

# Developing Khushu' in Salah

## Part II

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

# Outline

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

# Week 1 – Revision

- **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

# Outline

- **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

# Ponder

- Ponder over the greatness of this gift
  - An example for understanding – meeting a king or another important person
  - The only ibaadah gifted on the heavens
- Ponder over our dependence on salaah
  - Allah does not need our prayers we need it.
    - Hadith qudsi
  - He SwT created us only for His worship. If we do not worship him we are bound to worship something else including our own desires

# Make Intention

- Actions are but by intentions ... (Hadith)
- Intention without action is rewarded, but not an action without intention – Subhaan Allah
  - Hadith on companions who intended but did not participated in Tabuk
  - Hadith on recording of deeds
  - Even intention can be better than action based on a Hadith
- **So intend big – make intention to**
  - **Strive to bring khushu in our salah**
  - **Do it for the highest purpose of pleasing our Lord SwT**

# Supplicate (Dua)

- DUA – A forgotten weapon: الدعاء سلاح المؤمن
  - We always make dua for dunya why not for khushu which will have an eternal effect inshaAllah.
- Some Conditions
  - Necessitates strong desire and feeling of loss and bereavement
  - Demands actions – we don't simply pray and sit down to see our business grow etc.
  - Needs constancy – never get tired and bored of making dua.
- Timing: Anas (RA) narrated that Allah's Messenger (SAW) said: 'A supplication made between the Adhan and Iqama is not rejected.'
- **Don't wait – start now**



# Supplicate (Dua)

عَنْ زَيْدِ بْنِ أَرْقَمَ قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ اللَّهُمَّ إِنِّي  
أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ وَعَذَابِ الْقَبْرِ اللَّهُمَّ  
آتِ نَفْسِي تَقْوَاهَا وَزَكَّاهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا أَنْتَ وَلِيِّهَا وَمَوْلَاهَا اللَّهُمَّ  
إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ  
وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

- “O Allah, I seek refuge in You from disability, from laziness, ... O Allah, I seek refuge in you from knowledge which does not benefit, from a heart that does not fear Allah, from a soul that is not content, and from a supplication that is not answered.”
- Allahuma Jaalna min-al-khashieena fi salaawaatina

# Decorate with Desirables

- Tahara and Wudhu are obligatory for prayer but decorate with siwaak, bismillah, duas, minimizing water usage
- Covering aurah is obligatory but try to don your best clothes for prayers
- Respond to azaan
- Observe tahiyyatul Wudhu and Masjid
- Dua between azaan and iqamah
- Do not leave congregation without a valid excuse

# Remove Distractions

- Know your enemies: Nafs, Shiaateen al ins wal jinn and the environment
- Avoid attaching to dunya matters excessively
- Choose/dedicate clean and quite place
- Avoid heart corruptors excessive food, sleep, mixing
- Avoid delaying the prayer
- ...

# Improve Understanding

- Salaah mainly consists of Quran and other Azkaar (duas).
- At least learn the meaning of basic azkaar, surah Fatiha and most commonly recited surahs and start praying with understanding
- Allah SwT Himself called Quran Kalaamullah
  - Imagine Allah is conversing with us and we do not even understand
  - Being educated we do not have an excuse

# Summary

- **Week 2: To dos and do nots before Salah**
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