

MODULE 3

Class title: Significance of Salah –Part 2 (part 3 of Salah series)

Aim of lesson: To understand that Salah is a peg in our life

Category: Worship

Class Format: Power Point Presentation

(Greeting to students) *AssalamalaikumwaRahmatullahiwaBarakatuh*

(*Ta'awwudh*) *Aoodhubillahi min AsShaytanirRajeem*

(*Tasmiyah*) *BismillahirRahmanirRaheem*

(*Du'a*) *Rabbishrahlisadriwayassirliamriwahluluqdatummillisaniyafqahuqawli*(Surah At Ta-Ha 20: Verse 25-28)

Slides 1- 3:

Today *inshaAllah* we're going to continue our discussion on significance of *salah*. We discussed in the last class that *salah* is a peg and it is a stabilizing agent, it stabilizes our day, our week, our month, our year, our whole life. It keeps us focused. It reminds us of our destination. Otherwise we would just be like peg less laundry and would just be going with the flow. And we wouldn't know where we were heading. Now let's see how exactly this happens. How does *salah* keep us focused, how does that happen?

Slides 4- 5:

Now reality as we know is made up of two things. The seen and the unseen. Our five senses seeing, hearing, tasting, touching and smelling, these are all the primary receivers of seen reality. Whatever is around us, we see it through our five sensory organs. Now to keep a balance in our lives and to see the complete picture of reality we must know about the things which we cannot see. That is the unseen reality. So both seen and unseen realities are important.

Slides 6- 7:

You get full benefit out of them when you keep them both in balance. You have to look in totality to appreciate everything. This is what you have to understand that seen and unseen both have to be kept in a balance. The sole receiver of unseen reality is the heart. Unseen realities are absorbed only by our heart. And that is why the Qur'an was revealed directly on RasulAllah (pbuh)'s heart. Our primary receivers are not involved in absorbing unseen reality. And you remember that is why we said that *salah* connects our hearts with Allah (swt). The unseen reality. See. It's all interconnected.

Slides 8- 9:

Our senses they make us want stuff. When we see something we want it. When you see a nice dress in a shop, you want to buy it. You hear something and you want it. You hear a nice song and you say you want to listen to it again. You taste something and you want it. You taste some yummy food and you want more of it. You touch something and you want it. When you touch a soft quilt and you want to cuddle in it, you don't want to come out of it. You smell something and you want it. Brownies, amazing smell! When they are just about to be done in the oven, the smell is amazing. And you want them. We want pleasure, and ecstasy, and excitement, we want to feel an ambivalent rush. You know this 'woohoo yippy' feeling. We'll have to be on a high to enjoy this feeling. We enjoy the 'woohoo' feeling the 'yippy' feeling.

Slides 10- 12:

Now what does this mean? Ecstasy? Delight? What do you want to feel? Ecstasy, delight, joy, rapture, you know that is also intense delight. You want to be on seventh heaven. You want to be on cloud nine. We like to get our high in different ways. You know people have their own ways of achieving it. It could be just going down a big waterslide. You know water parks are exciting. Have you ever been to a water park? You all have great fun over there. Or just going high on the swings can be a good fun. You know we all become kids when we see the swings and we all enjoy it great deal. Getting wet in the rain, have you ever done that? That's a lot of fun or simply playing with bubbles. Have you ever seen the excitement on toddlers' face when you blow bubbles in front of them? They try to hold it and 'oops' they vanish. Kids can't figure out where they went. And what happened to them. The excitement and the confusion on their faces are just worth seeing.

Slide 13:

Or jumping on the mattress, you know that's why we probably love the trampoline. I think the person who invented the trampoline, he probably loved jumping on the mattress and like all mothers he didn't get permission from his mother to do it, we as mothers you know we generally don't allow our children to do that even though it is a lot of fun and we know that. But the springs of the mattress break unfortunately. So probably the person who invented the trampoline he loved jumping on the mattress and since he couldn't do that, he came up with the trampoline which is a great idea.

