

# **Khushoo' in Salah**

**(Al-Khushoo' fis-Salah)**

**by**

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# Quick Survey....

**Who has heard the Adhan before ?**

**Who has performed Salah before ?**

# Why Do We Perform Salaah ?

## ✓ Command from Allah (SWT)

فَإِذَا قُضِيَتْ الصَّلَاةُ فَادْكُرُوا اللَّهَ قِيَمًا وَقَعُودًا وَعَلَىٰ جُنُوبِكُمْ فَإِذَا

أَطْمَأْنَنْتُمْ فَأَقِيمُوا الصَّلَاةَ ۚ إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا ﴿١٠٣﴾

And when you have completed the prayer, remember Allah standing, sitting, or [lying] on your sides. But when you become secure, re-establish [regular] prayer. Indeed, prayer has been decreed upon the believers a decree of specified times. [Quran (Nisa) 4:103]

# Why Do We Perform Salaah ?

## ✓ Remembrance of Allah (SWT)

إِنِّي أَنَا اللَّهُ لَا إِلَهَ إِلَّا أَنَا فَاعْبُدْنِي وَأَقِمِ الصَّلَاةَ لِذِكْرِي ﴿١٤﴾

Indeed, I am Allah. There is no deity except Me, so worship Me and establish prayer for My remembrance. [Quran (Ta Ha) 20:14]

## ✓ Keeps one away from sins

أَتْلُ مَا أُوحِيَ إِلَيَّ مِنَ الْكِتَابِ وَأَقِمِ الصَّلَاةَ لِتَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَلَذِكْرُ اللَّهِ أَكْبَرُ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ ﴿٤٥﴾

Recite, [O Muhammad], what has been revealed to you of the Book and establish prayer. Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater. And Allah knows that which you do. [Quran (Al-'Ankabut) 29:45]

# Why Do We Perform Salaah ?

## ✓ Deliverance from Hell fire

فِي جَنَّاتٍ يَتَسَاءَلُونَ ۚ (٤٠) عَنِ الْمُجْرِمِينَ (٤١) مَا سَلَكَكُمْ فِي سَقَرٍ (٤٢)  
قَالُوا لَمْ نَكُ مِنَ الْمُصَلِّينَ (٤٣) وَلَمْ نَكُ نَطْعِمُ الْمِسْكِينَ (٤٤)

[Who will be] in gardens, questioning each other, about the criminals, [And asking them], "What put you into Saqar? They will say, "We were not of those who prayed, Nor did we used to feed the poor. [Quran (Muddaththir) 74:40-44]

## ✓ Allah called Salaah “Imaan” - Quran. 2:143

# What is Al-Khushoo'?

- ✓ Al-Khushoo' is a condition in the soul which appears on the limbs of the person with humility and tranquility. [Imam al-Kurtubi]
- ✓ Al-Khushoo' is in the heart and it comes out when someone prays such that they lower their gaze. [Qatadah]
- ✓ The one who has Khushoo' is the one whom upon them, you see the effect of humility and reverence to Allah, as a house which has crumbled because it's old. [Other Ulama]

-**Endangered Species List** – “I saw one person with Khushoo in my life” - Imam Asha'rani in 10<sup>th</sup> the Century

# Levels of Salah According to Ibn Qayyim

- ✓ **1<sup>st</sup> Level** – Negligent with respect to Salaah...
- ✓ **2<sup>nd</sup> Level** – Guards his Salaah....
- ✓ **3<sup>rd</sup> Level** – Performing Jihad in Salaah....
- ✓ **4<sup>th</sup> Level** – Completes and perfects the due rights and essential pillars of Salaah
- ✓ **5<sup>th</sup> Level** – 4<sup>th</sup> level + places his heart in front of his Lord, looking towards Him with his heart in anticipation, filled with His love and His might, as if he sees and witnesses Allah

