Five Daily Prayers

FAJR · DHUHR · ASR · MAGHRIB · ISHA — NAMES, TIMES & RAK’AHS

Five prayers, five fixed returns to Allah across one day. Their windows follow the sun, not the clock, so they move with the season and the place. This sheet gives the names, the windows and the obligatory (fard) rak’ahs, then the Quran verses behind them, in English (Khattab) and Urdu (Jalandhari).

پانچ نمازیں: فجر، ظہر، عصر، مغرب، عشاء

The Five Prayers at a Glance

Prayer	Its window	Fard rak’ahs
Fajr	True dawn until sunrise	**2**
Dhuhr	Just after the sun’s peak until Asr	**4**
Asr	Afternoon (shadow measure) until sunset	**4**
Maghrib	Just after sunset until the twilight fades	**3**
Isha	Once the twilight is gone, into the night	**4**

Total: 17 fard rak’ahs a day — 2 + 4 + 4 + 3 + 4. The table counts the fard only. The Sunnah and nafl prayers around them are covered in the full guide to how many rakats are in each namaz on currentislam.com.

Why the Windows Move

Each window is tied to the sun: dawn, the sun’s decline, the afternoon shadow, sunset, and the end of twilight. A prayer timetable for your city turns those signs into clock times for each day. Pray inside the window; the exact minute inside it is yours to choose.

The Quran Proof

APPOINTED TIMES · THE SUN'S ARC · THE MIDDLE PRAYER

No single verse lists all five names. The Quran sets the times and the arc of the day; the Sunnah of the Prophet (peace be upon him) fixes the number at five (Sahih al-Bukhari 46).

Prayer at Appointed Times — Surah An-Nisa 4:103

فَإِذَا قَضَيْتُمُ ٱلصَّلَوٰةَ فَٱذْكُرُواْ ٱللَّهَ قِيَـٰمًا وَقُعُودًا وَعَلَىٰ جُنُوبِكُمْ ۚ فَإِذَا ٱطْمَأْنَنتُمْ فَأَقِيمُواْ ٱلصَّلَوٰةَ ۚ إِنَّ ٱلصَّلَوٰةَ كَانَتْ عَلَى ٱلْمُؤْمِنِينَ كِتَـٰبًا مَّوْقُوتًا

Fa-idha qadaytum as-salata fadhkurullaha qiyaman wa qu'udan wa 'ala junubikum, fa-idha itma'nantum fa-aqimu as-salah, inna as-salata kanat 'ala al-mu'minina kitaban mawquta.

ENGLISH — KHATTAB

"When the prayers are over, remember Allah — whether you are standing, sitting, or lying down. But when you are secure, establish regular prayers. Indeed, performing prayers is a duty on the believers at the appointed times."

URDU — JALANDHARI

پھر جب تم نماز تمام کر چکو تو کھڑے اور بیٹھے اور لیٹے (ہر حالت میں) خدا کو یاد کرو پھر جب خوف جاتا رہے تو (اس طرح سے) نماز پڑھو (جس طرح امن کی حالت میں پڑھتے ہو) بے شک نماز کا مومنوں پر اوقات (مقررہ) میں ادا کرنا فرض ہے

The Sun's Arc — Surah Al-Isra 17:78

أَقِمِ ٱلصَّلَوٰةَ لِدُلُوكِ ٱلشَّمْسِ إِلَىٰ غَسَقِ ٱلَّيْلِ وَقُرْءَانَ ٱلْفَجْرِ ۖ إِنَّ قُرْءَانَ ٱلْفَجْرِ كَانَ مَشْهُودًا

Aqim as-salata li-duluk ash-shamsi ila ghasaq al-layli wa Qur'an al-fajr, inna Qur'an al-fajr kana mashhuda.

ENGLISH — KHATTAB

"Observe the prayer from the decline of the sun until the darkness of the night and the dawn prayer, for certainly the dawn prayer is witnessed by angels."

URDU — JALANDHARI

(اے محمد ﷺ) سورج کے ڈھلنے سے رات کے اندھیرے تک (ظہر، عصر، مغرب، عشا کی) نمازیں اور صبح کو قرآن پڑھا کرو۔ کیوں صبح کے وقت قرآن کا پڑھنا موجب حضور (ملائکہ) ہے

Keep the Five Returns

ONE ANCHOR PER PRAYER · YOUR 7-DAY TRACKER

The Middle Prayer — Surah Al-Baqarah 2:238

حَٰفِظُواْ عَلَى ٱلصَّلَوَٰتِ وَٱلصَّلَوٰةِ ٱلْوُسْطَىٰ وَقُومُواْ لِلَّهِ قَٰنِتِينَ

Hafizu 'ala as-salawati was-salat al-wusta wa qumu lillahi qanitin.

ENGLISH — KHATTAB

"Observe the five obligatory prayers — especially the middle prayer — and stand in true devotion to Allah."

URDU — JALANDHARI

(مسلمانو) سب نمازیں خصوصاً بیچ کی نماز (یعنی نماز عصر) پورے التزام کے ساتھ ادا کرتے رہو۔ اور خدا کے آگے ادب سے کھڑے رہا کرو

The Five Returns

Attach each prayer to an event that already happens every day. Events survive busy weeks better than clock times do:

FAJR — THE ALARM. The alarm that ends the night becomes the call to the first return.

DHUHR — THE LUNCH BREAK. The midday pause you already take carries the second return.

ASR — THE DAY'S END. The last work task of the day ends at the third return.

MAGHRIB — ARRIVING HOME. Crossing your own doorway is the cue for the fourth.

ISHA — PHONE DOWN. The screen goes off for the night; the fifth return closes the day.

Your 7-Day Tracker

Day	Fajr	Dhuhr	Asr	Maghrib	Isha
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Honest Limits & Sources

NO INVENTED COUNTS · NO PROMISED RESULTS · EVERY CLAIM SOURCED

Honest Limits

No repetition count is attached to these prayers in the sources used for this page, and no worldly result is promised for praying them. Missed prayers are made up as qada; how that works is covered in the qada namaz guide on currentislam.com. If illness or work makes a window hard, pray sitting or lying as the verse above allows, and seek medical care alongside prayer — prayer complements care, it never replaces it.

Sources

Quran 4:103, 17:78, 2:238 — Uthmani text via Quran.com. English: Dr Mustafa Khattab, The Clear Quran, via Quran.com. Urdu: Fateh Muhammad Jalandhari, via Quran.com (resource 234) — his own parentheses in 17:78 name the four prayers of the sun’s arc, and in 2:238 he names the middle prayer as Asr. Hadith: Sahih al-Bukhari 46 (five prayers in a day and night), 349 (five equal to fifty in reward), checked on Sunnah.com.

Print it, keep it where the day starts, and tick what you actually prayed. Five returns, one day at a time.