

Starter



Define khushu.

List 3 ways in which we can attain khushu.

Session 2

Praying Salah with Ihsan

Aiming for the best



Life With Allah

الحياة مع الله

LOs

- To define uluw al-himmah
- To explain the essence of salah
- To identify the spiritual components of wudu and qiblah

Isn't it enough that I pray 5x a day?



عَلُّوْ الرِّمَّةِ

Sabiqun

Right

Left

- Salah without the presence of the heart is actually not accepted
- You won't attain the purpose of salah

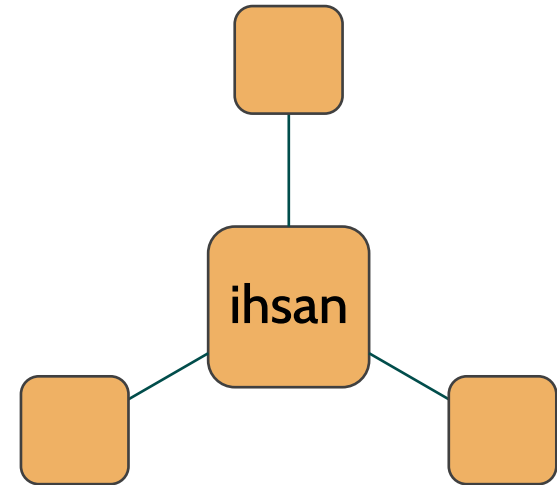
[A] Read 56:7-11, and write down the 3 categories of people identified by Allah.

Ihsan: 3 meanings

- What does 'ihsan' mean?
- Do you remember how the Prophet ﷺ responded when Jibril (as) asked him 'What is ihsan?'

إِحْسَانٌ

“That you worship Allah as though you are seeing Him; for if you cannot see Him, He truly sees you” (Muslim).



The key to the treasure



How to attain ihsan

- 1) Desires
- 2) Doubts

Cup demonstration



Steer your mind to think about Allah: His majesty, His beauty, His kindness, His love and His Generosity.

Video

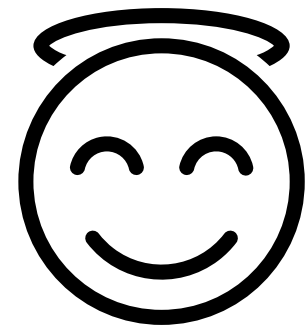
- Humility (Khushu) In Salah | Speechless | Moutasem Al-Hameedi
- <https://www.youtube.com/watch?v=EtkVAiDaYVE>

Wudu

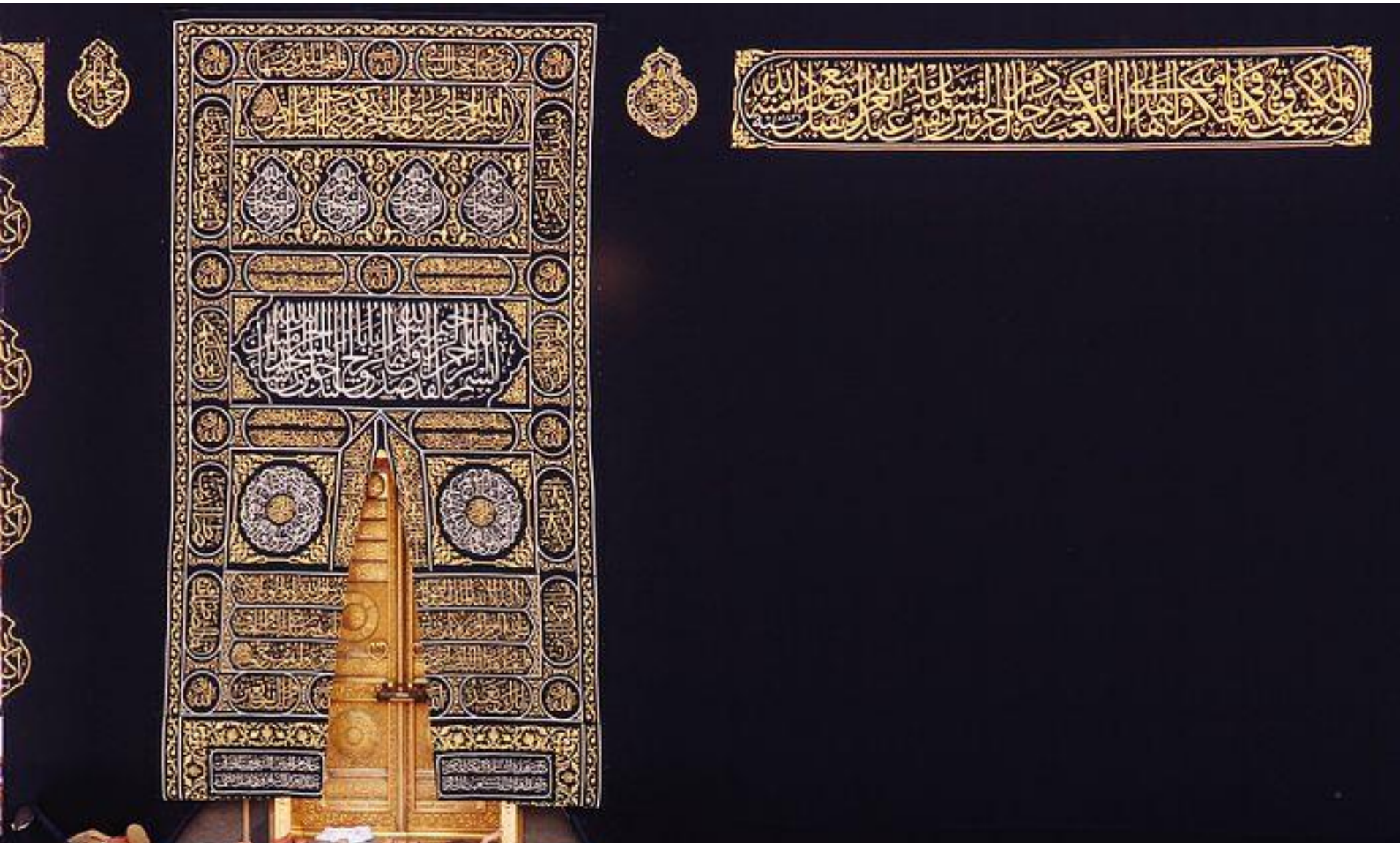
[A] What can you keep in mind when you do wudu?



‘Uthmān b.
‘Affān رضي الله عنه



Qiblah



The Adhkar Bank

Adhkar after Salah

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

O Allah, help me in remembering You, in being grateful to You, and in worshipping You in an excellent manner.



Plenary

- Why is the mindset of ‘is it not enough that I pray 5x a day’ problematic?
- What is ihsan?
- What must we remove from our hearts in order to attain ihsan?
- Finish off this sentence:
Just as you turn your body towards the _____,



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Practising What We're Learning

2 rak'ah with the highest level of khushu you can, with the help of Allah ﷻ