

Enjoy Your Salah

Adapted from
'Taste the Sweetness of Salah'



Life With Allah

“My utmost joy has been put in ṣalāh.”

(The Prophet Muḥammad ﷺ, Nasā’ī)

***“Stand O Bilāl (and say the call
to prayer), and bring us comfort
through ṣalāh!”***

(The Prophet Muḥammad ﷺ, Abū Dāwūd)

Wouldn't it be amazing if you could pray every single rak'ah (unit) of every ṣalāh with complete concentration, calmness and humility?

Imagine **wanting** to pray ṣalāh. Not just because you **have** to, but because you **love** to. Imagine rushing to ṣalāh every time you face a difficulty or feel anxious. Imagine being able to pray throughout the night like the Messenger ﷺ did, for hours on end, prolonging your standing, rukū' and sujūd. Imagine not being attacked by Shayṭān's whispers in your ṣalāh. Imagine actually **enjoying** your ṣalāh.

Enjoy Your Ṣalāh has been compiled to inspire you to work towards this noble goal. It outlines how to achieve khushū' and takes you on a journey through ṣalāh. We ask Allah ﷻ to bless us with khushū' and to grant us the sweetness of ṣalāh.

P.S. If you find this booklet beneficial, you can order a free copy of the more detailed and more beneficial version 'Taste the Sweetness of Ṣalāh'.

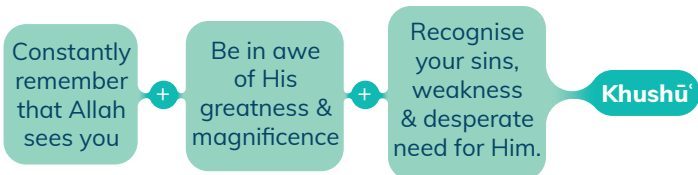
Khushū': The Key to Enjoying Ṣalāh

Allah ﷻ says in the Qur'ān: "Successful indeed are the believers, who are humble and submissive in their ṣalāh." (23:1-2)

Khushū': A state in which the heart stands before Allah ﷻ with complete **humility, lowliness and servitude; focusing fully on Him Alone**. Then the body also humbles itself and obeys Allah.

Hudhayfah ؓ said, "The first thing you will lose of your religion will be khushū' and the last thing you will lose of your religion will be ṣalāh. There may be a person praying yet there is no goodness in him. Soon a time will come when you will enter a large masjid and not see a single person with khushū' in it."

The 3 Elements of Khushū'



The Virtues and Benefits of Praying With Khushū‘



“Two rak‘ahs with contemplation are better than standing up for the entire night with an inattentive heart.”

-‘Abdullāh b. ‘Abbās ﷺ

HOW TO DEVELOP KHUSHŪ': 10 STEPS BEFORE ṢALĀH

The following steps briefly outline how to develop khushū'. For further elaboration, refer to the detailed book '*Taste the Sweetness of Ṣalāh*'.

- 1 Appreciate the importance of ṣalāh.** Ṣalāh is the second pillar of Islam, the prime connection between you and Allah, and the best way to purify your heart.
- 2 Get to know Allah** (ma'rifah) through His Names and Attributes, His Book, and His signs in the universe.
- 3 Stop sinning.** Protect your eyes, tongue, heart and stomach from ḥarām.
- 4 Soften your heart** by remembering Allah (dhikr), remembering death, visiting graveyards, feeding the poor and stroking the heads of orphans.
- 5 Increase your private worship.** Perform good deeds which are hidden from everyone and keep them between you and Allah.

- ⑥ **Always make du‘ā’ for khushū’ and don’t give up.** Don’t let Shayṭān make you believe that khushū’ is not for you.
- ⑦ **Respond to the adhān and act upon the etiquettes of the masjid.** Prepare physically and spiritually. Perform wuḍū thoroughly at home, apply perfume, wear clean and appropriate clothing, walk calmly; and perform taḥiyyat al-masjid once you arrive.
- ⑧ **Don’t delay and pray in congregation.** Pray at the earliest time possible. Pray in the masjid, aiming to be there for the first takbir and to pray in the first row.
- ⑨ **Be punctual with your Sunnah prayers,** especially the 12 daily Sunnah mu’akkadah (emphasised) rak’ahs.
- ⑩ **Get rid of distractions.** Eat and use the bathroom before praying. Pray in a quiet place and put your phone away to enter a ‘peaceful zone’.

