

# Developing Khushu' in Salah

## Part IV

Lecture Series Canberra Masjid

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# Objectives

- Understand khushu, its importance and discuss a number of ways to develop khushu in salah
- Step towards making the salah from a mere ritual to a *spiritual, enjoyable* and *beneficial* experience
  - Focus is on spiritual aspects and NOT Fiqh
- Strive for achieving the level of *excellence* (Ihsaan)
- Increase our *love, humility* and *attention* towards Allah SwT overall

# Week 1 – Recap

- **Week 1: Introduction**
  - Salah and its importance
  - Ritualism in Salah and its consequences
  - Characteristics of Salah in Quran
  - What is khushu' and its position according to Sharia
  - The ways to attain Khushu' in Salah
  - A motivational point I missed: Benefits in this world

# Week 2 – Recap

- **Week 2: To dos and do nots before Salah**
  - Ponder over greatness of this gift and our dependence on Salah
  - Making Intention (Niyyah)
  - Supplication (Dua)
  - Decorate the obligatory with desirable/voluntary
  - Removal of distractions
  - Improve Understanding
  - Others?
- Ponder-Intend-Supplicate-Remove-Improve-Decorate

# Week 3 – Recap

- **Week 3: During Salah**
- Bring Focus and Feelings to bring khushu' in:
  - Takbeer
  - Qiyaam
  - Ruku
  - Qauma
  - Sujood
  - Jalsa
  - Tashhud

# Outline

- Week 1: Introduction
- Week 2: Before Salah
- Week 3: During Salah
- **Week 4: After Salah**

# Salaam

- When saying the salaam at the end of the prayer, the worshipper intends three things:
  - To exit the prayer
  - To send salaams upon the recording angels
  - To send salaams upon his fellow-worshippers.
- If he is praying alone, then he intends when saying the salaam to exit the prayer and send salaams upon the recording angels.

# Some after prayer duas

اللَّهُ أَكْبَرُ

أَسْتَغْفِرُ اللَّهَ . (ثَلَاثًا)

اللَّهُمَّ أَنْتَ السَّلَامُ ، وَمِنْكَ السَّلَامُ ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ ، وَشُكْرِكَ ، وَحُسْنِ عِبَادَتِكَ

سُبْحَانَ اللَّهِ ، وَالْحَمْدُ لِلَّهِ ، وَاللَّهُ أَكْبَرُ (ثَلَاثًا وَثَلَاثِينَ 33 times) لَا إِلَهَ إِلَّا اللَّهُ  
وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ .

سور الإخلاص الفلق الناس

**Ayat ul kursi**



# Lastly

- Live one salah to next
- Remember khushu is obligatory
- Keep trying do not give up
- Kindly make dua for me!