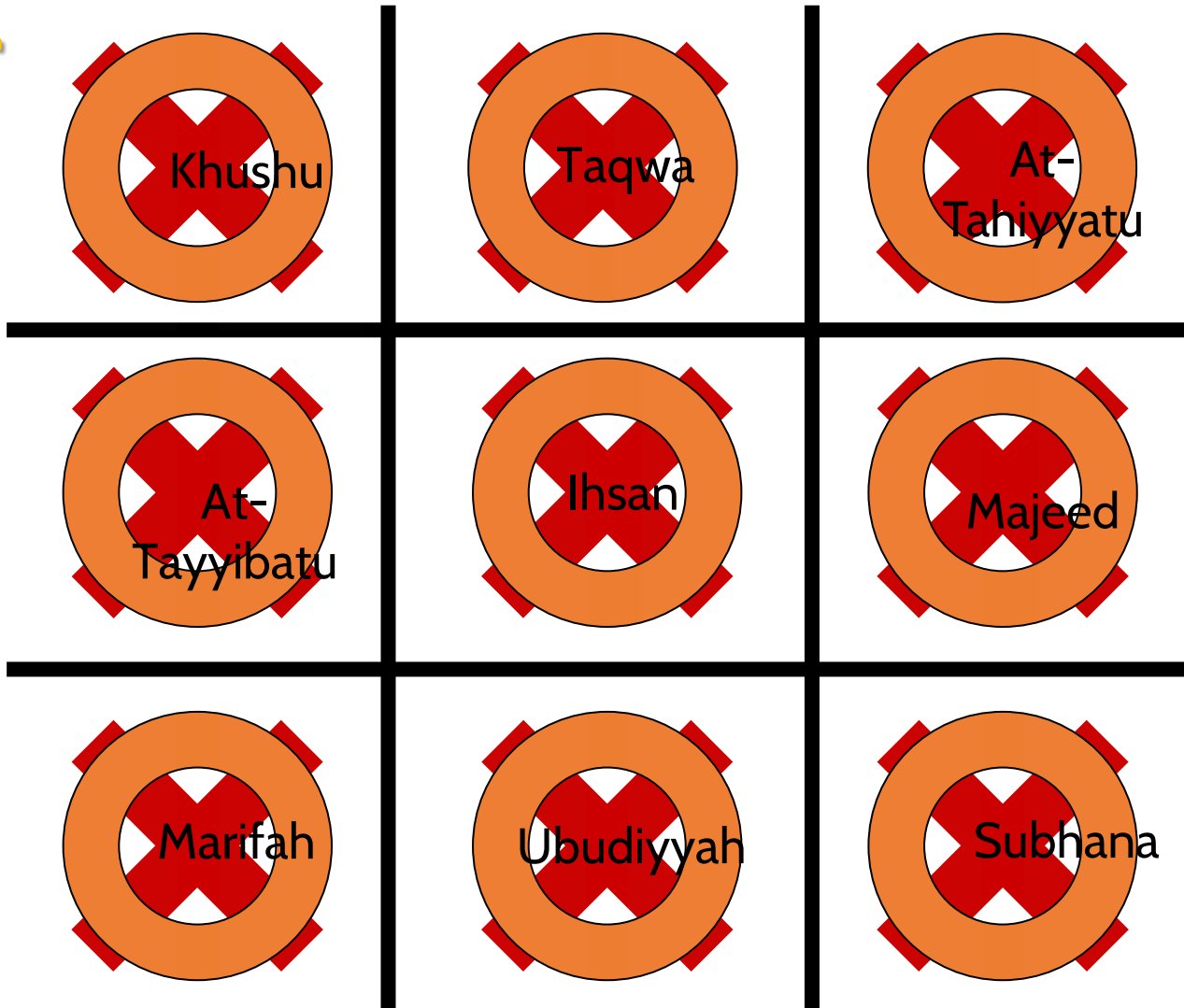


# Starter

## Noughts & Crosses



**Crosses:** Click on the left side of the square

Click again to remove  
Press your 'Esc' key to exit

**Noughts:** Click on the right side of the square

# The Salah of Our Prophet ﷺ & Our Lack of Khushu



Life With Allah

الحياة مع الله

# LOs

- To describe the salah and khushu of the Messenger ﷺ
- To examine why we lack khushu
- To reflect on the healing power of salah

# Our Beloved ﷺ

[A] Can you recall incidents from the sirah which give us a glimpse into the salah and khushu of the Messenger ﷺ?



