



ENJOY YOUR SALAH

Adapted from 'Taste the Sweetness of Salah'



Life With Allah

الحياة مع الله

“

**“My utmost joy has
been placed in ṣalāh.”**

(The Prophet Muḥammad ﷺ, Nasāʾī)

**“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 rak'ah (unit) of every ṣalāh with complete concentration, calmness and humility?

Imagine **wanting** to pray ṣalāh. Not 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' by taking you on a journey through ṣalāh. May Allah bless us with such khushū' and grant us the sweetness of ṣalāh.

P.S. If you find this booklet beneficial, you can order a free copy of the more detailed 'Taste the Sweetness of Ṣalāh' book by Life With Allah.

Khushu': The Key to Enjoying Salah

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 with complete **humility, lowliness and servitude; focusing fully on Him Alone**. Then the body becomes humbled and obeys Allah.

Ḥudhayfah رضي الله عنه 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 Essentials of Khushū'

Constantly
remember that
Allah sees you

+

Be in awe of
His greatness &
magnificence

+

Recognise your
sins, weakness &
desperate need
for Him

=

Khushū'

The Virtues and Benefits of Praying With Khushu‘

The benefits of khushu‘ are many. Along with transforming your ṣalāh, it will transform your life.



“

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

- ‘Abdullāh b. ‘Abbās 

“Let not your concern be the quantity of your actions. Rather, worry about perfecting them and doing them well; for a slave may be praying, but he is disobeying Allah in his ṣalāh.”

- Wuhayb b. al-Ward 

Why Do We Perform Salah?

- 1 To fulfil the purpose of our life (i.e. to worship Allah)
- 2 To uphold one of Allah's greatest commands
- 3 To thank Him, remember Him and become closer to Him
- 4 To humble ourselves and express our love and need to Him
- 5 To separate ourselves from the disbelievers
- 6 To converse privately with the Lord of the worlds
- 7 To find peace and contentment, including when we are stressed or feeling down
- 8 To protect ourselves from evil deeds and purify our souls
- 9 To earn magnificent rewards and have our sins forgiven
- 10 To acquire Allah's happiness, love and be given the opportunity to see Him in Jannah

How To Develop Khushu': 10 Steps Before Salah

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 Attain the ma'rifah** (deep awareness and knowledge) of Allah through His Names and Attributes, His Book, and His signs throughout 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 patting 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 Make du‘ā’ for khushū‘ and never give up.** Don’t let Shayṭān make you believe that khushū‘ is impossible.
- 7 Respond to the adhān and act upon the etiquettes of the masjid.** Prepare physically and spiritually. Perform wuḍū perfectly (according to the sunnah) at home, apply perfume, wear clean and appropriate clothing, and walk calmly. Perform taḥiyyat al-masjid (two rak‘āhs to ‘greet’ the Lord of the masjid) once you arrive.
- 8 Don’t delay your ṣalāh, and pray in congregation.** Pray at the earliest time possible. Pray in the masjid, aiming to be there for the first takbīr and to pray in the first row.
- 9 Be punctual with your Sunnah prayers,** especially the twelve daily Sunnah mu’akkadah (emphasised) rak‘ahs.
- 10 Remove any 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 Khushu': 10 Steps During Salah

- 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, intimate conversation between you and Allah. Feel privileged that you are entering His Court.
- 3 Understand what you are saying.** Learn the translation of everything you recite and say in ṣalāh. This will help you reflect during each posture.
- 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 saying, let the words enter your heart, and allow your īmān to increase.
- 7 **Be calm and lengthen your ṣalāh.** Don't rush through it. Stand and sit up straight in each posture, 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. Imagine that you are praying your final prayer. Visualise the stages of the hereafter in your ṣalāh.
- 9 Cultivate and bring these emotions into 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 Salah

The journey through ṣalāh is remarkable. Each part is a unique milestone, bringing its own sweetness and joy.

Every action and statement has its 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’.

- Make an intention** to purify yourself from the three impurities: 1. shirk, 2. sins and 3. dirt.