# What Does Allah Say About Khushoo'?

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾

Certainly will the believers have succeeded: They who are during their prayer humbly submissive [Quran (Mu'minun) 23:1-2]

فَاسْتَجَبْنَا لَهُ، وَوَهَبْنَا لَهُ، رِيحًا يَحْيَىٰ وَأَصْلَحْنَا لَهُ، زَوْجَهُ، إِنَّهُمْ كَانُوا

يُسْرِعُونَ فِي الْخَيْرَاتِ وَيَدْعُونَنَا رَغَبًا وَرَهَبًا وَكَانُوا لَنَا خَاشِعِينَ ﴿٩٠﴾

So We responded to him, and We gave to him John, and amended for him his wife. Indeed, they used to hasten to good deeds and supplicate Us in hope and fear, and they were to Us humbly submissive. [Quran (Anbiya) 21:90]



# What Does Allah Say About Khushoo'?

هَلْ أَتَاكَ حَدِيثُ الْغَاشِيَةِ ﴿١﴾      وَجُوهٌ يَوْمَئِذٍ خَاشِعَةٌ ﴿٢﴾

Has there reached you the report of the Overwhelming [event]?  
[Some] faces, that Day, will be humbled, [Quran (Al-Ghashiyah) 88:1-2]

وَمِنْ آيَاتِهِ أَنْ تَرَى الْأَرْضَ خَاشِعَةً فَإِذَا أَنْزَلْنَا عَلَيْهَا الْمَاءَ اهْتَزَّتْ وَرَبَتْ إِنَّ الَّذِي  
أَحْيَاهَا الْمُحْيِي الْمَوْتَى إِنَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٣٩﴾

And of His signs is that you see the earth stilled, but when We send down upon it rain, it quivers and grows. Indeed, He who has given it life is the Giver of Life to the dead. Indeed, He is over all things competent. [Quran (Fussilat) 41:39]

# What Does Allah Say About Khushoo'?

﴿أَلَمْ يَأْنِ لِلَّذِينَ ءَامَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ وَلَا يَكُونُوا كَالَّذِينَ

أُوتُوا الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ قُلُوبُهُمْ وَكَثِيرٌ مِنْهُمْ فَعَسَىٰ أَنْ يَكُونُوا

Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened; and many of them are defiantly disobedient.

[Quran (Hadid) 57:16]

﴿وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah] [Quran (Baqarah) 2:45]

# Why is Khushoo' Important?

- ✓ Between you and Jannah is two Raka' with Khushoo'
- ✓ Key to the mercy of Allah and forgiveness of Allah
- ✓ Khushoo' is what is between us and the reformation of the ummah — The condition is directly related to the khushoo' of the people in salah and in other things
- ✓ Tranquillity and safety on the day of judgement
- ✓ Way of the prophet (SAW)

‘Abdullah ibn Ash-Shikhkhir (RA) narates: "I saw the Messenger of Allah (peace be upon him) offering Salah and a sound came from his breast like the rumbling of a mill owing to weeping". [Sunnan Abu Dawood]

# More about Khushoo' ....

- ✓ The salaf-ul-saliheen used to consider somebody with Al-khushoo' as somebody from Jannah
- ✓ Allah mentions that Al-khushoo' with knowledge
- ✓ To have Khushoo' in Salah is not easy but we have to make the effort and take the step
- ✓ Khushoo' in Salah can be achieved by anybody
- ✓ Khushoo in salah starts with Adhan
- ✓ Indeed the believers are those whom when Allah is mentioned, there heart shakes....

# Examples of Khashi'een

- ✓ **How Abdullah ibn Abbas heard the adhan**
- ✓ **Conversation between Isam ibn Yussuf and Hatim al-Asamm**
  - *Tears coming, skin shaking, heart in bliss.....some signs of al-khushoo'*

# Let's Repeat Quick Survey....

Who has heard the Adhan ***like Ibn Abbas*** before ?

Who has performed Salah ***like Hatim al-Asamm***  
before ?