HOW TO DEVELOP KHUSHŪ': 10 STEPS DURING ṢALĀH

- 1 Fight the whispers of Shayṭān.** Always be on guard as Shayṭān wants to destroy your ṣalāh. Seek Allah's protection and force yourself to reflect on what you are saying.
- 2 Know that you are talking to Allah and that He is responding to you.** Ṣalāh is a private and intimate conversation between you and Allah. Feel privileged that you are entering His Court.
- 3 Know what you are saying.** Learn the translation of everything you are saying in ṣalāh. This will help you reflect on what you are saying.
- 4 Vary the adhkār and sūrahs.** Memorise additional adhkār and sūrahs from the Qur'ān to experience the beauty of ṣalāh. See the detailed 'Taste the Sweetness of Ṣalāh' book for a list of the adhkār.
- 5 Recite the Qur'ān slowly and beautifully.** Don't rush what you are saying and give every word its due.

- 6 Reflect and interact with the Qur'ān.** Ponder on what you are reciting, let the words enter your heart, and allow your īmān to increase.
- 7 Be calm and lengthen your ṣalāh.** Don't rush through your ṣalāh. Stand up and sit up straight in the postures, and take your time with the adhkār. Enjoy your conversation with Allah and prolong it.
- 8 Remember death and the hereafter** during and outside of your ṣalāh. Think you are praying your final prayer. Visualise the stages of the hereafter in your ṣalāh.
- 9** Cultivate and bring the following emotions to your ṣalāh: the **love** of Allah, **hope** in Him and **fear** of Him.
- 10 Focus your heart fully on Allah.** Try to pray as though you can see Him. If you can't, then keep in mind that He sees you. This is the key to ṣalāh.

A Journey Through Ṣalāh

The journey through ṣalāh is remarkable. Each part is a unique milestone, bringing its own sweetness and joy. Every action and statement have their own form of servitude (‘ubūdiyyah) to Allah.

To help you attain khushū‘, below are some pointers to focus on during each step of the journey. For more elaboration on each step, refer to the ‘Taste the Sweetness of Ṣalāh’ book.

1

Wuḍū: Inner and Outer Purification

- Recite the du‘ā’ before and after wuḍū’.
- Pray two rak‘ahs after wuḍū’ (taḥiyyat al-wuḍū’).
- Make an intention to purify yourself from three impurities:
 - 1 shirk,
 - 2 sins and
 - 3 dirt.
- When performing wuḍū, visualise :
 - 1 your sins being forgiven,
 - 2 your status being raised,
 - 3 the eight doors of Paradise being opened,
 - 4 the Prophet ﷺ recognising you on the

Day of Judgement because of wuḍū.

2

Walking to the **Masjid**

- The masjid is the most beloved of places to Allah. Have the intention that, by walking to the masjid, you are returning to your Master to set aright your negligence of Him.
- Walk calmly and mentally prepare to enter ṣalāh.
- For every step you take, hope for :
 - 1 one good deed,
 - 2 being raised a degree and
 - 3 one sin being wiped away.

3

Takbīr: Glorifying Allah

- Renew your sincerity and empty your heart of anything besides Allah.
- Strive to eliminate pride from your heart.
- Magnify and glorify Allah with your tongue and heart.
- As you enter the court of the Almighty, surrender to Allah by raising your hands and mentally throw the world behind you.

4

Istiftāḥ: The Opening Du‘ā’

- Fill your heart with the greatness of Allah and praise Him.
- Just as you are facing the Qiblah with your body, turn your heart to Allah.
- Renew your repentance and make a firm intention to stop sinning.

5

Isti‘ādḥah and Basmalah

- Seek protection in the mighty and invincible power of Allah against your worst enemy.
- Start by seeking Allah’s help and blessings.

6

Qiyām: Standing before your Master

- Clasp your arms like a humble slave and lower your gaze. Do not look to the left or right.
- Continuously recall that you are now in front of Allah and He is talking to you.

7

Reciting Qur’ān

- Recite slowly and beautifully.

- Reflect on the words you are uttering and fill your heart with love, hope and fear (depending on what you are reciting).
- Vary the sūrahs you have memorised.
- Visualise and interact with what you are reading.
- Increase in knowledge and your īmān of Allah as He manifests Himself through His words.

8

Fātiḥah: The Greatest Sūrah

- Learn and reflect on the meaning.
- Take a moment to pause at the end of each āyah as Allah responds.
- Recall and reflect on all of the blessings Allah has given you (manifestations of His mercy). This will increase your love for and hope in Him (Āyah 1-2).
- Visualise your plight on the Day of Judgement and feel scared (Āyah 3).
- Feel yourself expressing your servitude and need of Him, whilst simultaneously magnifying Him (Āyah 4).

- Know that Sūrah Fātiḥah is one of the best du‘ās, so learn its meaning and recite it as though you really mean it!

9

Āmīn: The Seal of the Lord of the Worlds

- Be certain that Allah will accept your du‘ā’.
- Intend for your āmīn to coincide with the āmīn of the angels so that you are forgiven.

