

- Feel free to adjust this ppt to your learners' needs.
- The ppts sometimes assume prior knowledge and/or knowledge of Arabic.
- Please read 'Taste the Sweetness of Salah' to gain an overview of the topic and choose what is most relevant to your learners.
- Read the notes before delivering the lesson.
- [A] = Activity. This can be done orally, in writing, on mini whiteboards (MWB), classroom board, through discussion; alone, in pairs, groups etc, and through other methods.
- LWA is not responsible for external links.

Starter



Read 23:1-11

[A] Do you notice anything between the 1st and last quality of the successful believers?

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خُشِعُونَ ﴿٢﴾ وَالَّذِينَ هُمْ
عَنِ اللَّغْوِ مُعْرِضُونَ ﴿٣﴾ وَالَّذِينَ هُمْ لِلزَّكَاةِ فَاعِلُونَ ﴿٤﴾ وَالَّذِينَ هُمْ
لِفُرُوجِهِمْ حَافِظُونَ ﴿٥﴾ إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ
مَلُومِينَ ﴿٦﴾ فَمَنْ أَبْتَغَىٰ وَرَاءَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْعَادُونَ ﴿٧﴾ وَالَّذِينَ هُمْ
لِأَمْنَتِهِمْ وَعَهْدِهِمْ رَاعُونَ ﴿٨﴾ وَالَّذِينَ هُمْ عَلَىٰ صَلَوَاتِهِمْ يُحَافِظُونَ ﴿٩﴾
أُولَٰئِكَ هُمُ الْوَارِثُونَ ﴿١٠﴾ الَّذِينَ يَرِثُونَ الْفِرْدَوْسَ هُمْ فِيهَا خَالِدُونَ ﴿١١﴾

Session 1

Rate Your Salah

How to Attain Khushu



Life With Allah

الحياة مع الله

LOs

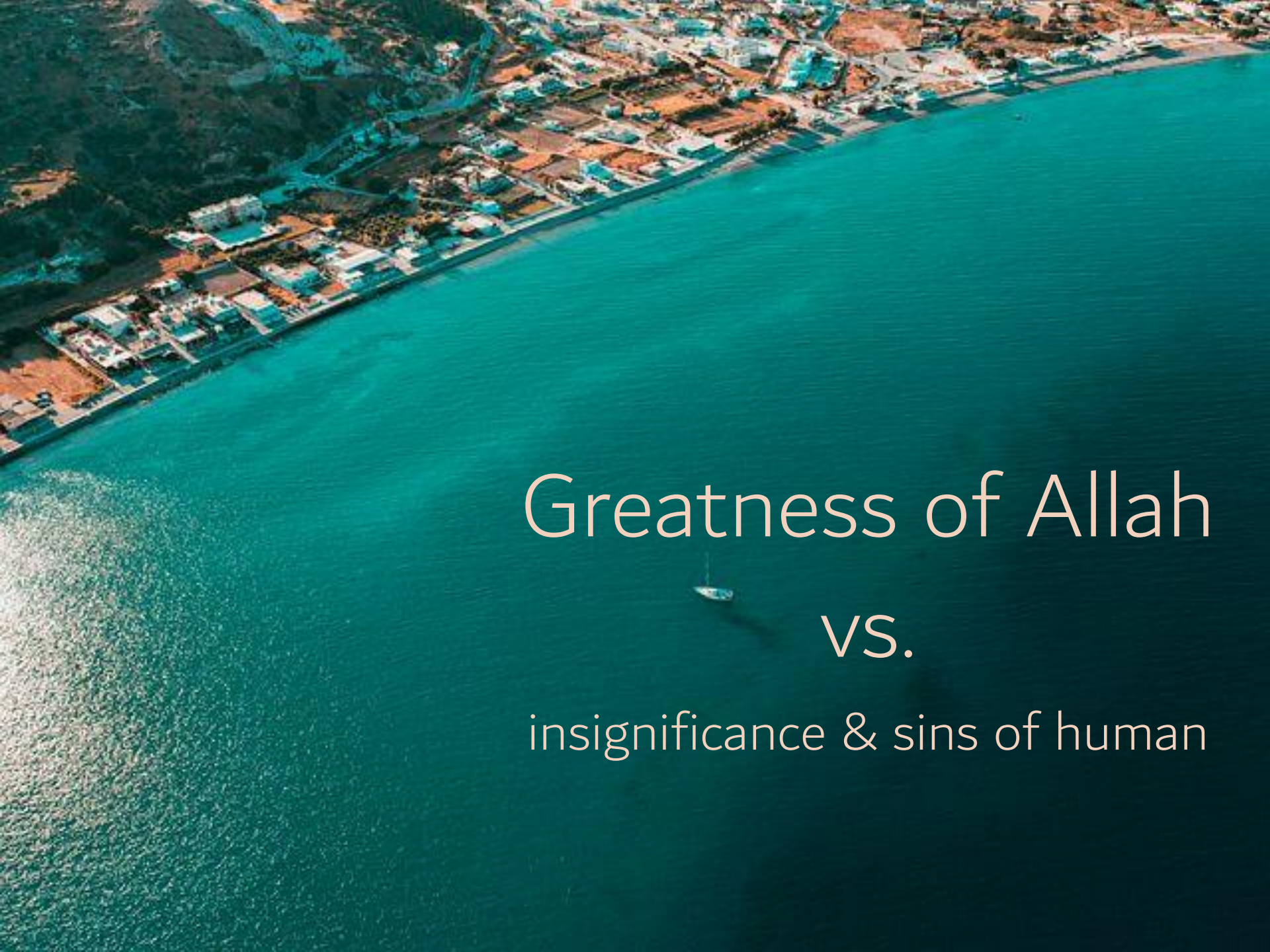
- To define and explain the importance of khushu
- To identify how we can attain khushu
- To differentiate between the 5 levels of salah

