



Regularity in SALAT (5 Daily Prayers)

Tarbiyyat Department
MKA USA



REGULARITY in Salat MEANS:

NOT MISSING ANY PRAYER

- The Holy Quran mentions the quality of true and successful believers as :
“**And who are strict in the observance of their Prayers.**”
(23:10)
- The Holy Quran has used the phrase اقام الصلوة which also means:

He performed his prayers regularly (Aqrab)

OFFERING SALAT ON TIME

The Holy Quran says:

....verily Prayer is enjoined on the believers to be performed at fixed hours. (4:104)



SIGNIFICANCE of Salat:

- Salat is one of the **most important pillars of Islam**.
- The great emphasis of The Holy Quran on observance of Salat is evident from the fact that the **word salat** الصلاة **has been mentioned more than 65 times**. The Holy Quran has mentioned several merits of offering prayers and also consequences of not offering prayers.
- The practical example as well as hundreds of **sayings of The Holy Prophet of Islam** (may peace be on him) signifies the importance of offering salat regularly, on prescribed time and preferably in congregation.
- The Holy Prophet (may peace and blessings of Allah be on him) continued to offer salat in the most difficult times without any fear for his life including battles and during his last illness.
- **The Promised Messiah** (may peace be on him) also followed on the footsteps of his Holy Master and offered prayers during his court hearings without any fear of consequences.



SIGNIFICANCE of Salat:

Some selected verses from Holy Quran and sayings of the Holy Prophet (saw) in this regard :

- By men, whom **neither merchandise nor traffic** diverts from the remembrance of Allah and the observance of Prayer, and the giving of the Zakat. They fear a day in which hearts and eyes will be agitated (24: 38)
- Recite that which has been revealed to thee of the Book, and observe Prayer. **Surely, Prayer restrains** one from indecenty and manifest evil, and remembrance of Allah indeed is the greatest virtue. And Allah knows what you do. (29: 46)
- **Giving up prayer** is tantamount to disbelief and associating partners with Allah (Muslim)
- The **hypocrites** seek to deceive Allah, but He will punish them for their deception. And when they stand up for Prayer, they stand lazily and to be seen of men, and they remember Allah but little,(4:143)



SIGNIFICANCE of Salat

- **Satan** desires only to create enmity and hatred among you by means of wine and the game of hazard, and to keep you back from the remembrance of Allah and from Prayer. But will you keep back?(5:92)
- Then there came after them **descendants who neglected Prayer**, and followed evil desires. So they will meet with destruction,(19:60)
- And observe Prayer and give the Zakat and obey the Messenger, that you may be shown **mercy**. (24:57)
- O ye who believe! when the call is made for **Prayer on Friday**, hasten to the remembrance of Allah, and leave off all business. That is better for you, if you only knew. (62:10)
- Abdullah ibn Mas'ud, may Allah be pleased with him relates that he asked the Holy Prophet, peace and blessings of Allah be upon him, **which action is most acceptable to Allah**, the Exalted? He answered: Performing the Prayer (Salat) at its due time...(Bukhari)
- Abu Huraira, may Allah be pleased with him, relates that he heard the Holy Prophet, peace and blessings of Allah be upon him, say: Tell me if one of you had a stream running at his door and he should take bath in it five times every day would any dirt be left upon him ? This is the case of five Prayers, **Allah wipes out all faults** as a result of them.



3rd Condition of Initiation (Bai't)

- By The Promised Messiah may peace be on him
- That he/she shall **regularly offer the five daily prayers** in accordance with the commandments of God and the Holy Prophet (peace and blessings of Allah be upon him); and shall try his/her best to be regular in offering the Tahajud (pre-dawn supererogatory prayers) and invoking Darood (blessings) on the Holy Prophet (peace and blessings of Allah be upon him); that he/she shall make it his/her daily routine to ask forgiveness for his/her sins, to remember the bounties of God and to praise and glorify Him.



SCENARIO 1

B is having lot of assignments near end of term. he is very busy so he skips even salat thinking when he is free he would get regular again.

What could be the potential consequence of his action?

- A. Very helpful. B will get better grades now that he is spending more time studying
- B. Devastating, since he is mentally accepting that his faith is less important to him than his grades. Moreover, he will also lose the habit of saying his Salat on time



SCENARIO 2

B is not able to offer salat 5 times a day so he starts to miss salat altogether rather than keep trying and offering as many out of 5 as he can, overcoming his laziness.

What should be the right approach ?

- A. He should pray to Allah to give him strength in his prayers and slowly and surely build his strength and capacity to say all 5 salat on time
- B. What can he do? Too bad he wasn't born as spiritual as the other guys in the masjid!



SCENARIO 3

B is at work at zuhr and asr prayer times so he does not find time to offer prayer.

What are some of the Options or solutions?

- A. B should block a time on his calendar every day to say Salat. That way people will not schedule meetings at that time
- B. B's mosque is nearby, so he can go to the mosque during lunch hour to say his Salat
- C. B can't go to the mosque during lunch hour, but can find some quiet time in his office to say his prayers
- D. All of the above



SCENARIO 4

B is not able to develop concentration in salat and his mind is full of thoughts of all sorts during salat. He gets disheartened and stops trying to remain attentive in salat and quits offering salat.

Where lies the solution ?

- A. B should pray for himself that may Allah give him the strength to say Salat regularly and that may Allah give him contentment of heart through his Salat
- B. B should learn the translation of Salat. This will help him reflect on the meanings of the prayers as he recites them
- C. B should pray in his own language for himself during Salat, especially during Sajda, in addition to the usual Arabic words of Salat
- D. B should realize that developing concentration in Salat takes time, and is not something that he will develop overnight
- E. B should start removing thoughts of work and other distractions from his mind even before he says his Salat, starting from when he gets up to do Wuzoo
- F. If B finds that he was unable to say his Salat with concentration, he should say them again. In this way he will learn to stay focused the first time
- G. All of the above



SCENARIO 5

B is watching his favorite show on tv. its salat time. he wants to watch the show complete.

What should be the right approach ?

- A. B should finish watching the show and then say his Salat, if he is not tired or hungry
- B. B should realize that Salat is the most important duty of a Muslim and that he should not ignore it



SCENARIO 6

B keeps on delaying his salat until there is either limited time to offer the prayer or he becomes too tired to offer the pray properly.

How can he correct this problem?

- A. B should get a Salat app on his smartphone to remind him of Salat time
- B. B should go to the mosque for congregational prayers. This will get him in the habit of saying Salat on time
- C. All of the above



SCENARIO 7

B did not develop the habit of Salat as a child and now finds it hard to do that.

What is the best solution to this problem ?

- A. B should pray to Allah to give him strength to develop this habit
- B. B needs to realize that habits can form in later part of the life as well, he just needs to make sure he sticks to regularity in Salat no matter what
- C. B should seek help from his wife or parents, and ask her to wake him up at fajr time every day for Salat even if it means sprinkling water on his face to wake him up. This is a prescription from the Holy Prophet (peace be upon him)
- D. B needs to develop other habits in life that will help him with Salat regularity, for example going to bed early
- E. All of the above