

QUESTION

SALAT

Being a Muslim, we are blessed with a set of different worships to stay in constant touch with Allah. These worships are divided into following categories:-

- **Physical** - Fasting and Salat
- **Financial** - Zakat
- **Physical & Financial** - Hajj

The literal meaning of worship is servitude. We all are creation of One God and behind every creation, there is a reason. Allah (SWT) explain the motive in the Quran:-

“We did not create the Jinns and Muslim except

KINZA-BATCH-60

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for the purpose that they should worship me."

(Al-Quran)

SALAT :-

The literal meaning of Salat is dua/prayer. The contextual meaning of Salat is explained by **Ahmad A'ala Madudi** as

"It is prescribed daily prayers which consist in repeating and refreshing five times a day the belief in which you repose your faith."

(Towards Understanding Islam)

The importance of Salat can be explained through the fact that Allah (SWT) stressed to perform Salat, more than **60** times in the Holy Quran. According

KINZA-BATCH-60

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to a Hadess it is explained that:-

"The first thing that a person would be accounted for on the Day of Judgement is Salat, if this turn out good, all his other deeds will also turn out good, if this turn out bad all his other deeds will also turn out bad."

(Muslim)

Among the worships, that Allah blessed upon us, some are to be performed daily, some are to be performed once a year and some once in lifetime. Salat is an only worship that has to be performed daily. It is categorized as:-

1. FAJR- From dawn until Sunrise

2. ZOHR- After noon until the shadow of everything will become thrice in size.

KINZA-BATCH-60

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3. ASAR:- From the time when shadow of everything will become thrice in size till sunset

4. Magrib:- From sunset until complete darkness.

5. Isha:- From complete darkness until dawn.

Salat is a compulsory obligation upon every Adult (Men & women). It requires abandonment of, during the few minutes of Salat, all the material things in order to provide proof of one's complete submission to Allah (SWT). The act of these five prayers need approximately **24 mins** (in the whole 24 hours) but its impacts are endless and last-longer. Some of these impacts are explained as follow:-

Spiritual Impacts

- Spiritual Elevation
- Cleansing from Sins

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KINZA BATCH-60

- Source of Purification for Body
- A Way to Seek Help from Allah

1. Spiritual Elevation:-

Salat is a connection between a Man and his God. It provides internal peace to soul. Hazrat Ali (R.A) used to say, "that whenever I wanted Allah to talk to me, I read the Quran and whenever I wanted to talk to Allah, I offer prayer." Hazrat Muhammad (S.A.W) once said:-

"The closest a servant comes to his Lord is when he is prostrating, so increase your prayers. (in that state)"
(Hadees)

2. Cleansing from Sins:-

Salat is a way to get rid off

the sins, a person made in his previous life. This could be evident from an incident of Prophet's life. Abu Dhar mentioned that once Prophet Muhammad went out at the time of winter and took two branches of trees whose leaves began to fall. He then addressed Abu Dhar, who replied; "at your service Messenger of God". The Prophet (SAW) said:-

"When a Muslim say salat for God's sake all his sins are removed from him as these leaves are falling from the tree."

3. Source of Purification of Body:-

There is no doubt that Salat is a source of purification. A person who used to do **wuzu** five time a day will surely purify

KINZA - BATCH 60

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his body. In the Holy Book of Quran it is stated as:

"Whenever you rise to pray, wash your face and your hands and your arms to the elbow, wipe your head and wash your feet to the ankles and if you have intercourse, then purify yourself"

(Al-Quran)

In this ayat, Allah (SAW) tells us the major principle of wuzu.

4. A Way to Seek Help from Allah:-

As described above, Salat is a way of connection between Allah and a Man. Hazrat Muhammad (SAW) used to pray two Rakat of Nafal (whenever He was upset or worried about any matter) and pray

KINZA-BATCH 60

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to Allah (for Help). In the Quran, Allah (SWT) said:-

“O you who believe seek guidance through patience and Salat.”

(Al-Quran)

Moral Impact:-

The moral impact of Salat on a person makes him morally a better person, that would be useful for his society. Among these impacts some are as below:-

1. Helps Stay away from Evils

Salat helps a person to abstain evils. If a person's Salat is not keeping him away from bad deeds it only means that there must be a flaw in performing his prayer. As it is evident from the Holy Book of Quran, it stated as:-

9.

KINZA-BATCH 60

“Surely Salat refrains one from shameful acts and bad deeds.”

(Al-Quran)

2. Improve Self-Assessment Activity:-

Salat is a very beautiful concept of a person's self-assessment about his daily life. This self-assessment can be done through wuzu (that we do five times a day). While cleaning his hands and arms, he must think whether he made any evils (in the previous passed time) through them, while washing face he must think if he made any mistake using his eyes, nose or mouth. And while cleaning his feet, he must think if his feet do any such mischief. This develop in him a sense of self-assessment and he must try not to make that mistakes again.

3. Makes one punctual:-

Salat is a compulsory worship which has to be performed five times a day at a specific given time. It helps a person stay **punctual**. If a person is punctual in his salat, he must be punctual in his other dealings of life. Allah (SAT) said in Quran

"Surely Salat is enjoined upon believers at a stated time."

(Al-Quran)

Social Impacts

Social Impacts of Salat can only be obtained if the activity of Salat is performed in congregation. The social impacts of salat are as follows:-

1. Strengthens Social Setup:-

Salat strengthens the social

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KINZA-BATCH 60

setup of society. The rows that are to be made during performing congregational prayer are beyond the difference of social hierarchical level of individuals. Prophet Muhammad (SAW) also discussed it in his Last Sermon:

“Learn that no Arab has any superiority on Ajam, neither Ajam has any superiority on Arab, same ways white has no superiority on black and neither do black has any superiority on white except by piety and good deeds.”

(Khutba Hajj-tul-vida)

2. Instills love and Modesty

Salat which is performed in congregation instills love and modesty among the people of society and it can be evident

through the life of Holy Prophet (SAW) and His companions. The Companions of Prophet (SAW) includes Makki, Madni, Habshi, Roomi, Farsi and many other tribes. But they don't feel themselves superior to other. They love each other and care for their fellows and we can find hundred of examples from their lives.

“Learn every Muslim is brother to other Muslim and that every Muslim constitute one brotherhood.”

(Khutba Hajj-tul-vida)

3. Increases Tolerance:-

Salat also teaches tolerance. In a normal life dealing, a rich and wealthy person does not allow a poor or dirty person to stand near him. But when a salat is performed in congregation and

13.

KINZA-BATCH 60

same situation occurred, he has to bear because he knows that Every human being is same in the view of Allah.

Conclusion:-

From the above arguments it can be understood that Salat is connection between creator and his creation. Unless Salat is performed with complete focus, we are unable to yield all its impact

“The only difference between a Muslim and polythesim and disbelief is abandonment of Salat.”

(Hadees)

THE END