

# Starter: BingOXO

- Draw a 'noughts and crosses' grid
- Write one word, from the following into each space. Pick any 9.
- Listen carefully to the definitions. Cross out the word on your grid.

Shout out 'Allahu Akbar' as soon as you get a line of 3.

1. Tilawah
2. Khushu
3. Sajdah
4. Tartil
5. Ubudiyah
6. صَلَّ
7. Praised
8. Tadabbur
9. Ihsan
10. Taghanni(n)
11. Taqwa
12. Apathy
13. Hedonism
14. Materialism

## Lesson 5

# A Journey Through Salah

Reflecting on the Inner Dimensions



Life With Allah

الحياة مع الله

# LOs

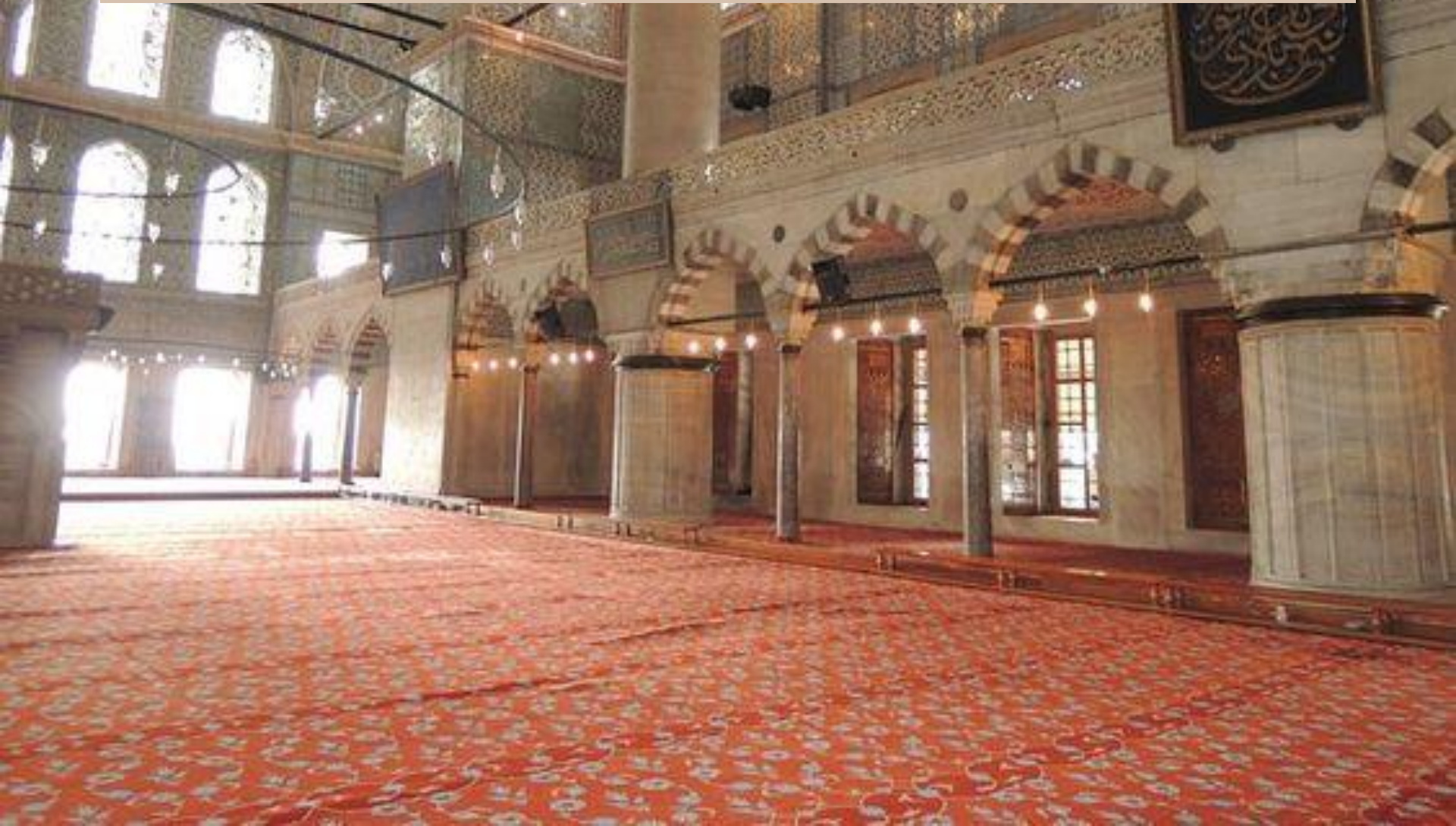
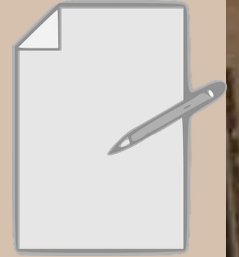
- To explain the significance of each posture of salah
- To reflect on the secret of sujud
- To memorise two additional du'as for sujud



