



# Start Your First Salah Without Confusion

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Right now it starts a bit flat.

If you're new to Islam, it's completely normal to feel unsure about Salah.

You might feel like:

- “I don't know what to say”
- “I might be doing it wrong”
- “It feels overwhelming”



**You are not expected to be perfect.**

**You are expected to start.**

**Allah sees your effort, not just your  
perfection.**

Start small. Start simple. Start today.

Today's first step:

Pray one simple rak'ah, even imperfectly.

Start before you feel ready.

Want a complete step-by-step system?

Explore the full Salah Guide at [halalings.com](http://halalings.com)

# 3 Beginner Du'as to Start With Today

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You do not need to memorize many du'as at once.

Start with just a few simple ones.

Small beginnings grow.

Today's First Practice

Say one du'a today.

Just one.

Start before you feel ready.



## **1. Before Eating**

### **Bismillah**

(In the name of Allah)

Say this before you eat.

Start with this one today.

## **2. Before Sleep**

### **SubhanAllah — Alhamdulillah — Allahu Akbar**

Repeat each gently.

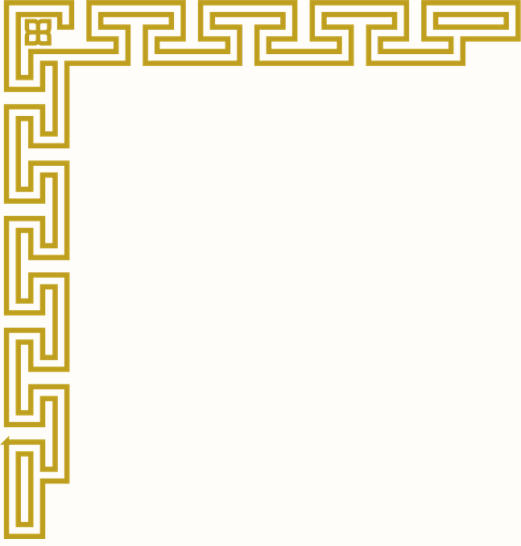
Even a few times is a beginning.

## **3. Ask Allah for Guidance**

O Allah, guide me and make worship easy for me.

Use your own words if needed.

Allah hears sincere effort.



*Want step-by-step prayer guidance too?*

Explore the full Salah Guide at

[halalings.com/start](https://www.halalings.com/start)