Slide 14:

Scaring someone on the phone. Pretending to be someone else, that is not a good thing to do but a lot of fun. And you know friends get together and they give a crank call to a class fellow, they change their voice and they get a good laugh out of it. Now you

shouldn't be doing this because you are hurting another person or you are lying in it. If you are taking somebody else's name then, you know, saying I'm not Sana, I'm Amna. Then obviously you're lying, even though your name is Sana. So lying is not allowed. That's a sin.

Slides 15- 17:

Or pretending to be a flower in the flower pot... That can be fun for the kids. Taking out all the mud from the pot, eating some of it too leaving all the mess for the moms to clear. Making cookies, painting your room, making a lot of mess. Very very exciting, right. Have you ever done that, have you made brownies, cookies, different shapes, it's a lot of fun. Or when you have a sports day. That gives you the thrill. You know if your 'house' wins or your team wins or you just win individually. That is really exciting.

Slides 18- 22:

But you know what; all the excitement can be tiring as well. Our heart needs a break. It needs to settle down. You know you need to take a chill pill. You need to chill out. You need to relax after all this excitement otherwise you'll get exhausted very quickly. What kind of guide are we going to use? How do you guys chill out? You read a book. *Alhamdulillah*. You go out with your friends, Right. What? Yes you watch a movie. You sleep. We all have our ways of chilling out. Yes you can sleep. Sleep wherever you can find a place.

Slides 23- 31:

Or sometimes people relax by rushing their adrenalin even higher. You know like they are going on a rollercoaster. Your adrenaline rushes even higher. But when there's too much excitement what happens is that you become 'brain washed'. You start thinking that the entire world's a stage, like Shakespeare said. Lights, camera, action, we want excitement in life all the time. Other things become boring for us. We don't have the patience to go through the mundane things in life, simply because they are not exciting.

Even then Qur'an is boring, for you then *nauzubillah*, why? Because there isn't excitement in it all the time. It's not a fictional book. We just live to have fun and we do only those things that are fun. We think studying is no fun, only not study, why should we study? This is fun, going crazy with all sorts of musical instruments. Loud Music is fun. Going to concerts, watching movies this is fun.

Slides 32- 33:

Reading a book! *Alhamdulillah* that you said it, but for a lot of people that's boring, because of excessive use of computers we see less people with books in their hands. You fall asleep while reading a book. Just pick it up and you'll fall asleep right on it. Just

talking with friends, that's not even enough now we need a movie to entertain us. We can't just sit and talk for long. We want a change because we are used to excitement all the time.

Slides 34- 38:

Chilling out with family! You've got to be kidding. Who chills out with family? You chill out with friends, family...boring! You chill out with gadgets, not with humans. I pod, i-pad, i-phone, laptop, you know laptop on the legs and mobile in your hands wow! That's chilling out. Having a T.V in your own room, just chill out. Nobody is there to tell you how long to watch it or what to watch on it. That's a terrible thing to have. I just really hope that your parents have not done that. You can't even have food at home with friends now. You need to go out and eat. You don't like the '*roti saalan*' at home, boring food. You want the excitement. There has to be the ultimate, you know **one** thing is not enough.

Slides 39- 40:

With the increasing technology our dissatisfaction has also increased. In everything! Your Black berry has one thing mine doesn't, my phone has one thing yours hasn't, I want that now. You know 'i-pad 1' two and three and infinity. We want our lives to be like this chill, thrill, 'eeh ooh, aah, aha' from one 'ha ha' to another 'ha ha'. Without any friends we are likely to lose control. Our lives will become messed up. And we won't even know.

Slides 41- 43:

But why are we saying that, why do we say that? Because in (Suarah Al-A'la 87: Verse 6) Allah (swt) says:

'Verily man does transgress'.

Allah (swt) has already mentioned that in the Qur'an that man does lose his way. This 'yoohoo' will change into 'boohoo' very quickly without even knowing it. We won't even know what has hit us.

