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Attaining Khushoo

Focus, calmness, serenity,
tranquillity & humility.

Attaining Khushoo

Allaah says in the Qur'an:

Surah 2 Ayah 45

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ^ط وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ^ل (2:45)

And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allaah]

As acknowledged here, many find prayer burdensome and a chore, something just to be 'ticked off' a list. Why?

So how do we attain that connection with Allaah in our Salah?

There are two areas of our faith we need to look at:

1. Our overall **approach** to our faith,
2. Our **understanding** of what Salah is.

Let's deal with number 1 first. **Approach to Faith** in our lives.

Remember our primary purpose here is to please Allaah, that is why Allaah created us. Everything else (although important) is secondary.

Do we fit our faith around our life, or our life around our faith?

Salah can have a dramatic effect on our lives, but only if we are allowing our faith into every aspect of our life. Otherwise it is a bit like going to the gym every morning to lose weight, but eating chips every night for dinner. The gym workouts will have no effect.

The same way that exercise can only work as part of a calorie controlled diet, salah will only have an effect if the rest of our life pleases Allaah.

Are we remembering Allaah outside Salah?

Are we making Dhikr throughout the day?

Are we reciting morning, afternoon, & evening Adhkar?

Are we doing other voluntary acts of worship?

Are we turning to Allaah only in hard times?

Are we applying Islam to every decision we make from the moment we wake up to the moment we fall asleep?

Are our acts of worship correct?

Have we checked that what we do is according to the Qur'an and
Sunnah or do we:

Do something because we have always done it

Do things in faith because the people around us do them

Just do things because someone told us it was good

Are we following tradition and culture

Are we making an effort to stop the sins we are committing?

We all sin. But if we want a connection with Allaah we have to make genuine efforts to stop. Are we doing this?

Do we feel genuine regret?

Do we make genuine Tawbah and genuine intention not to repeat?

Do we excuse things by saying 'its only Makruh' (Disliked)?

Do we do things displeasing to Allaah to keep people happy?

Finally, we have to get rid of the negativity in our lives

To be able to focus on our faith we need to take control of our lives.

Shaitan's role is simply to distract us from worshipping Allaah.
So we need to exclude (or at least control) the negative influences.

Dua is important but you also need to take practical steps to
change your life. Allaah helps those who help themselves.

Now let's move on to point 2. **Understanding** what Salah is.

The most important thing to remember is that
SALAH IS A CONVERSATION WITH ALLAAH

So we need to take some time to prepare before every Salah

Let's look at how we can do this.

No Distractions

Use a plain prayer mat (if you are using one)

Try to pray in a quiet place

Put your phone on silent – Or airplane mode if using it in Salah

Let the kids cry – They will get used to no attention when you pray

Make Dhikr while standing to slow down your mind

Imagine that this is your last prayer, the Angel of death is standing behind you, and the prayer mat is your open grave

Take your time – Cannot get Khushoo in a fast prayer

Prepare to close off the world, surrender your body, and most importantly your THOUGHTS

What happens when we start the prayer

Remember

SALAH IS A CONVERSATION WITH ALLAAH

When we stand up, face the Qiblah, focus,
and say Allaahu Akbar

Allaah Azza wa Jal turns towards us

The importance of Al Faatiha

Al Faatiha is the Key

Al Faatiha is a Pillar of Salah

Al Faatiha must be recited in every unit

When we recite Al Faatiha, Allaah responds to us with each
Ayah in the following way:

When we recite:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

All praise and thanks is due to Allaah, Lord of the worlds

Allaah responds:

My slave has praised Me

When we recite:

الرَّحْمَنُ الرَّحِيمُ

The Entirely Merciful, the Especially Merciful

Allaah responds:

My slave has glorified Me

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When we recite:

مَلِكِ يَوْمِ الدِّينِ

Master of the Day of Judgement

Allaah responds:

My slave has submitted to My power

When we recite:

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You alone we worship and You alone we ask for help

Allaah responds:

**This is between Me and My slave,
and My slave shall have what he is asking for**

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When we recite:

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

The path of those You have
bestowed favour

Guide us to the straight path

وَلَا الضَّالِّينَ

Or those who are astray

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

Not of those who have evoked Your anger

Allaah responds:

**This is for My slave,
and My slave shall have what he is asking for**

Insha'Allaah now you can see the importance of Al Faatiha

So you must:

Perfect your pronunciation of Al Faatiha in Arabic

Recite slowly and pause between each ayah

Beautify the recitation

Learn and understand the meaning of what you are saying

Then:

Learn the meaning of the rest of the words you recite in Salah

Learn the meaning of a few short Surahs which you regularly recite

While you are learning it is fine to recite from a book, phone, tablet etc

Keep reminding yourself of the purpose of Salah, remember that
Allaah is turning towards you and responding

QUALITY IS MORE IMPORTANT THAN QUANTITY

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