

# SALAAT WORKSHOP

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# Allah says in the Holy Qur'an

(29:46) Surely, Prayer restrains one from indecency and manifest evil and remembrance of Allah indeed is the greatest *virtue*.

# Ahadith on Prayer

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Abu Hurairah relates that the Holy Prophet (pbuh) said:

The first item in respect of which a person would be called to account on the **Day of Judgment** will be Prayer. If that is found in order he would be successful and prosper, but if that is not in order he would be ruined and lost. In case of a shortcoming in his obligations the Lord of honour and glory will say: Look, if among the voluntary acts of My servant there is anything that would make up his shortcoming in respect of his obligations. All his obligations would be checked up in that manner.

# Spiritual Benefits of Salat

- Prayer is indeed a sure and well-tried prescription for purity of the heart and the soul. It is through *Salat* alone that we are able to establish a living communion with Allah. *Salat* helps us to get rid of sins; inclines us more and more towards God and goodly things and so gradually purifies us.
- Prayer allows an individual to feel God
- When you stand before God, keep in mind that He can see all that you do and hear all that you speak. This helps in developing concentration and fear of His divine being
- Salat teaches us punctuality when practice is put into play

## SPIRITUAL SIGNIFICANCE

إِنَّ الصَّلَاةَ تَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ

Verily, Prayer prevents the worshipper from indulging in anything that is undignified or indecent.

(Ch. 29. V 46)

Promised Messiah(as) has stated that **Salat** has 5 timings and all of them correspond to **5 spiritual states** that dawn on man. These 5 spiritual states represent five times of trials that breakdown the very core of that person, whereas, Allah has very wisely put forth five daily prayers at those times to remind us that we should always remember Allah whether in times of destitution, impoverishment or merry.

# Physical Benefits of Salat

## الصلوة

“ The *Salat* is the effective criterion of the piety of a worshipper. He who weeps throughout his *Salat* is bestowed security. ”

(Malfoozat Vol. II, p. 145)

The **standing** of the soul in prayer is that it is prepared to endure every misfortune for the sake of God and is eager to carry out His commands.

Its **bowing down** means that, discarding all other loves and relationships, it leans towards God and becomes His;

Its **prostration** is that, falling at the threshold of God, it loses itself altogether and wipes out its own being.

This is the Salat which brings about a meeting between God and the worshipper. The Islamic law depicts its picture in the shape of the daily Salat so that the **physical Salat** should urge a worshipper towards the **spiritual Salat**.

# Timings of Salaat

For each of the five obligatory Prayers, there is an appointed time fixed in relation to the sun's position.

1. The time of the *Fajr* or morning Prayer begins with dawn and ends just before sunrise.
2. The time of the *Zhuhr* or midday Prayer, begins after the sun has crossed the zenith point and has begun to decline.
3. The time of the 'Asr Prayer is when the sun has further advanced in decline and reaches a point nearly half way between the beginning of decline and sunset, which we may call late afternoon but not very late.
4. The time of *Maghrib* Prayer begins immediately after the sun has set. It lasts till dusk.
5. Time for the *Ishaa* Prayer begins when dusk has finally disappeared, giving way to the darkness of night.

# Timings of Salaat

It is to be remembered that at the times of sunrise, sunset and when the sun is at its zenith, it is forbidden to offer Prayers.

Also, when the 'Asr Prayer has been performed, no optional Prayer should be offered between that time and the time of sunset.

Similarly, between morning prayer and sunrise no optional prayer should be offered.



# Makroohat of the Salaat

These are acts which are undesirable, and are below the dignity of the Prayer. Prayer should always be offered with a consciousness that one is standing before one's Lord.

The *Makroohat* are:

1. **To fiddle with one's clothing.**
2. To glance sideways or to the sky.
3. **To keep the eyes closed.**
4. To offer Prayer without any head dress.
5. Not to place one's feet with toes towards the *Qibla* during Prostration or to lift the feet from the ground in this position.
6. To start Prayer when one is hungry whilst food is laid on the table.
7. To continue the Prayer in spite of an urge to go to the toilet.
8. **To offer Prayer in very tight clothes so that one feels uncomfortable during the Prayer.**
9. To pray in an unsuitable environment, e.g., in a noisy market place.
10. To stand with one's weight shifted on to one leg alone.

# Makroohat of the Salaat (cont'd)

- To pray in an open place without a *Sutra*. A *Sutra* is an object placed before the worshipper to mark the boundary of his Prayer.
- **To nod when someone says Assalamo Alaikum during the Prayer.**
- To pray without washing one's mouth after eating.
- To change the order of *Suras* in the Prayer, i.e; to recite *Suras* which come later in the Quran in the first *Rak'at* and the *Suras* which appear earlier in the Holy Quran, in the following *Rak'at*.
- To spread one's forearms on the ground while performing *Sajdah*.
- To recite Quranic verses during *Ruku* or *Sajdah*.

# ACTIONS WHICH MAKE PRAYER NULL AND VOID

The following acts are incompatible with Prayer and invalidate Prayer:

- When the ablution lapses.
- To speak or to respond to anyone during Prayer.
- To laugh during Prayer.
- To turn the face to the right or to the left while praying.

# QUICK NOTE

- The place of worship should be neat and clean and the air, as far as possible, should be free of any unpleasant odour.
- Every Muslim is enjoined to respect the dignity of the Prayer even if he is not praying himself.
- No one should in any way, e.g. by words of mouth or by his action, cause any worshipper discomfort or distraction.
- That is why it is not allowed to cross the path of a worshipper. This means that one should wait until the worshipper finishes his Prayer.

# Do's & Don'ts of Salat

## Do's

- Pray in a clean space
- Ensure the prayer area had no noise
- Wear clean clothes
- Do ablution before every prayer
- Ensure all hair is covered

## Don'ts

- Don't look around during salat
- Don't leave a gap in between your rows
- Avoid wearing half sleeves while praying

# Exercise:

## 1. Make a row for salat, and demonstrate a full rakat.

Please ensure:

- Feet together and placed in a straight line
- No gaps
- Shoulder to shoulder
- Stand on both feet (balanced)

## 2. While performing sajdah

Please ensure:

- hands are placed by the ears
- Elbows are not touching the floor
- Touch nose and forehead to the ground
- Back curved