Slide 44:

You know going to these rave parties where there are drugs. They seem like fun at that time, but they bring a lot of trouble with them. You know you must have heard about the rave party a few months ago. Do you know about it? There was an argument there between some guys and it led to a fight and young person got killed. These things can never bring good. And you know the aggrieved party who lost their grandson? They were trying to take revenge and they were looking for all the people who attended the event,

now people were not even admitting that they have been there, just to save their lives. So what did they gain out of going there? Only trouble! Trouble doesn't announce before coming. You know it doesn't say, "Here I come". It can come any time. Taking drugs, alcohol, you know it gives you a high initially, but makes you a useless person eventually.

Slide 45:

Did you hear about singer Amy Winehouse who was found dead in her house, some while ago? She used to take drugs and alcohol. She was a 'Grammy award' winner by the way. But in June during her concert she forgot the words of her songs and was 'boo-ed' off the stage. What a shame! I'm sure she must have been on the high when she started this addiction. But this 'woohoo' ended in 'boohoo' for her. But was it really worth it? She lost her life! She was always in trouble for one reason or the other. After her death people said they weren't sure if she was better known because of her songs or because of her compulsion to get into trouble all the time.

Slides 46- 47:

Going out with a boyfriend seems like a 'woohoo' time. But it will end into 'boohoo' very soon. Gossiping with your friends, that's a terrible 'boohoo'. It's a big sin! Backbiting is a big sin. Anything and everything that Allah (swt) has forbidden cannot give you satisfaction or be beneficial for you for long. Impossible! If it was something good it wouldn't have been forbidden. Remember that in whatever you do in life that Allah (swt) only wants the best for us. All of us! And that is why He has forbidden certain things.

Slides 48- 50:

After all these 'chill out' methods, life is getting out of control, we need, I need my friends, otherwise I'll be just lost. The heart is agitated; it needs to chill, now, now. Now that we are trying to chill out but Allah (swt) has advised us the way. In (Surah Ar-Ra'd 13: Verse 28) Allah (swt) says:

'Verily in the remembrance of Allah (swt) do the hearts find rest'

Slides 51- 54:

'*Tatmainnu*' - this is the chill we are looking for. This is the chill and what does this word mean? Comfort and tranquility. This is the dictionary meaning: 'Calmness, Satisfaction, Contentment, Security'. This is the chilling. Remember we said this is what we want. We want to calm down, we want to be satisfied. We want to be at peace. We want to be comfortable. In (Surah Ta-Ha 20: Verse 14) Allah (swt) says:

“I’m Allah, none is to be worshiped”

There Allah (swt) said that hearts find rest in His remembrance. Here He is telling us how to remember Him, by establishing *salah*. So *salah* is the seventh heaven, the ‘cloud nine’ that we were looking for. This is the *mi’raj* of the believer, the highest point! RasulAllah (pbuh) said, (this is a *hadith*)

Slide 55:

“The coolness of my eyes has been kept in *salah*”. [Ahmed and Nisai]

In Arabic, ‘coolness of the eyes’ is a phrase used for contentment, happiness, peace. It is the ultimate feeling, it’s the ultimate compliment. If something keeps the eyes cool you are one satisfied person.

They say it as compliment. That you know “May Allah (swt) give you coolness of eyes”, “*qurratun ayun*”. There is a *du’a* in the Qur’an in (Surah Al-Furqan 25: Verse 74)

‘O’ our Lord bestow on us from our spouses and our off springs the comfort and coolness of our eyes, and make us leaders of the *muttaqeen*-the pious’

Again, coolness of eyes. We could pray that we become leaders of the pious people, that is we lead by example and our spouses and *inshaAllah* our children they give us coolness of our eyes that means they give us satisfaction. They follow the *deen*, they become the *sadqa jariya* for us. So all this will be done how? By remembering Allah (swt), by doing our *salah* properly, by inculcating it in our lives.

Slide 56:

RasulAllah (pbuh) said,

“O’ Bilal establish *salah*, give us *rahat* with it”. [Abu Dawood]

Bilal (ra), who was Bilal (ra)? You know he was a slave, and he was the first person to give the *adhan*, right. What?

Student: What’s *rahat*?