# Why Lack of Al-Khushoo' ?

- ✓ **The hard heart** .....Indeed there is a flesh in the body...
- ✓ **A lot of talk without the dhikr of Allah**
- ✓ **Sins...**black dots
- ✓ **To turn away from what Allah sent...**Surah Baqarah

Then your hearts became hardened after that, being like stones or even harder. For indeed, there are stones from which rivers burst forth, and there are some of them that split open and water comes out, and there are some of them that fall down for fear of Allah. And Allah is not unaware of what you do. (2:[74](#))

# Salah Step-by-Step

- ✓ Excellence in Wudhu
- ✓ Takbirat-ul-Ihram....Forget Ad-Dunya
- ✓ Suratul Fatiha
  - Salah is conversation between you and Allah
  - Executed through the recitation of Suratul Fatiha
  - Prophet used to pause during the recitation of Al-Fatiha
  - Allah called Al Fatiha As-salah



# Salah Step-by-Step

The Prophet (SAW) said; “Allah the exalted said, ‘I have divided the prayer (Surah Al-Fatihah) into two halves between Me and My servant. A half of it is for Me and a half for My servant, and My servant shall acquire what he asked for.

If he says, ‘All praise and thanks be to Allah, the Lord of existence,’ Allah says, ‘My servant has praised Me.’

When the servant says, ‘The Most Gracious, the Most Merciful.’ Allah says, ‘My servant has glorified Me.’

When he says, ‘Master of the Day of Judgment.’ Allah says, ‘My servant has exalted Me.’

When he says, ‘You (alone) we worship, and You (alone) we ask for help.’ Allah says, ‘This is between Me and My servant, and My servant shall acquire what he sought.’

When he says, ‘Guide us to the straight path. The way of those on whom You have granted Your grace, not (the way) of those who earned Your anger, nor of those who went astray.’ Allah says, ‘This is for My servant, and My servant shall acquire what he asked for.’

[Sahih Muslim and Sunan An-Nisai]

# Salah Step-by-Step

## ✓ Ar-Ruku'

- Can anyone make ruku' to something other than Allah?
- Humiliating position
- If someone made ruku' with khushoo' to Allah, he has recognized that the agreement he had with Allah is to obey Him (SWT). And after that, he will not go back to Allah's disobedience
- A sign that you give up, give up everything!

## ✓ As-Sujood

- Only act done twice in a raka'
- Closest you can be to Allah is position of Sujood
- Sujood of the limbs and Sujood of the heart
- Whoever made Sujood with khushoo' to Allah as Allah ordered him, then he will never make Sujood to anything else until he dies
- Because that heart tasted the slavery to Allah
- Signs – Will never bow in the face of tyranny – Surat A'araf – magicians of Fir'oun
- Real life experiences.....

# How To Develop Khushoo in Salaah?

- ✓ Know Allah by reading His book, understanding and contemplating His words
- ✓ Know that **EVERYTHING** is in the hands of Allah....So why worry about anything during Salaah ?...Then you will be able to leave Dunya during Salaah
- ✓ Learn different adhkar for Salaah (Qiyam, Ruku' Sujood etc), understand, and reflect on their meanings during Salaah
- ✓ Try to pray in Jama'ah.... And in the front rows
- ✓ Remember death frequently and pray as if it is your last prayer
- ✓ Perform Salaah early within its time.....so don't have to rush
- ✓ Repeat adhan after the Muadhin
- ✓ Avoid distractions...eat before Salaah if you're hungry; answer call of nature before Salaah if you're pressed, etc...
- ✓ Focus on the spot of Sajda throughout Salaah
- ✓ Ask Allah for Khushoo'

# Question...

- ✓ Do you pray because you have to do it, or do you pray because you love to do it?
- ✓ Is performing Salaah something beloved to you, as it was the most beloved thing to the prophet, or is it a burden on you?

# References

- ✓ Purification of the Soul by Imam Suhaib Webb