



How to have
Khushu in
Salah?

Importance of Salah

- **Salah** is the **connection** between us and Allah swt.
- It's our daily **conversation** with Allah swt.
- It's not a one way conversation.
- When we read each verse of Surat Al Fatiha Allah responds to us.

"Allah has said: I have divided prayer between Myself and My servant into two halves, and My servant shall have what he has asked for. When the servant says: All praise belongs to Allah the Rabb of all the Worlds. Allah says: My servant has praised Me. And when he says: The Most Gracious the Most Merciful. Allah says: My servant has extolled Me. And when he says: Master of the Day of Judgment. Allah says: My servant has glorified Me [and on one occasion He said: My servant has submitted to My power.] And when he says: You alone do we worship and from You alone do we seek help. He says: This is between Me and My servant, and My servant shall have what he has asked for. And when he says: Guide us to the Straight Path, the Path of those whom you have favored, not of those upon whom is your anger, nor of those who are astray. He says: This is for My servant, and My servant shall have what he has asked for."

The Commandment of Salah

- The commandment for Salah came during the journey of Al-Israa and Al-Miraj.
- Salah was commanded at first 50 times a day.
- Reflection: Imagine praying 50 times a day. Would you do anything else?

The Purpose Of Our Creation

- “We have not created Jinn and Human Beings except for one purpose, and that is to **Worship** Allah”
- We can make our entire life an act of worship.
- Praying 5 times a day helps us pull away from whatever distracts us from our purpose.
- Our lives need to revolve around Salah.
- Without our Salah we will forget about our relationship with Allah swt.

The first thing we're asked about!

- "The first thing which will be judged among a man's deeds on the day of judgment is the **prayer**. If this is in good order then he will succeed and prosper. And if it's defective he will fail and be a loser"

Khushu: Humility in Salah

- **Khushu** is an Arabic word used to refer to humility or humbleness while offering our daily Salah (prayers).
- It's the **presence** of our **hearts** while reporting for our daily duty towards Allah.

- **Khushu** refers to: submissiveness, gentleness, yearning and quietude (out of love as well as fear) within the heart due to the consciousness of Allah's Greatness and Grandeur.
- It is the awareness of one's own weaknesses, absence of haughtiness, arrogance from the heart.

- **“It is the believers who are successful. Those who are humble in their prayer”**
- Salah is the key to our success in this life and the hereafter, when it's in a good condition our life affairs fall into place with ease.
- Times of ease become more joyful, and times of difficulties become easy or at the very least bearable.

Khushu Starts Within The Heart

- “Of surety there is a morsel of flesh in the body, if it is sound, the whole body will be sound, but if it is corrupt, the whole body will be corrupt. It is the heart”

Symptoms Of Lack Of Khushu

- Praying fast.
- Forgetting the number of Rakaat.
- Forgetting the surah that you recited.
- The feel of incompleteness or regret after finishing the Salah instead of joy and accomplishment.
- The feel of getting rid of a task or chore.

Gaurding Khusuh Outside Salah

- The more you focus on Allah swt outside the Salah, the easier it will be to focus on Him inside the Salah.
- The consciousness of Allah 'taqwa' is highly conductive to developing our Khushu in Salah.

Our Khushu Fluctuates

- None of us is immune to distraction in Salah.
- We have to keep striving to perfect our Salah.
- Renewing our intentions and Iman is extremely important.

Tips to Gain and Maintain Khushu

1. Knowledge:

- Learn about Allah, His Names and Attributes.
- Learn about Salah: Fard, Sunnah,

2. Pray on Time:

- Plan your life around Salah timings.
- Make an effort in the situations that are out of control.

3. **Seek refuge in Allah:**

- Seek refuge in Allah from Satan by saying "Aa-uthu Billahi Mina Ashaytan Arrajeem" before starting Salah.
- Repeat during Salah whenever needed.

4. **Be Mindful:**

- Mindfulness- Based Cognitive Therapy: used to help people stay focused when loosing touch with reality.
- Remind yourself to come back to the present moment as soon as you realize that your thoughts have drifted away.
- This needs practice:
 1. Be Mindful of Allah swt when you make the intention for ablution.
 2. Stay attentive while making ablution.
 3. Recite the recommended Duaas.

5. **Understand:**

- Read the Tafsir of Surat Al Fatiha and pause between the Ayat.
- Read the Tafsir of the Surahs you recite.
- Memorize new Surahs.

6. **Visualize:**

- Always remember you're standing in front of Allah.
- Be aware that Allah is watching over you inside and outside of your Salah.

7. **Never Stop:**

- Stick to your Salah, especially in times of hardship and distress.
- “Seek Allah’s help through patience and prayer. It is indeed hard except for those who are humbly submissive”

8. **Good Pace:**

- Maintain a good pace between Salah actions.
- Be relaxed and attentive.
- Every time you say 'Allahu Akbar' say it from your heart.
- Learn new supplications.
- Make your Ruku and Sujud longer.

9. **It could be the last!**

- Perform every Salah as you would perform your last Salah.
- Always remember death.
- Put the needs of your heart and soul over the needs of your body.

10. **Most importantly:**

- Ask for Allah's guidance and help.
- Don't just stand there! Do something about your it!
- Keep trying!

Jazakum Allahu Khairan