

28 March 2011

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Series of: Purification of the heart.

(11) The key of happiness

InshaAllah, today we will learn about the

"Conduct of Prayer with sincerity"

AL-AZAN = call of prayer.

- ① On hearing AL-AZAN, tell to yourself: All praise to Allah as the time to disconnect with the worldly problems and responsibilities has come i.e now I can get some relief of the pressure of the worldly life feelings: the worry, sadness, insecurity loneliness as I need to forget completely about all of this - so that I can have my mind and my heart during my great meeting with the Lord of the heavens and the earth.
- ② On hearing the AZAN you remind yourself that you will link yourself with Allah and that through your sincerity in prayers you can receive Allah's mercy i.e the feelings

of help - support - reassurance and tranquility,

Also  
① On hearing the Azan <sup>tell to yourself</sup> ~~call~~ on Allah with all your hopes  
Now I can

and for the relief of your hardships. (Do dua to Allah)

Conclusion Always try to feel relaxed on hearing the call

of prayer, try to remember Prophet Mohamed  
(S.A.W), who always said "relief us,

O Bilal" on hearing him calling for prayers.

→ What to do on hearing the Call for Prayer (The AZAN)  
② . On hearing the Azan (call for prayer),

you must repeat the same words of it

and at its end, you say this dua,

Jabir (R.A) reported Allah's Messenger (S.A.W)

as saying "If anyone says when he hears the

Azan "O - God - Lord of this perfect call of

the prayer which is established for all time,

Grand Mohamed the excellency and raise him

up in a praise - worthy position which you have

promised" he will be assured of my intercession!

→ Soon after the Adan: You start ablution which is <sup>أبو طهارة</sup> Wudu <sup>أبو طهارة</sup>

The Wudu (ablution) is the time, when you purify your spirit by trying to forget all the worldly business and instead you remind yourself of the greatness of Allah and your great need for His Meeting: as He is the One who showers you with all the blessings, prevents all the harm, answers your supplications, guides you to the RT Path, forgives your sins, cures your illness and controls all your life.

③

Also out of His mercy, you can enter the

paradise and have it as final destination. This reminding will help you to have sincerity deep your prayer and pure intention

قاعدة Rule 51. Ablution is purity of the spirit, and also

purity of the body by washing it from the dirt.

2- We can realize the importance of meeting Allah, <sup>with</sup>

as it is the only meeting in life which you cannot have it except when we have purity of the spirit (intention)

and the body. A proof that Allah's Meeting

is a very unique special event.

## Ablution (Wudu)

Wudu = washing for prayers.

It was mentioned in the Quran in Surat (5-16)

- 1- Make the intention for to perform Wudu (for Allah's sake and obedience) in your heart.
- 2- Say "Bismillah" silently to yourself.

3- Wash your hands up to the wrist. (3)

4- Rinse your mouth (cupped Rt. hand) (3)

5- Rinse the nostrils of your nose (draw

water by your cupped right hand and use your

left hand to pinch the nose and wipe it when expelling the water from the nasal passage. (3)

6- Wash your face from the hairline to the chin and from ear to ear (both hands used) (3)

7- Wash your arms : from the finger tips to the elbows (3)  
starting by the Rt. arm.

8- Wipe your <sup>wet</sup> hands over your hair from front to back and again to the hair line (1)

9- Wipe the back and the inside of your ears (1)

10- Wash your both feet to the ankles, start by the Rt (3)

Conduct of prayer:-

1. Standing - Facing the Qibla At the beginning

When you stand in prayer for Allah's meeting remember that on the day of judgement you will also stand with Him for reckoning and judgement and knowing your final eternal destination. Try to remember that your prayer will be the first deed for judgement and if your prayer is valid, so all the rest of the deeds will be valid and you will win the eternal life in the Paradise.

→ facing the Qibla means you direct your body to the direction of Al-Kabba (the Sacred Mosque in Makka, S.A.).

→ Try to remember that you also need to direct your spirit and mind to your Lord only, forgetting everything related to the worldly life in your back.