10

Rukū‘: A Pillar of Glorification

- Glorify Allah Alone.
- Bow physically and mentally.
- Remove the glorification of anyone other than Him from your heart.
- Don’t make your humility and submission to Allah temporary. Be humble and submit to him outside of ṣalāh as well.

11

Standing up from Rukū‘: A Pillar of Praise

- Praise Allah once again.
- Fill your heart with His love, awe and majesty.

- Acknowledge your servitude to Him and be certain that only He can give and withhold.
- Hope that your praise coincides with the praises of the angels, so that Allah will forgive your sins.

12

Sujūd: The Greatest Pillar of Ṣalāh

- Prostrate to Allah with humility – go to Allah like a beggar would.
- Experience delight in being close to Him, as this is the closest you can get to Him on this earth.
- Feel honoured that you only prostrate to Him, and not to any of His creation.
- Have hope that your sujūd will wipe away your sins and remove the burdens off your shoulders.
- Take advantage and make du‘ā’.
- As you perform this most honourable deed, consider how you are triumphing over Shayṭān, who is now crying.
- By performing more sujūd (through extra nafl prayers), hope to be in the company

of the Prophet ﷺ in Paradise.

13

Sitting Between the Two Sajdahs

- Sit up straight and don't rush this step.
- Humbly plead for forgiveness. Remember that you are sitting on your knees with your eyes lowered.
- Recite and reflect on the supplication that the Prophet ﷺ made in this moment: for Allah to forgive you, have mercy upon you, grant you well-being, guide you and provide for you.

14

The Final Sitting (Tashahhud)

- Through tashahhud, you are now bidding farewell to your ṣalāh.
- Respectfully greet Allah and pay your respect to Him.
- Send salām on the Prophet ﷺ and feel the joy as he replies to you.
- Feel a sense of brotherhood with all the believers in general, and with the pious slaves specifically.
- Renew your tawḥīd with **أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ**

and raise your finger to demonstrate this.

- In the final du‘ā’, enjoy another chance to ask Allah for your needs.

15

Taslīm and the End of Ṣalāh

- Intend that you are greeting the angels and those around you.
- The taslīm concludes this epic journey. Feel sad that you are now leaving your Creator and returning to the worries of the world.
- No matter how hard you’ve tried, your ṣalāh will have deficiencies. So, seek Allah's forgiveness and recite the adhkar after ṣalāh.
- Beware of ‘ujb (self-admiration and conceit) about your ṣalāh.
- Be grateful to Allah who has allowed you to undertake this amazing journey.

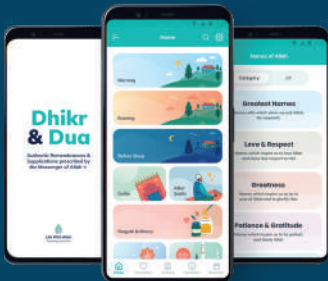
The process of attaining khushū‘ and enjoying ṣalāh requires time and effort. It won't happen overnight. Keep coming back to these pointers and work on them in gradual steps.

“When the time for ṣalāh comes close, I perform wuḍu thoroughly, go to the spot where I intend to pray, and sit there until all my limbs are in a collected state.

Then I stand up to perform my prayer, placing the Ka‘bah in front of my eyes, the ṣirāṭ (bridge over Hell-fire) beneath my feet, Paradise to my right and Hell-fire to my left, and the Angel of Death behind me, thinking all the while that this is my last prayer.

Then I stand between hope and fear. I carefully pronounce ‘Allāhu Akbar’. Then I recite the Qur‘ān carefully in a measured pace, bow in humility, and prostrate submissively. I then present it with sincerity to Allah. Then I wonder whether or not my prayer has been accepted.”

- Ḥātīm al-Aṣamm 



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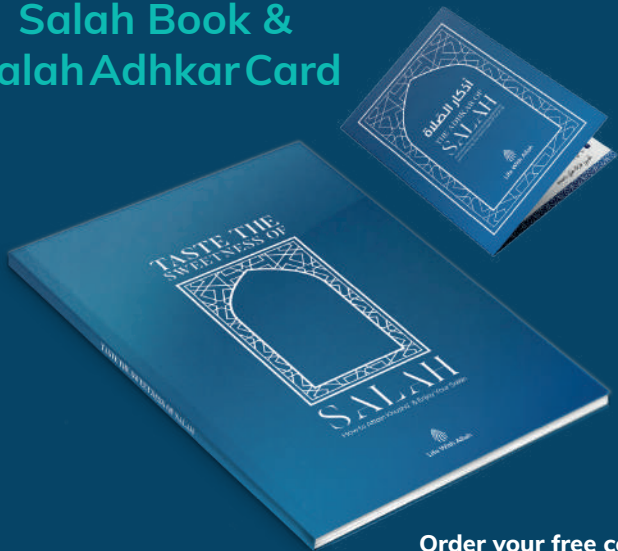
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