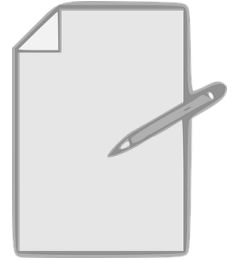
# The Most Amazing Thing

‘Aṭā’ entered with ‘Ubayd b. ‘Umayr upon  
‘Ā’ishah (radīy Allāhu ‘anhā)

Ibn ‘Umayr asked ‘Ā’ishah to tell them about  
the most amazing thing which she had  
witnessed from the Messenger of Allah ﷺ.

How do you think she replied?

# Hadith of Hudhayfah رضي الله عنه



[A] What can we learn from this detailed account?

# The Salah of the Prophet ﷺ

- His utmost comfort and joy was in salah. He LOVED salah.
- Highest level of khushu any human being can have.
- When standing up to pray, the Prophet's head would be lowered. In sajdah, he would separate his arms from his body so widely that the whiteness of his armpits was visible. In the final tashahhud, his blessed gaze would not go beyond the finger he was pointing with. **What are all of these an embodiment of?**
- Long long salah, especially in private.
- Even his public prayer: he would stand for so long after rukū' that his Companions ﷺ would think he had forgotten.
- He would weep and cry.



“There wasn’t a horseman amongst us on the day of Badr except for Miqdād رضي الله عنه. I observed that all of us were sleeping except the Messenger of Allah صلى الله عليه وسلم who was under a tree, praying and crying until the morning.”

– ‘Ali b. Abī Ṭālib رضي الله عنه



# Our lack of khushu

[A] Why do we lack and struggle so much with khushu?

- 1 Weak iman
- 2 Love of dunya & materialism
- 3 Sins
- 4 We couldn't care less. Hedonism & Apathy

## Keywords

**Hedonism:** pleasure (in the sense of the satisfaction of desires) is the highest good and proper aim of human life

**Apathy:** lack of interest, or the attitude of not caring

**Materialism:** the belief that having **money and possessions** is the most important thing in life



“If you don’t find  
sweetness and joy in  
the deed you perform,  
then doubt its  
sincerity, for Allah is  
Shakūr (Most Appreciative and Rewarding).”

– Ibn Taymiyyah (rahimahullāh)

# My Adhkar Bank

## Istiftah

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ.

All praise is for Allah; an abundant, sincere and blessed praise (Muslim).

Anas رضي الله عنه narrated that a man came panting and joined the row (of congregants in ṣalāh), and then uttered [the above]. When the Messenger of Allah صلى الله عليه وسلم finished his ṣalāh, he said, "...I saw twelve angels competing with each other to ascend with it." (Muslim).

## Between the two sajdahs

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَعَافِنِي ، وَاهْدِنِي ، وَارْزُقْنِي .

O Allah, forgive me, have mercy on me, grant me wellbeing, guide me and grant me sustenance (Abū Dāwūd).

# Salah & Mental Health



[A] Write 2:45

وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ  
إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٥﴾ الَّذِينَ يَظُنُّونَ  
أَنَّهُم مُّلاقُوا رَبِّهِمْ وَأَنَّهُمْ إِلَيْهِ رَاجِعُونَ ﴿٤٦﴾

The healing power of salah

أَرْحَنَّا بِالصَّلَاةِ

[A]

Imagine you are a young child who was fortunate to have witnessed the Prophet ﷺ praying. Many years later, you are describing the ṣalāh of the Prophet ﷺ to your grandchildren.

How would you describe his ṣalāh?

# Plenary

Come up with 5 questions designed to test someone's knowledge of what we have learnt today.

# Practising What We're Learning

Let us pray \_\_\_\_\_ with the  
highest level of khushu we can,  
with the help of Allah ﷻ