## The intention:

After facing the Qiblah, you should make the intention within your heart that your prayer is for Allah's sake and obedience.

The intention is not uttered Loud.

N.B. If you are praying alone, place something a short distance in front of your place of prostration called "SUTRA" so that no one will pass in front of you during your prayers.

Sincerity during prayers :-

Again, and again - we always need to remind ourselves regarding the importance of the meeting with Allah The Almighty regarding our worldly life and also the Hereafter

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## Sincerity (khushu) during prayer :-

we must realize that As-Salat (Prayer)

consists of the following :

① AL Takbeer. Repeating (Allah is the Greatest).

① Recitation of the Quran  $\left\{ \begin{array}{l} \uparrow \text{ Surat AL Fatiha} \\ + \\ \downarrow \text{ small surat} \end{array} \right.$

Praising  
Glorification  
Submission, humility.  
to Allah

② Ruku a position which reflect the respect + humility to Allah

③ Sujud = ~ ~ ~ ~ ~ ~ ~ ~ + ~ ~  
= the highest position of submission

and yielding oneself to The Lord .

(during these two positions of submission to Allah, we keep on glorifying Him, and praising  $\rightarrow$  the Greatest, the Most High)

And we do dua to Allah during Sujud.

$\rightarrow$  ⑤ AL Tasha hood = ① A testification of the Oneness of Allah

AL Shahada  
(1<sup>st</sup> pillar of Islam) } ② testification that Prophet Mohamed is His messenger

③ Calling on Allah to bless our Prophet Mohamed (S.A.W) and to bestow His Grace on him as it happened to Prophet Ibrahim

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## Khushoo during the acts of prayer

### 1- The Takbeer

The Takbeer is the statement (rule) which the Prayer

starts with. It is "Allahu Akbar" i.e. Allah is

the Greatest. Putting your both hands on the sides of your face, while you both thump on the back of your ears.

This is a declaration that I am starting the metting

with The Lord of the heaven and the earth, The Greatest.

Also your standing position of your body towards AlKabbah means that: all the worldly life is behind me back

and out of my mind as this is the metting with the

Greatest, the Controller of all the affairs.

Rule

This declaration and position will make me alert and aware of the importance of the metting. This belief will also make my heart and mind fully

occupied with every word and act during prayer, and

it will also fill my heart with spiritual power that

so long I am obeying the greatest, I will not fear any

14/5/14



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person, power, problem or hardship as all are

under the control of the Creator. Also this remind me that Allah can

Solve all problems.

Muslims say (Allahu Akbar) 94 times in their obligatory prayer in everyday <sup>everyday</sup> ~~night~~

2. The opening supplication:

"O Allah makes my sins distant from me as you have

made the east and the west distant from each other"

3. As there is a Shaytan for prayer called <sup>(sirr)</sup> so we need

• Seeking refuge with Allah from the Shaytan, the

Rejected, the Accursed, who is always trying to cut  
(also seeking refuge from Shaytan)

you off from your Master, is recommended before recitation of Quran

3. Recitation of Surat AL Fatihah: The Greatest Surat of the Quran.

• The Basmallah, The first verse of Surat AL Fatihah as agreed by most of the scholars. Also it is the first verse of the Quran

When you pronounce this, intend to receive blessings

(and so)

as you mention by the name of Allah, all the deeds and sayings in life must start by His name.

There are some scholars who believe to recite <sup>loudly</sup> and some others believe to recite in <sup>secretly</sup> (low voice) and to raise the voice when saying "All Praise to Allah" <sup>(with voice)</sup>

12 Surat AL-Fatihah is the greatest sura of the Quran,

It is also called Umm - AL - kitab (Mother of the book),

because it contains the meanings of the entire Quran.

Muslim recite it 17 times/day during the obligatory prayers

as it is a must for the prayer to be accepted, as

10 Prophet Mohamed (S.A.W) said: "Whoever performs

any prayer in which he did not read Umm - AL -

Quran (AL - Fatihah) then his prayer is incomplete.

