

Nafilah of Five Daily Wajib Prayers (Salaat).

These are Mustahab (Recommended) prayers. They are offered in cycles of two Raka't each. The method is like Fajr prayers. The intention is according to the Wajib prayer it is related to.

- Eight (8) Rak'ats Nafilah for Zuhr,
- Eight (8) Rak'ats Nafilah for Asr,
- Four (4) Rak'ats Nafilah for Maghrib
- Two (2) Rak'ats Nafilah for Isha
- Two (2) Rak'ats Nafilah for Fajr

Fajr Nafilah is offered (preferably) before onset of Fajr time, in any case before offering Fajr prayer

Zuhr Nafilah are offered before offering Zuhr prayer, but after the Adhan of Zuhr Prayer.

Asr Nafilah are offered before Asr Prayer.

Maghrib Nafilah are offered after offering Maghrib Prayer

Isha Nafilah is offered after reciting Isha Prayer.

- As an obligatory precaution, the Nafilah for Isha prayers should be offered while sitting.

On Friday, 4 Rak'ats Nafilah are added to the 16 Rak'ats of the Zuhr and the Asr Nafilah, and it is preferable that all these 20 Rak'ats are offered before the Zuhr sets in.

All Nafilah prayers can be offered while sitting, but then, certain Fugaha say that 2 Rak'ats prayed sitting should be counted as one Rak'at. For example, if a person wishes to offer Zuhr Nafilah which consists of 8 Rak'ats, in a sitting posture, he should offer 16 Rak'ats.

For details please refer to the book of prayers, or consult a scholar.

Reference: Risala of Ayatullah Seestani.

<http://www.sistani.org/english/book/>

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