 'ala Ibrahima wa 'ala ali Ibrahim, innaka hamidun majid

1

O Allah, send Your grace on Muhammad and the family of Muhammad, as You sent it on Ibrahim and the family of Ibrahim. You are the Most Praised, the Most Glorious.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

Allahumma barik 'ala Muhammadin wa 'ala ali Muhammad, kama barakta 'ala Ibrahima wa 'ala ali Ibrahim, innaka hamidun majid

2

O Allah, bless Muhammad and the family of Muhammad, as You blessed Ibrahim and the family of Ibrahim. You are the Most Praised, the Most Glorious.

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

6 Ending the prayer

Turn your head to the right and say it, then to the left and say it again.

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

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

5

This week

Five things. Everything else can wait.

1 **Pray what you can**

Start with the prayers you can manage. Add one more each day.

2 **Learn Al-Fatihah**

Seven short lines. You say it in every unit of every prayer.

3 **Go to Jumu'ah on Friday**

The Friday midday prayer at your nearest masjid. Tell someone there you are new.

4 **Eat halal**

No pork and no alcohol. The rest can come later.

5 **Tell us you took Shahadah**

Join IN-MI for free so someone can check in on you.

IN-MI

Don't make this journey alone.

Join IN-MI for free. Someone will check in on you through your first 40 days.

inmiusa.com/join

Questions? Uncle Samir reads every one.

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