This is because Surat - AL - Fatihah is a prayer <sup>dialogue</sup> and dialogue

between Allah and His servant, as Prophet Mohamed

(S.A.W) said: "Allah the exalted said: I have divided

the prayer (AL - Fatihah) into two halves between Me

and my servant. A half of it is for Me and a

half for my servant, and my servant shall

13 Shall acquire what he asked for."

→ when my servant says: All praise and thanks be to Allah, The

Lord of existence (ع) الله عز وجل

, Allah says " My servant has praised Me."

→ When the servant says " The Most Gracious, The Most Merciful)

(ر) الرحيم العليم exalted (ex tolled)

• Allah says " My servant has glorified Me."

→ When the servant says " Master of the Day of Judgement":

الله يوم الدين (ع)

• Allah says " My servant has glorified Me " or " My servant has related all matters to me "

→ When the servant says " You (alone) we worship, and You

الك نعبد واليك نستعين (ع)

(alone) we ask for help.

• Allah says " This is between Me and My servant

and My servant shall acquire what he asked for."

→ when the servant says: Guide us to the straight Path, the

of those whom You have granted Your grace, not (the way) of those who earned Your anger nor those who went astray

→ Allah says: This is for My servant and My servant shall acquire what he asked for.

way

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This is the secret of surat AL Fakhah, that <sup>(1)</sup> it is

The living dialoge with Allah, which makes the heart

and mind in a state of full sincerity and reflection

2. During recitation of it, you have 2 promises of Allah which are: His Help and His Guidance (all what we need in life) so we must pause at every verse of this Surat to feel that we are talking to Allah and listening to Him answering us.

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4. Recitation of verses of the Quran:-

Do not be heedless of His commands, prohibitions

promises and threats, you must try to reflect during recitation

of the Quran as it is a mercy for the heart as Allah said Surat (15) (1/32)

5. The Rukoo

It is the position of the body and also of the

heart and mind that reflects your modesty and respect

and <sup>to Allah</sup> <sup>↑</sup> <sup>As you are bowing in respect to Your Lord</sup>

saying to Him: "O Allah, to You belongs all praise!"

Glorify to my Lord, Who is the very greatest.

16 "As for bowing 'Ruka', you should glorify your Lord during performing it, as for prostration, you should do your best to supplicate and ask for more from Him, because your supplications during prostration are more likely to be accepted"

The worshipper should ask his Lord for prosperity

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both in this worldly life and in the Hereafter and try to call on Allah with all the hopes and for all hardships to end and for Paradise

AL-Tashahood:

means

"Greetings, prayers and the good things of life belong to Allah, Peace, mercy and blessing of Allah be on you,

O Prophet. May peace be upon us and on the devout slaves of Allah. I testify that: there is no God but

Allah and I testify that: Mohamed is His slave and messenger

17. O Allah, bless Mohamed and his family as You blessed

Ibrahim and his family. You are the Most Praised. The

Most glorious. O Allah bestow Your grace on Mohamed and

his family as You bestowed it on Ibrahim and his family.

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You are the Most Praised, The Most glorious.

To summarize the Prayers:-

which necessitates  
His obedience

- Allahu Akbar → declaration of the greatness of Allah
- Surat Al-Fatiha → a Prayer, dialogue with Allah, with promise of guidance.
- Rukoo → positions of humility - modesty.
- Sujood: = supplication to Allah.

actions of Prayer = A act of worshipping Allah as it contains <sup>which</sup> Duaa glorifying and Praising Allah. <sup>is a link E Allah</sup> Duaa

All Allahu Akbar  
The greatest Power  
is Allah

praising and glorifying  
of Allah  
in Rukoo  
and Sujood.

Surat Al-Fatiha  
living dialogue  
with Allah,  
through which  
he is promising  
to help and  
guide us  
to the R's  
Path.

you need  
to fear Him  
and avoid sins

so we need to obey Him  
and to belong to Him only  
so that we will  
Real the spiritual Power.

( it is a Prayer IV(6-7) )