The definition of khushu

[A] What is khushu?

Humility & Submission

Khushu': 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.



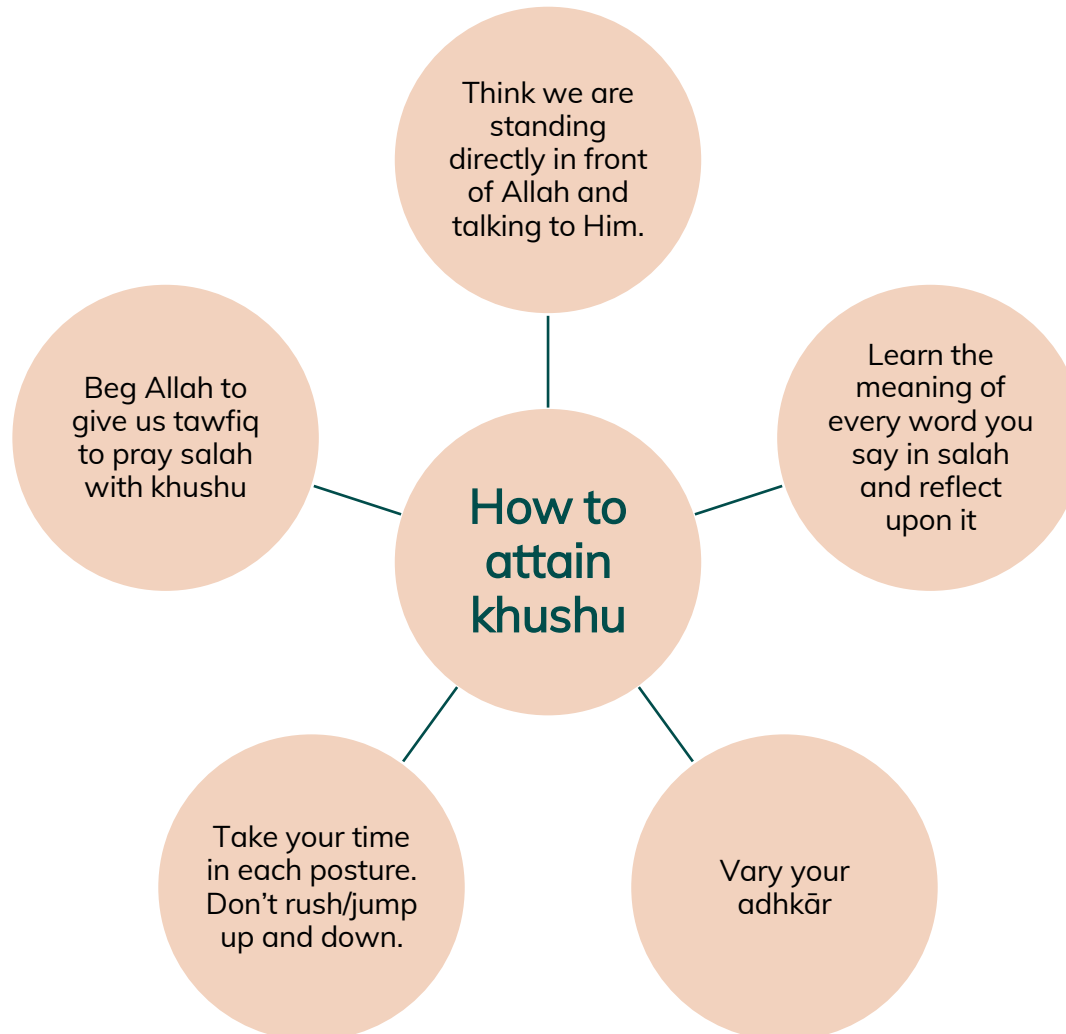
Greatness of Allah

VS.

insignificance & sins of human

How to Attain Khushu

[A] How can we attain khushu in salah?



