

Spiritual clinic (11)

(May 4th 2009)

The Pray: Allah's Mercy (3)

Five Prayer is a hidden treasure: Don't miss.

Alhamduli Allah The Most Merciful, who made

for the muslims 5 meeting with Him in everyday and night so that these meeting will become the link

with the Almighty, during which, the worshipper will receive Allah's Mercy in the form of tranquility

peace, security, power, light, hope, reassurance

trust, hope for guidance and support and a great

reward for the hereafter i.e The Paradise.

Over the last 2 weeks we learned that (1) these five meetings with Allah in prayer must be the most precious meetings in our life. (2) Having Khushoo i.e

presence of our heart and mind during prayer is the

basic need for acceptance of our prayers. (3) And

also that Khushoo in prayer is our way to

receive the mercy of Prayer.

(2)

4) We learned that Prayer has main parts which are:

• Allahu Akbar (94 times in obligatory prayers for each day and night)

• Surat AlFatihaa (a dialogo with the Almighty during which, He is promising His servant worshipped with support and guidance to Right Path).

• Ruku: a form of worshipping, humbling and praising The Greatest.

• Sujud: 1- a position of worshipping and praising the Most High.
2- The best position for Duaa, as the servant worshipped is closest to Allah.

And Al Tashahood = Praising Allah, and asking the mercy and blessings for Prophet Mohammed (S.A.W).

This is prayer in Islam, a great mercy ^{as it is} = time of dislink with the suffering of the world by life and replacing this suffering by the link with The Most Merciful to receive the dose of mercy which our spirits need day and night.

Fajr Prayer: the hidden treasure.

(3) Fajr Prayer: The prayer that are attended by ^{the} angels of the nights and the angels of the day.

Allah the Allmighty said in Surat (17) V (78)
"And recite the Quran in the early dawn (fajr prayer)
Verily, recitation of the Quran in the early dawn
(Fajr prayer) is attended by the angles in charge of mankind.
Prophet Mohamed (S.A.W) said:

"There are angles who takes turns in visiting you by night and by day, and they assemble at the dawn (Fajr) and the afternoon (Asr) prayers. Those who have spent the night ascend to the heavens, and their Lord asks them, although He knows best about you, "How did you leave My servants? - They say "We came to them when they were praying and we left them when they were praying."

This is Fajr prayer which is the first prayer of the Day. The prayer which the muslim starts his day with it. This is the first meeting with Allah, at the time when the muslim will wake up to have the link with his Lord (at the time) when he

(5) Let's know in details about the meaning of all these Hadiths:

1. The reason why Fajr prayer is singled out for mention here is because of the reality that performing it is a sign of man's sincerity and faith.

Fajr prayer is considered somewhat difficult and burdensome because it is early in the morning, i.e. at the time, when some muslims are in deep sleep, so, trying to wake up, wash and meet Allah in prayer (Fajr), these actions are not easy or even liked by them. But Allah The Almighty, The Most Merciful, who is always commanding us and putting the rules only for our (muslims) benefits, Allah is encouraging us (muslims) to pray Fajr prayer through giving a lot of great blessings for those who pray this "Fajr" prayer. It is the protection of Allah, that the muslim who prays this (Fajr) prayer will have, which

(B) As Prophet Mohamed (S.A.W) said : Whoever prays Fajr is under the protection of Allah until evening comes.

The protection of Allah is a great treasure, which is evaluated correctly only by those believers who know:

Who is Allah?

When the believer in Allah's Unity realizes that, all his affairs in this worldly life and in the Hereafter are only up to the Will of Allah i.e to live a righteous worldly life, full of Allah's mercy (having tranquility, peace, reassurance, hope, mental and physical health) trust that Allah will save you from all hardship and calamity) and to have continuous hope that the Paradise is the close final destination. Then that believer will appreciate exactly the blessings of having Allah's Protection, As Allah is the Only Power, so having a Protection with the only Power is in reality the Only Valid protection in this life.