Slides 57- 58:

Rahat is pleasure, rest, comfort, respite. This is the thrill that we are looking for. So *tattmainna* is the chill and *rahat* is the thrill. Each time you get a peg. That means *Fajr*, *Dhuhr*, ‘*Asr*, *Maghrib*, *I’sha*. You get a peg in your day. It gives you ‘chill’ feeling. It gives you contentment. It gives you satisfaction, peace, tranquility. Throughout the day you get this feeling after intervals and it should last for the whole day. The feeling of comfort or what you get at *Dhuhr* should last till ‘*Asr*, from ‘*Asr* till *Maghrib* and so on.

Slide 59:

If you look at the life of the Prophet (pbuh), his chills and thrills, his spells, were his *salah*. His 'yippys' and his 'yoohoos'. He used to be busy with his friends or family, or work, but as soon as the *adhan* was done he would become a stranger. His mind and body started preparing for *salah*. Even though he was a caring and devoted family man and companion, as well as a diligent and attentive ruler, and even though he was extremely busy fulfilling his many roles every day, as soon as the *adhan* was called out, what would he become to his near and dear ones? He would become a complete stranger!

Immediately, he would start preparing for *salah*: he would stop whatever he was doing, do *wudhu*, perform his *sunnah salah* at home, and then head towards the *masjid*. By the way, are you all aware that this was his way... to read all of his *sunnah salah* at home, and the *fardh salah* in the *masjid*? ¹ Through these simple steps, he physically, spiritually and mentally prepared himself to perform *salah* in the *masjid*.

His reaction to the *adhan* is an example and a lesson of how we should all try to respond to the *adhan*, or the start time of a *salah*. Generally, whenever we hear the *adhan*, we just continue with whatever we're doing. I'm not saying we do *qazaa*, however, often we quickly get up, right before the time for a particular *salah* is about to end, quickly do *wudu*, quickly perform *salah*, and then end it with a quick *taslim*. All done quickly so that we can get back to doing whatever we were doing!

What's the difference between Rasullullah's (saw) reaction and ours? We neither mentally nor spiritually prepare ourselves. As a result, we can't focus our mind on performing this extremely important duty as a *momin*, on obeying Allah (SWT) and pleasing Him. Our performance of *salah* becomes merely a bunch of repetitive physical actions. Our mind is constantly thinking about and delving on whatever it was that we'd been doing before we started our *salah*, or we did days or even eons ago, or what we will be doing later!!! So what we have to learn from our beloved Prophet (SAW) is that we should, **consciously**, mentally and spiritually prepare ourselves for *salah*, as soon as we hear the *adhan*. And how will we do that? Well, first we need to remind ourselves of what the *adhan* means: it's a call to obey Allah (SWT) in the most essential duty of a Muslim, without which we cannot even hope to please Him, no matter how many other pious deeds we may do in a day. This is essential!! Basically, we have to try and foster *taqwa* deep within our heart and mind. This is spiritually and mentally preparing ourselves for doing only and only what our Creator and Master most essentially demands of us as His slaves. Only then will we not be distracted by our daily activities. Thereafter, with full consciousness, we should answer the *adhan*, (*inshaa Allah* we'll

¹ Zaid bin Thabit (ra) reported: The Prophet (pbuh) said, "O people! Perform your (voluntary) Salah (prayers) in your homes because the best Salah of a man is the one he performs at home, except the obligatory Salah." [Bukhari and Muslim].

discuss this later) then we should do *wudhu*, and then finally focus on performing *salah* at the earliest—with deep concentration. Remember, *salah* should be done at the earliest possible time.

Slides 60- 62:

Salah can be our chill and thrill also, *inshaa Allah*. However, we'll have to make an extra special effort at making it one. We have to have an action plan; we have to do something so that it becomes our chill and thrill! It's generally not, is it? We just do it because we have to. Right? How do you suppose we should go about making it our chill and thrill? What do you think we should do? Any suggestions? How do you think we can improve our *salah*? Any ideas?

