

# Developing Khushu' in Salah

## Part I

Lecture Series Canberra Masjid

Dr. Kamran Shafi

# A Disclaimer

- I am neither a scholar nor I pretend to be one;
- I am the first beneficiary
- A supplication (Dua')
- Learn to be a teacher!

# 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

# Outline

- **Week 1: Introduction**
- Week 2: Before Salah
- Week 3: During Salah
- Week 4: After Salah
  
- Lecture + Interaction
- A homework

# Outline

- **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 Reminder about Importance of Salah

- The second pillar of Islam
- The difference between kufr and islam
- The only ibaadah gifted to us on the heavens
  - Believers' Mai'raaj according to hadith
- One of the last advices of Prophet SAW during his death-sickness
- The first actions to be accounted for on the day of resurrection.

# Ritualism and its Consequences

- Ritualism: putting undue emphasis on ritualistic aspects of an act of worship and belittling the spiritual aspects
- Consequences
  - Incomplete rewards
  - Missing out on actual benefits
  - Continuous decay → burdensome
  - Increased focus on contentious issues

# Desired Characteristics of Salah in Quran

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾  
حَافِظُوا عَلَى الصَّلَوَاتِ وَالصَّلَاةِ الْوُسْطَىٰ وَقُومُوا لِلَّهِ قَانِتِينَ  
وَالَّذِينَ هُمْ عَلَىٰ صَلَوَاتِهِمْ يُحَافِظُونَ ﴿٩﴾ أُولَٰئِكَ هُمُ الْوَارِثُونَ ﴿١٠﴾ الَّذِينَ  
يَرِثُونَ الْفِرْدَوْسَ هُمْ فِيهَا خَالِدُونَ ﴿١١﴾  
إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا ﴿١٩﴾ إِذَا مَسَّهُ الشَّرُّ جَزُوعًا ﴿٢٠﴾ وَإِذَا مَسَّهُ الْخَيْرُ  
مَنُوعًا ﴿٢١﴾ إِلَّا الْمُصَلِّينَ ﴿٢٢﴾ الَّذِينَ هُمْ عَلَىٰ صَلَاتِهِمْ  
دَائِمُونَ ﴿٢٣﴾  
وَالَّذِينَ هُمْ عَلَىٰ صَلَاتِهِمْ يُحَافِظُونَ ﴿٣٤﴾ أُولَٰئِكَ فِي جَنَّاتٍ  
مُّكْرَمُونَ ﴿٣٥﴾



# Khushu'

- [khaashi'oo3na] comes from the verb [khasha'a3] which is a type of fear that overwhelms you to the point that your muscles get numb.
- Ibn Taymiyyah: A term that combines the perfection of love for Allaah, in its greatest level, and the perfection of humbleness, in its greatest level. For love devoid of humbleness and humbleness devoid of love is not considered worship, rather worship is what combines between the perfection of both matters (Minhaaj us-Sunnah 3/290).
- Action of heart with key attributes extreme humility and full submission with love
- It also means performing actions with dignity tranquility, calmness

# Importance of Khushu'

- Khushu' is obligatory
  - Because Allah SWT “*and stand before Allaah with obedience*” [*al-Baqarah 2:238 – interpretation of the meaning*]’ – Mujaahid RA said ... part of obedience is to bow, to be solemn and submissive, to lower one’s gaze and to humble oneself out of fear of Allaah, may He be glorified.”
  - Imam Taymiah RA said that Allah says ‘*And seek help in patience and al-salaah (the prayer), and truly it is extremely heavy and hard except for al-khaashi’oon ...*’ [*al-Baqarah 2:45*]. This implies condemnation of those who are not khaashi’oon...  
Condemnation only applies when something obligatory is not done, or when something forbidden is done. If those who do not have khushoo’ are to be condemned, this indicates that khushoo’ is obligatory (waajib)

# Ways to Develop Khushu in Salah

- “Two things help us to [develop khushoo’]: a strong desire to do what is obligatory, and weakness of distractions.
- Broadly we can divide the ways in to physical actions and spiritual, mental or heart related actions:
- Further for ease of understanding we can divide these two types of actions into before (or preparatory), during and after prayer actions