(7)

∴ This hadith is giving glad tidings to those who pray "Fajr" that:

- 1- The Only Power is protecting them against all the evil
- 2- Following the Right Path will be easy for them.
- 3- Their spirit will be full of reassurance and trust that no harm will be falling them so long they prayed Fajr prayer.
- 4- It is not permissible for anyone to harm the one whom Allah has protected. If anyone harms him, he has transgressed and violated the protection of Allah, so he deserves the punishment of Allah for having transgressed His (Allah) protection.
- 5- The Paradise is the destination for the sincere believer, who is protected by Allah, and following the Right Path.
- 6- Fajr prayer is a protection against Hell fire.

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Also regarding the blessings of Fajr prayer, Prophet

Mohamed (S.A.W) said:-

" Shaytaan ties three knots on the crown of any one of you

in your sleep. He says upon each knot that he ties: "

You have a long night before you, therefore sleep". But

if you wake up and mention Allah, Most Exalted in

remembrance, then one knot will be untied. If you

then make ablution, another knot will be

undone. If you then proceed to pray, the last

knot will be disentangled. Thus, you will feel in

the morning energetic and in good spirit,

Otherwise you will feel in a despicable state,

La'ay "

: Praying Fajr is the way to untie the knots of the

Shaytan and so to become in a good spirit and

to have the energy in the morning, not being

La'ay or upset or depressed.

(9)

Regarding the same meaning; Ibn Masud

said: The case of a man who slept all the night up to sunrise (without waking up for Fajr) is the man whom Prophet Mohamed (S.A.W) said about him that: That was a man in both his ears, the Shaytan has uninated."

This is the worse situation for a muslim ever, i.e to have the Shaytan to block his ears from listening to Adan ALFajr, i.e not allowing him to start his day with the obligatory ^{most} precious meeting with his Lord, the meeting which is the source of his mercy, the meeting which he is in great need to start the day with so that he can have the energy and good spirit, the meeting which will give him Allah's protection, the meeting which ^{is} will be attended by the turning angels, the meeting which is his way to the Paradise.

10 In order to know about having good spirit and energy after praying Fajr at its time (early, before sunrise), it is explained by the scientific theory that: the highest proportion of ozone gas (O_3) in the atmosphere is registered at dawn (Fajr time). It then gradually fades away until complete disappearance by sunrise. This gas has a very beneficial effect on the nervous system, so you will feel relaxed and healthy, it also energises the muscles such that when a person inhales the beautiful breeze of the dawn, known as the SABAH wind, he will experience a pleasure that is unparalleled ^{ed} at any other time of the day or the night.

This is the scientific explanation for the commands of Allah "Fajr Prayer" regarding good spirit and energy.

11 Other Blessings of Fajr prayer:-

Fajr prayer time is full of goodness and blessings

Prophet Mohamed (S.A.W) said: O Allah bless my Ummah in its early rising" and whenever he planned (S.A.W) for a journey, he would start it at the beginning of the day. This

Prophet Mohamed also taught us that the provisions are distributed by Allah and sent to the earth at the Fajr time and that he (S.A.W) likes to be awake at that blessed time. That is why we find that: the traders and craftsmen are always making good use of this time. Those who slept up to the late morning have denied themselves all of the above blessings.

Let's be aware also that Prophet Mohamed (S.A.W) said: Indeed the most difficult prayers to bear for the hypocrites are Isha (night) and Fajr

12 prayers, If only they knew what they are missing, they would sooner come, even if crawling on their knees.

This hadith is a reminder and also a warning for those who don't pray Fajr prayer as this is a proof that they are hypocrites, whom Allah said about, in the Quran that: "Verily, the hypocrites will be in the lowest depth (grade) of the fire, no helper will you find for them.

(Surat (4) An-Nisa - V(145)).

It is also a reminder of the great blessings of Salat Al-Fajr which is so great that it deserves crawling on the knees.

∴ Conclusion: Fajr Prayer is a hidden treasure as it is a link with Allah, through which you have the greatest opportunity in life which is starting a day with the meeting of the Lord. A meeting at the beginning of the day, where you can get rid of all the burdens, problems, worries as you inform Him (The only Power and Mercy) about them

all and supplicate (Do Duaa) to him to make for you an outlet from all of them. Also you start your day with the great hope that Allah the Only Power in life will answer your supplications regarding your hopes.