Teacher: We should perform it slowly. *Inshaa Allah*, we can all try do that. This is totally within our control, isn't it? How about addressing the things which distract us, such as our laptops and mobile phones? The only way to deal with these is to put them away, out of sight. Just putting our mobiles on silent isn't enough. I'm sure you've all experienced that if it's somewhere within sight, even if it's on silent and merely blinking, it's still distracting. Obviously if it's blinking, even in the corner of our *musallah*, we're naturally going to wonder who is it? You all know that our mind very naturally starts wandering even without the distraction of these devices! So, we need to put anything and everything which distracts us out of our sight. Can we all do that? Can we? Any other suggestions? Yes?

Teacher: Yes, definitely! This is the most effective means of enjoying our *salah*. We have to try to understand what we're reciting. This is why we should learn the meanings of at least the short *surahs* we usually recite in our *salah*, such as *Surah Al-Fatihah*. Since we have to read it in every *rakah*, the very least we should know is its meaning. We should also learn the meanings of the short *surahs* from the 30th *juz*, those we have a tendency to recite, as well as the short *tasbiyaat*, the *durood* and *duas* of *salah*. We must make a conscious effort at learning the meanings of these oft recited *kalimaat*, so that we can concentrate on, understand, and be attentive in, our *salah*. Do you all agree? We have to realize the importance of understanding what we're reciting in *salah*, for it to be truly meaningful and enjoyable, for it to be our chill and thrill, like it was for Rasullullah (saw). I promise all of you can easily learn the basics, *inshaAllah*. We don't realize our own potential, how much we can accomplish. We think Rasullullah (saw) could do it, maybe our parents can do it, or older people, but at your age you feel you can't do it. Do you know how old Ali (RA) was when he accepted Islam?

Student: Ten years of age.

Teacher: Yes, that's younger than all of you here! Nobody's ten years old here, are you?! We all have the potential to learn the basic *kalimaat* of *salah*, we just don't realize it; we're actually daunted by the prospect of learning them. However, you all pursue and

accomplish much more difficult subjects in your studies, don't you. So, you obviously all do have the potential to do this, too. Just compare it to the load of the O and A level studies. Now these are clearly lengthy and difficult!! They're no piece of cake! Now, if you all have the potential of doing that, so why not this? Learn the *kalimmat* recited in *salat*, and all the while make sincere and fervent *dua* to ALLAH for help and guidance. Nothing is impossible, that is, if we ask Him for it. Usually, we just don't bother asking: "We can't do it". But, we don't even bother; we don't even realize that we need to. *Inshaa Allah*, He **will** answer, if only we ask Him for His help and guidance. As importantly, side by side with *dua*, we have to keep working **hard** to make our *salah* better and better.

Slide 63:

There's a very beautiful *du'a* of Rasullullah (saw) which comes to mind: "Oh Allah, make Your love more dear to me than the love of all my possessions and make your fear more intense than the fear of all my possessions. You decrease my worldly needs and increase my eagerness to meet with You. As You have made this world a coolness of eyes for the worldly, keep the coolness of my eyes in Your worship" [Kinz-ul-A'maal].

In this *dua*, we're asking Allah to make His worship the means for "cooling" our eyes--the means of relaxing ourselves, as opposed to doing so by watching a movie or a TV show, for example. People relax through worldly things, but we're asking that we find relaxation by doing His *iba'dah*. We're asking Him to make our love for Him and His worship dearer than whatever our *nafs* may suggest to us to do, maybe something vain—a great waste of time, or even worse, displeasing to Him. Finally, we're asking that our fear of Him and His anger is more intense than our fear of all worldly things. Indeed, isn't this a beautiful *du'a*?

Accomplishing something may seem impossible to us, but Allah (SWT) can do absolutely anything! If we just stop to ask Him, He can do anything for us, *inshaa Allah*. **We** have to take the first step towards Him, and *inshaa Allah*, He will just grab us! But the first step has to come from whom? Us! **We** have to want His help and guidance; **we** have to ask. Right? In conclusion, we're all going to work at improving our *salah*, by knowing exactly what we're reciting, by performing it slowly and with concentration and with the help of *du'a*.

Du'a for end of a gathering) *SubhanaRabbikaRabbulzzati 'ammayasifunwasalamun 'alalmursaleen, walhamdulillahiRabbil 'alameen*

(Parting salutation to students) *AssalamalaikumwarahmatullahiwaBarakatuh*