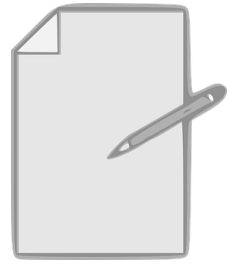
Why Khushu?

‘Amr b. ‘Abasah narrated a long hadith in which he described the virtues of wudu. He reported the Prophet ﷺ saying,

“And if he stands to pray and praises Allah, extols Him and glorifies Him with what He is most deserving of; and **shows wholehearted devotion** to Allah, he will revert to being **sin-free** (as pure) as he was on the day his mother gave birth to him.”

‘Amr b. ‘Abasah states that he heard this from the Prophet ﷺ more than seven times (Muslim).

[A] Match the category to the description



[A] Read each section carefully. Then walk around the class, and fill in the empty boxes.

The 5 categories of people

(1)

Will Be Punished

معاقب

- Careless in his wuḍū and the prescribed times
- Careless in the limits and essential pillars of the prayer

(2)

Will Be Held

Accountable محاسب

- He safeguards the times, limits, outward pillars and wuḍū
- However, he is distracted by the devils' whispers

(3)

Will Be Forgiven

مكفر عنه

- He upholds the limits and essential pillars
- In ṣalāh, he is in a constant battle with the devils, trying to ward off their whispers.

(4)

Will Be Rewarded

مثاب

- He stands in prayer, perfecting its rights, limits and pillars
- His heart is engrossed in safeguarding its limits and rules. His focus remains fully on performing the prayer as it ought to be performed; completely and perfectly.

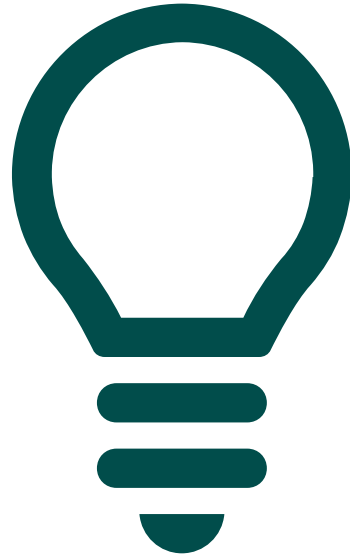
5

Will Be Close
To His Lord

مقرب عند ربه

- He stands in prayer and establishes it as the fourth does, but along with this, he places his heart before his Lord. In this state, he beholds his Lord – ever vigilant before Him, filled with His love and glory – as if, seeing Him, he is physically present before Him.
- Therefore, the distractions and the whispers vanish, as the veil is lifted between him and his Lord.

The difference between this person in his prayer and everyone else is as vast as the distance between the heaven and the earth, for he is occupied solely with his Lord, in which he finds his source of sheer delight.



Which category do you think you fall into?

Write down 1 action you are going to do to progress on to the next category.

Story Time

The Lost Treasure

<https://www.youtube.com/watch?v=BxH0m5SX6JE>



Protection from Shaytan

Video

- DUA FOR STAYING FOCUSED IN SALAH (Getting Khushu)
- <https://www.youtube.com/watch?v=KM2GPd7GCyk> (Beginning -9:00)

Review Questions

- What is the name of the shaytan assigned to destroy your prayer?
- How did the Prophet (saw) teach us to confront him?
- What is 'silah'? How is it linked to 'salah'?
- What is the greatest weapon against shaytan?

MWB



[A] Write the translation of the du'a that you read at the beginning of every salah (istiftah)

The Adhkar Bank

Du'a of Istiftah

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ
وَالْمَغْرِبِ ، اللَّهُمَّ نَقِّني مِنَ الْخَطَايَا كَمَا يُنَقَّى الثَّوْبُ الْأَبْيَضُ مِنَ
الدَّنَسِ ، اللَّهُمَّ اغْسِلْ خَطَايَايَ بِالْمَاءِ وَالثَّلْجِ وَالْبُرْدِ .

O Allah, distance me from my sins as You have distanced the East from the West. O Allah purify me from sins as white cloth is purified from dirt. O Allah wash away my sins with water, hail and snow (Bukharī).

Plenary

- 1) What is khushu?
- 2) How can we attain khushu?
- 3) What are you going to do to enter the next category?
- 4) What can we do when shaytan attacks us in salah?



Life With Allah

الحياة مع الله