• Fajr prayer is the meeting ^{which} will give you the reassurance that you are in Allah's Protection, i.e. no harm can happen to you as you are guarded by Allah (The only Power). This feeling of Allah's Protection will encourage you to follow the Rt. path of Allah, while not bearing any thing.

• Fajr Prayer will make you closer to Paradise, a feeling which makes you to avoid all the sins, so that you keep on more closer to Paradise.

• Fajr Prayer will make you a follower of your prophet.

• Fajr Prayer will allow you to breath the highest

propagation of Ozone i.e. to have the energy and good spirit and good health.

• Fajr Pray will make you, one of the believers, who

enjoy the time which is blessed by our Prophet supplication (Duaa)

as he (S.A.W) said : O Allah bless my Umma in its

early rising .

Fajr Prayer will make you to win over Shaytaan who

wants you to have Lingsleep and to miss all these blessings

Living the Quran in our daily life .

Now, my dearest brothers and sisters, let's be realistic

regarding " Fajr prayer " in our life :

- 1- Are the blessings of Fajr Prayer clear to our spirit?
- 2- Is Fajr Prayer a highest Priority in our daily schedule?
- 3- Are we taking all the precautions to pray Fajr

Prayer in time?

- 4- Are we performing Fajr Prayer with khushoo and

reflection or while semi sleeping and feeling very lazy?

- 5- Are we following our prophet ~~in all things~~ regarding

Are we aware of the punishment of missing Fajr

prayer in time and in the Masqid?

- 6- Are we always

Let's be truth ful with ourselves, as most

of the answers for the above questions are "No".

Q The question is why?

A The answer is: the wasting away of long hours at night watching T.V. movies, or video clips, parties, clubs, internet chatting, videogames. All these activities are after Isha prayer, this night life is preventing muslims from waking up for Fajr and even if we are waking up for Fajr, we are so out of it that our prayers are not heart felt

Let's practically evaluate how much we loose when we miss Fajr Prayer.

Imagine that every morning right before Fajr time, someone come to your front door and left you a bag with 10,000 \$ on the porch. What would you do if you knew it was there? would you lie in bed and keep on pressing snooze on the alarm? Or would you fly out and grab that bag of money?

Of course, all of us know the answer. But what was even more disturbing was, when I considered if

the amount was less, say \$ 100, 50, 25, 10, 5 every morning. Even one dollar on the perch would be an extra 365/ year.

when we realize how easily, we would get out of bed for \$5 dollars/day. we become so upset that we are lazy to wake up for Fajr prayers which is the most precious meeting as it is the meeting with the Most Merciful i.e the meeting of all the blessings.

Accordingly let's agree that:

- ① We are in need to believe that we are in great need to wake up for Fajr prayer as we know its great blessings and we realize that we are ~~that~~ ones to benefit from it.
- ② We need to be away from the sins which link the believers with Shaytan who and dis link the believers from Allah.
- ③ To remember that : difficulty in performing Fajr prayer, ^{being} is a sign of hypocrite.
- ④ ^{Before sleep,} To have the intention to wake up at Fajr Prayer.

5) To do Duaa to Allah to make him to wake up at Fajr prayer.

6) To make sure to go to the bed as early as possible so that I have enough time to rest and sleep so that I can wake up fully conscious to meet the Lord of the heavens and the earth.

7) Have an alarm clock, and keep it away from you, so that you have to leave the bed to turn it off, and immediately follow our prophet i.e. remembering Allah, saying *La ilaha illa Allah*.

8) Start Wudu immediately and remind your self of washing for prayer about the blessings

At the end: If you want to evaluate your degree of faith and truthfulness monitor your observance of Fajr

Prayer. If it is the test that should be taken as a sign indicating the strength of your Eman (belief - Faith). If

you pass that test, this means that you achieve a great victory over your shaytaan and yourself. If you fail the test this is an index to your weakness in Faith and hardness of the heart, and your great distance away from Allah's mercy. Remember 19 (59) 108 (4-20)

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