



Noor Al Fajr Academy

Start with Light, Grow with Insight

Khushū' in Ṣalāh

(Focus, Presence, and Spiritual Concentration in Prayer)

Why 10 Hour Workshop on Salah ?

The aim of this Workshop

- *To help you perfect (if possible) your Ṣalāh – if you already pray, to deepen your connection; and if you're just starting, welcome to where transformation begins, in shā' Allāh.*
- *To help you taste the sweetness of 'Ibādah – to stand before Allāh not out of routine, but out of love.*
- *To help you succeed – in this life, and in the one that truly matters.*

Help me ask yourself

How would you describe your Salah?

Why do I pray?

Why Do We Muslims Perform Ṣalāh?

- *To live for the purpose we were created – to worship Allāh alone.*
- *To hold firm one of the greatest commands from our Lord.*
- *To thank Him, remember Him, and draw our hearts closer to Him.*
- *To humble ourselves – showing love, need, and surrender before the Almighty.*
- *To stand distinct from those who deny Him.*
- *To speak privately with the Lord of all worlds – no barrier, no translation.*
- *To find peace when the heart feels heavy, and calm when the world feels loud.*
- *To keep our souls clean and our actions upright.*
- *To seek forgiveness, mercy, and the endless rewards He has promised.*
- *To earn Allāh's pleasure, His love – and the honour of seeing Him in Jannah.*

Now, as a Muslim, do you truly love and enjoy your prayers?

Are you a Muslim who struggles to find peace?

Introduction To The Importance and Purpose of Salah

Definition of Ṣalāh:

Linguistically:

تعزف الصلاة في اللغة بأنها الدعاء، لقول الله - سبحانه وتعالى -: (خذ من أموالهم صدقة تطهّرهم وتزكيهم بها وصلّ علّيهم إن صلاتك سكّن لهم والله سميع علّيهم) أي ادع لهم وقول النبي - عليه الصلاة والسلام -: (إذا دعى أحدكم، فليجب، فإن كان صائمًا، فليصلّ، وإن كان مقطّرًا، فليطعّم)؛ [٢] أي فليدّع بالبركة والمغفرة والخير.
{إِنَّ اللَّهَ وَمَلَائِكَتَهُ يَصَلُّونَ عَلَى النَّبِيِّ
هُوَ الَّذِي يَصَلِّي عَلَيْكُمْ وَمَلَائِكَتُهُ

Technically:

تعزف الصلاة في الاصطلاح الشرعي بأنها عبادة لله - تعالى -، ذات أقوال وأفعال مخصوصة ومعلومة، تبدأ بالتكبير، وتنتهي بالتسليم

Mentions from Qur'an:

قد أفلح المؤمنون

Successful indeed are the believers

الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَشِعُونَ

those who humble themselves in prayer;

[Surah Al-Mu'minūn:1- 2]

يَأَيُّهَا الَّذِينَ إِمَّا مَنَّوا أَرْكَعُوا وَأَسْجَدُوا وَأَعْنَدُوا أَلْخَيْرَ لِعَلَّكُمْ تَفْلِحُونَ

O believers! Bow down, prostrate yourselves, worship your Lord, and do 'what is' good so that you may be successful.

[Surah Al-Hajj: 77]

فَإِنَّ الْإِنْسَانَ لَنَّ خَلْقَ هَلْوَعًا

Indeed, humankind was created impatient

إِذَا مَسَهُ الشَّرُّ جَزَوْعًا

distressed when touched with evil,

وَإِذَا مَسَهُ الْخَيْرُ مَثُوعًا

and withholding when touched with good—

إِلَّا الْمُصَلِّينَ

except those who pray,

الَّذِينَ هُمْ عَلَىٰ صَلَاتِهِمْ دَائِمُونَ

consistently performing their prayers;

[Surah Al-Mâ'arij: 19 -23]

On the hypocrites:

إِنَّ الْمُنَافِقِينَ يُخْدِغُونَ اللَّهَ وَهُوَ خَدُونَهُمْ وَإِذَا قَامُوا إِلَى الصَّلَاةِ قَامُوا كَمَا إِلَىٰ يَرَاءُونَ النَّاسَ وَلَا يَذَكِّرُونَ اللَّهَ إِلَّا قَلِيلًا

[Surah An-Nisâ': 142]

فَوَيْلٌ لِلْمُنَافِقِينَ

[Surah Al-Mâ'ûn: 4]

- *Salah is the pillar of Dīn – without it, the structure of faith collapses.*
- *The only act of Ibadah to be called (Eemaan) faith in the book of Allah.*
- *The shield against immorality and wrongdoing – “Indeed, Ṣalāh restrains from shameful and unjust deeds.” (Qur’ān 29:45)*
- *The only act of ‘Ibādah the Prophet ﷺ called “the coolness of my eyes” – his deepest comfort and relief.*
- *The believer’s silent conversation with his Lord – where the tongue of the heart speaks.*
- *The only act of ‘Ibādah revealed directly to him without the mediation of Angel Jibrīl – gifted during the sacred Night Journey (Isrā’ wal Mi’rāj).*
- *The act of ‘Ibādah that distinguishes the sincere from the heedless – for the hypocrites stand to it lazily.*
- *The act of ‘Ibādah that determines the fate of all other deeds – for when it is upright, the rest are upright.*
- *The daily ascension (mi’rāj) of the believer – a meeting with his Lord, five times a day.*
- *The covenant between the servant and his Creator – the line that separates faith from disbelief.*
- *Salah, the first act to be accounted for, and the last light of Dīn to fade before the Final Hour.”*

