

## Lesson 2

# How to develop khushu

5 steps outside salah



Life With Allah

الحياة مع الله

# Starter

Sort the following Names according to the 2 categories

- 1) Names which inspire the greatness of Allah & prompt us to exalt Him
- 2) Names which inspire us to love and respect Allah

The Concealer of Sins	السَّتِيرُ
The King	الْمَلِكُ
The Most Loving	الْوَدُودُ
The Most Beautiful	الْجَمِيلُ
The All-Dominant	الْقَهَّارُ
The Generous	الْكَرِيمُ
The Magnificent	الْعَظِيمُ
The Most Glorious	الْمَجِيدُ

Greatness  
of Allah

Love &  
Respect  
Allah

# LOs

- To explain the steps outside of salah to develop khushu
- To evaluate the impact of sins on salah
- To identify how to eliminate distractions



‘Uthmān (radīy Allāhu ‘anhu) performed wuḍū’ and then said, “I saw the Messenger of Allah ﷺ perform wuḍū’ like this and he then said,

‘Whoever performs wuḍū’ like this wuḍū’ of mine, then performs two rak‘ah of prayer during which he does not let his thoughts wander, Allah will forgive all of his previous sins’”  
(Bukhārī).

# 1. Attain the ma'rifah of Allah

- What is ma'rifah?
- How can we attain ma'rifah?
- How will increasing ma'rifah lead to an increase in khushū'?





# 1

2. Appreciate the magnitude of  
ṣalāh

# 3. Stop sinning and safeguard your eyes, tongue and heart



How can we protect our:

- Eyes
- Tongue
- Stomachs
- Hearts?



[A] Write 83:14

﴿ ١٤ ﴾ كَلَّا إِنَّهُمْ عَنْ رَبِّهِمْ يَوْمَئِذٍ لَمَّحْجُوبُونَ ﴿ ١٥ ﴾

الصَّلَاةُ نُورٌ

Story: Al-Rabī' b. Khuthaym



# 4. Be punctual with your sunnah prayers

“

The first action which a servant of Allah will be held accountable for on the Day of Judgement will be his ṣalāh. If it is complete, he....

- Before: stretching before exercising
- After: compensates for deficiencies

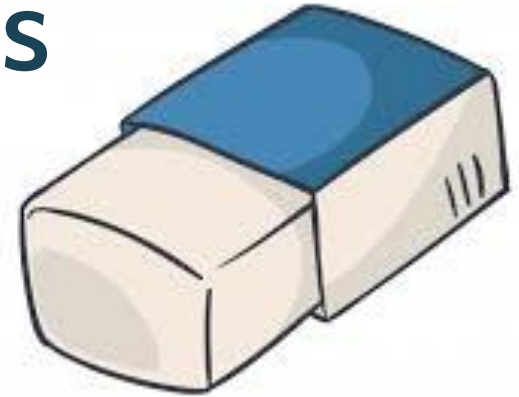




# [A] Walk Around The Classroom

Sunnah prayers	Reward
2 before Fajr	
4 before and after Ṣuḥr	
4 before ‘Aṣr	
All 12 <i>rawātib</i> or <i>sunnah mu’akkadah</i>	

# 5. Eliminate distractions



“

“Khushū’ in ṣalāh is only attained by the one who has **emptied his heart totally for it**, who occupies himself fully for it and does not pay attention to anything else besides it, and who **prioritises it over everything else.**

At that point it becomes a source of comfort and intense joy.”

(Ibn Kathīr)

[A]

**Common Distractions**

**How to Eliminate Them**

# My Adhkar Bank

## Isti'adhah

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ  
هَمْزِهِ وَنَفْخِهِ وَنَفْثِهِ.

I seek protection in Allah, the All-Hearing and All-Knowing from the rejected Shaytān; from him inciting madness, pride and reprehensible poetry (Aḥmad).

# Plenary

- What are the 5 steps (outside of salah) to develop khushu'?
- What is your biggest distraction and how are you going to work on removing it?
- Which sunnah prayer are you currently not punctual with and are bi-idhnillah going to start praying regularly?
- What is the connection between salah and nur?
- How does ma'rifah lead to an increase in khushu'?

# Practising What We're Learning

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