“When you stand in prayer, stand in obedience and humility as Allah ﷻ has ordered you. Beware of negligence and looking here and there. Beware of looking at something else whilst Allah is looking at you. Beware of asking Allah ﷻ for Paradise and seeking His protection from the Hell-fire, yet your heart is heedless, and you do not know what your tongue is saying.”

- al-Ḥasan al-Baṣrī ﷻ

# [A] Class Activity



# Basmalah

When we say “bismillāh” at the beginning of an action, we are **seeking help** through the name of Allah **and seeking blessing** from Him in that action.

• الجار والمجرور في البسمة متعلق بمحذوف ، تقديره فعل لائق  
بالمقام

# Sujud

THE SECRET ABOUT SUJOOD THAT YOU NEED TO KNOW

<https://www.youtube.com/watch?v=8VBtsi8RC2g>

1. What did Abu Dharr (ra) tell al-Ahnaf b. Qays about what 'His beloved' said to him?
2. Why are you closest to Allah in sujud?
3. What did Rabi'ah (ra) ask for from the Prophet ﷺ?
4. How will you be raised on the Day of Judgement?
5. How is sujud the mark of the believers?

Muslim b. Yasār  used to say in his sujūd,

“When will I meet You and You are happy with me?”.

He would continue making du‘ā’, and then say,

“When will I meet You and You are happy with me?”





# My Adhkar Bank (In Sujud)

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ ، دِقَّةً وَجِلَّةً ، وَأَوَّلَهُ وَآخِرَهُ ، وَعَلَانِيَتَهُ وَسِرَّهُ .

O Allah, forgive for me all of my sins: the minor and major, the first and the last, the public and the private (Muslim).

‘Ā’ishah (ra) said, “One night, I noticed that the Messenger of Allah (saw) was missing. I found him (in the Masjid), in prostration with his feet upright; he was saying:

اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ ، وَبِمُعَافَاتِكَ مِنْ عُقُوبَتِكَ ، وَبِكَ مِنْكَ ، لَا أُحْصِي ثَنَاءً عَلَيْكَ ، أَنْتَ كَمَا أَثْنَيْتَ عَلَى نَفْسِكَ .

O Allah, indeed, I seek protection in Your pleasure from Your anger, and in Your forgiveness from Your punishment, and in You from Your [aforementioned anger and punishment]. I cannot enumerate Your praise. You are as You have praised Yourself. (Nasā’ī)

# Story Time

When do we pray this du'a?

اللَّهُ أَكْبَرُ كَبِيرًا ، وَالْحَمْدُ لِلَّهِ كَثِيرًا ، وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا .

# Plenary

- 1) What 3 things should we intend to purify ourselves from when doing wudu?
- 2) For every step we take to the masjid, what reward can we hope for?
- 3) When saying the takbir, what should we feel in our hearts?
- 4) What does the 'ba' in the basmalah denote?
- 5) What should we intend when we say 'Amin'?
- 6) How can we bow mentally in ruku?
- 7) What is the secret of sujud?
- 8) Why should we feel happy when we send salam upon the Prophet ﷺ?
- 9) How should we feel after we have finished our salah?
- 10) What is salah a manifestation of?

# Practising What We're Learning

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