لتنقضنَّ عَرَى الإِسْلَامِ عَزْوَةً عَزْوَةً ، فَكُلُّمَا انتَقَضَتْ عَزْوَةً تَشَبَّثُ النَّاسُ بِالْتِي تَلِيهَا ،
فَأَوْلَاهُنَّ تَقْضَا الْحُكْمَ ، وَآخِرُهُنَّ الصَّلَاةُ

- *It was gifted at a moment when the Prophet ﷺ lost Khadījah and Abū Ṭālib, his pillars of comfort and support – Allāh drew him nearer than ever before on the sacred night of Isrā’ wal Mi’rāj.*

This Workshop, is a gift to all Muslims, with the sole purpose to:

- *Reviving the purpose of ṣalāh.*
- *Identifying obstacles to focus.*
- *Offering actionable steps to enhance mindfulness.*
- *Insights on how ṣalāh was viewed and practiced by the Prophet ﷺ and the Ṣaḥābah.*
- *Explore the spiritual status of ṣalāh as the "pillar of the religion".*

Before Salah: What are the Essentials a Muslim needs to know?

Conditions of Salah:

شروط الصلاة، وهي تسعة

الإسلام، والعقل، والتمييز، ورفع الحدث، وإزالة النجاسة، وستر العورة، ودخول الوقت
واستقبال القبلة، والنية

The conditions of Ṣalāh are nine:

1. *Being a Muslim,*
2. *Possessing sound mind,*
3. *Reaching the age of discernment,*
4. *Being free from ritual impurity,*
5. *Removing physical impurity,*
6. *Covering the 'awrah (private parts),*
7. *Ensuring the prayer time has entered,*
8. *Facing the Qiblah, 9. Having the intention (niyyah).*

Pillars of Salāh:

أركان الصلاة، وهي أربعة عشر

القيام مع القدرة، وتكبيرة الإحرام، وقراءة الفاتحة، والركوع، والاعتدال بعد الركوع، والسجود على الأعضاء السبعة، والرفع منه، والجلوس بين السجدين، والطمأنينة في جميع الأفعال، والترتيب بين الأركان، والتشهد الأخير، والجلوس له، والصلاحة على النبي ﷺ، والتسليمان

The pillars of Salāh are fourteen:

1. *Standing (if able),*
2. *Saying the opening takbīr (Allāhu Akbar),*
3. *Reciting Sūrat al-Fātiḥah,*
4. *Bowing (rukū'),*
5. *Standing upright after bowing,*
6. *Prostrating on the seven body parts,*
7. *Rising from prostration,*
8. *Sitting between the two prostrations,*
9. *Being calm and still in every movement,*
10. *Performing the acts in their proper order,*
11. *The final tashahhud,*
12. *Sitting for it,*
13. *Sending prayers upon the Prophet ﷺ,*
14. *Saying both taslīms (to end the prayer).*

Obligatory acts in Salāh:

واجبات الصلاة، وهي

جميع التكبيرات غير تكبيرة الإحرام، وقول: (سمع الله لمن حمده) للإمام والمنفرد، وقول: (ربنا
(ولك الحمد

The obligatory acts of Salāh are:

1. All the takbīrs (saying Allāhu Akbar) other than the opening takbīr,
2. Saying "Sami'a Allāhu liman ḥamidah" ("Allāh hears those who praise Him") – for the imam and the individual praying alone,
3. Saying "Rabbanā wa laka al-ḥamd" ("Our Lord, to You belongs all praise").

Before Salāh: **Adhaan**, A call to attend the court of Allah.

Virtues of Adhan and Mu'adhin.

Purification: Wudu, Nice Clothes, Clean Place.

Masjid: Facing the Qiblah

Congregation: ruling, virtues and warning.

Focus on Khushū' & Khudhu'

What khushū' really means: is it humility, awareness, calmness of the heart and body or more?

والخشوعُ قریبٌ منَ الخضوعِ إِلَّا أَنَّ الخضوعَ فِي الْقَلْبِ وَالْبَدْنَ وَالْبَصَرِ
وَالصَّوْتِ، قَالَ اللَّهُ عَزَّ وَجَلَّ: {وَخَسَقَتِ الْأَصْنَوَاتُ لِلرَّحْمَنِ} طَه

On Khushu' we shall discuss and learn insha Allah:

- *Causes of heedlessness and disconnection during ṣalāh.*
- *Psychological and practical barriers (e.g. distractions, sins, environment).*
- *Common mistakes in Salah and practical steps to fix errors (**Sahw**) in Salah.*
- *Practical Steps to Develop Khushū'*
- *Pre-salāh mindset shifts and body preparations.*
- *The meanings and reflection on common phrases in ṣalāh.*

Chapter Fatiha and its role in establishing Khusu' in Salah.

- *Physical stillness, posture, and breath control techniques.*
- *Stories (anecdotes) and examples from early Muslims who embodied khushū'.*

Maintenance in Salah:

- Techniques to revive khushū' when lost during ṣalāh.
- Journaling & reflections after each prayer. (Practically or mentally, [optional])
- Creating a consistent improvement plan with realistic goals through التنوع.

Attempt to read/share/unravel some questions from الموسوعات

Alhamdulillah