

## ***How to focus in Salah***

*As-Salaam 'Alaykum wa Rahmatullaahi wa Barakaatuh.  
Bismillah Walhamdulillah Was Salaatu Was Salaam 'ala Rasulillah*

### 1. The advice of the Lord of the Universe

Allah (SWT) commands in the glorious Qur'an to seek refuge in Him from Satan.

{And if there comes to you from Satan an evil suggestion, then seek refuge in Allah. Indeed, He is the Hearing, the Knowing.} (Fussilat 41:36)

### 2. Follow the Prophet's (SAW) advice.

The Messenger of Allah (SAW) said: "That is a devil called Khanzab. If he affects you, seek refuge in Allah from him and spit drily to your left three times." He (the Sahabi) said, I did that and Allah took him away from me." (Narrated by Muslim, 2203)

### 3. Strive hard to ponder

Strive hard to contemplate, ponder and reflect on the meanings of what is being recited in the Salah.

The more we feel the sweetness of our prayers, the more we will be inclined towards them.

Imagine the greatness of Allah (SWT), focus on the keywords even if you don't know Arabic.

### 4. Zero distractions

There should not be anything that distracts the person while praying. All the images/adornments/sounds that can cause distractions should be removed; especially sounds such as singing and music.

### 5. Remind yourself of death

You never know if this one is your last prayer. Giving your best shot in this prayer may get you the ticket to Jannah. The one that you are praying now is the farewell

prayer. This thought will help you be concerned about your hereafter and will in sha Allah be helpful in avoiding any distraction whatsoever.

May Allah ease our affairs and accept our efforts, aamin.

*Subhanakal lahomma wabihamdik. Ash-hado alla-ilaha-illa ant. Astaghfiroka w'atoobo-ilayk.*

*Glory be to You, Oh Allah, and all praise! I testify that there is no deity but You. I seek Your forgiveness and to You, I do repent.*

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