- When performing wuḍū, **visualise**:

- a) your sins being forgiven,**

- b) your status being raised,**

- c) the eight doors of Paradise being opened,**

- d) the Prophet ﷺ recognising you on the Day of Judgement because of this.**

- Pray two rak‘ahs after wuḍū’ (**taḥiyyat al-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**:
 - a) **one good deed,**
 - b) **being raised one degree and**
 - c) **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 your heart.**
- As you enter the court of the Almighty, **surrender to Allah by raising your hands** and mentally throw the world behind you.

4 **Qiyām: Standing before your Master**

- Clasp your arms like a **humble slave** and lower your gaze. Do not look left nor right.
- Always recall that you are in **front of Allah** and you are talking to Him.

5 **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.

6

Isti'ādah and Basmalah

- Seek protection in the mighty and **invincible power of Allah** against your worst enemy (shayṭān).
- Start by seeking Allah's **help** and blessings.

7

Reciting Qur'ān

- Recite **slowly and beautifully**.
- Reflect on the words that you are uttering and fill your heart with **love, hope and fear** (depending on what you are reciting).
- **Vary** in reciting the sūrahs that you have memorised.
- **Visualise and interact** with what you are reading.
- **Increase your knowledge and imān of Allah** as you contemplate over His words.

8

Al-Fātiḥah: The Greatest Sūrah

- Learn and **reflect** on its meaning.
- Take a moment to **pause** at the end of each āyah, and think of how Allah is responding to you.
- Recall and **reflect** on the blessings Allah has given you through His mercy. This will increase your love for and hope in Him (Āyah 1-2).
- Visualise your plight on the Day of Judgement and try to **feel scared** (Āyah 3).

- Feel yourself **expressing your servitude and need of Him**, whilst also magnifying Him (Āyah 4).
- Feel your desperate need to ask for guidance (Āyah 5-7).
- 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** and present yourself to Him like a beggar.

- Delight in being close to Him**, as this is the closest you can get to Him on this earth.

- Take advantage of this moment and **make du‘ā’**.

- Know that your **sujūd will wipe away your sins**.

- By performing more sujūd (through additional nafl ṣalāh), hope to be in the **company of the Prophet** ﷺ in Paradise.

- As you perform this most honourable deed, consider how you are **triumphing over Shayṭān**, who is now crying.

- Feel honoured** that you only prostrate to Allah, and not to any of His creation.

13

Sitting Between the Two Sajdahs

- Sit up straight. **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)

- 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 joy** knowing that he replies to you.
- Feel a **sense of brotherhood** with all the believers generally, and with the pious slaves specifically.
- **Renew your tawhīd** with **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

Salām and the End of Ṣalāh

- The salām concludes this **epic journey**. Intend with it that you are greeting the angels and those around you.
- Feel **sad** that you are now leaving your Creator and returning to the worries of this world.
- No matter how hard you’ve tried, your ṣalāh will be deficient. Thus, **seek Allah’s forgiveness** and recite the sunnah **adhkār 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 working on them.



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

Then I stand up to perform my prayer, placing the Ka'bah before 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 attentively, in a measured pace, bow in humility and prostrate submissively. I then present it sincerely to Allah. Then I wonder whether or not my prayer has been accepted."

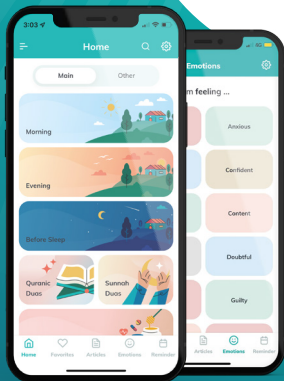
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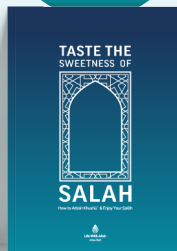
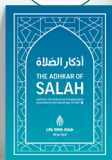
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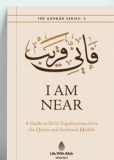
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