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Nisha Sikandar

Batch : 405

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SUBJECTIVE - PART

QUESTION NO. 2

**Concept of Salat (Prayers)
and its Impacts on the
Social, moral, and Spiritual
Life of an individual.**

T. CONCEPT OF SALAT (Prayers)

The concept of Salat (Namaz) occupies a central position in Islam. In its literal sense, salat means **Dua** or **supplication**. It is the most important daily act of worship in Islam and is offered five times a day by Muslims. Salat is not only a religious duty but also a **complete system** that improves a person's spiritual, moral, and social life. The Quran repeatedly orders Muslims to establish prayers, showing that it has deep purpose in shaping

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human behavior and society.

"Salat is the pillar of religion."

(Hadith)

Salat reminds a Muslim that Allah SWT is watching him, and this awareness helps him live a better life.

II. Importance of Salat in Islam:

Salat (Namaz) is extremely important in Islam. Prophet (PBUH) said:

"Between a man and disbelief is the abandonment of prayer."

This shows that prayer is the foundation of a Muslim's religious life. Moreover, Salat will be the first deed about which a believer will be questioned on the Day of Judgement. The teachings of Holy Quran and Sunnah illustrate that Salat is a criterion by which all persons' faith and other deeds are judged. It ensures that remembrance of Allah remains a constant feature of a believer's daily life.

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III. Impacts of Salat on Spiritual life of an individual:

Impacts of Salat on spiritual life of individual	Direct Connection with Allah
	Spiritual purification
	Development of Inner peace and Tranquility

A. Direct Connection with Allah SWT:

Salat allows a believer to communicate directly with Allah and thus it develops a strong connection with Allah SWT. When a person stands in prayer, he/she speaks to Allah through Quranic recitation and supplication. This shows that prayer is a living conversation, not just a silent ritual.

B. Spiritual purification

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Salat serves as a continuous spiritual cleansing i.e. **Tazkiyah-tun-Nafs**. Regular prayer keeps the hearts free from minor sins and spiritual negligence, refreshing the conscience and maintaining purity of intention. Spiritual purification through Salat allows the believers to grow closer to Allah and remain aware of His guidance and mercy.

Prophet (PBUH) once asked his companions,

"If one of you had a river at his door and he bathes in it five times a day, would there remain any dirt on him?"

The companions replied No. Prophet (PBUH) replied:

"That is like five prayers. Allah wipes away all sins through them."

C. Development of Inner peace and Tranquility

Salat brings inner peace and tranquility to the heart. When a person prays sincerely, he leaves worldly worries aside and focuses entirely on Allah. The Prophet (PBUH) would turn to prayers during times of anxiety and

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stress. : dayingot-3-adt of pation

"Surely in the remembrance
of Allah do hearts find
peace."

(Al-Quran)

IV Impacts of Salat on moral life of an individual:

Moral Impacts of Salat

Development
of Self-discipline

Honesty and
Truthfulness

Accountability
and moral
responsibility

A. Development of Self-discipline:

One of the most important moral impacts of Salat is the cultivation of self-discipline. Prayer is offered five times a day at fixed times, which trains a person to organize his life, control his desires, and overcome laziness. By adhering to these timings, a person develops punctuality, responsibility, and consistency. Such discipline not only strengthens a moral character but also helps in controlling negative habits, making a person more reliable and upright in daily life.

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According to Ibn-e-Taymiyyah:

"Prayer is a training of both the body and the Soul."

B. Honesty and Truthfulness

Prayer strengthens honesty and truthfulness in a person. Regular awareness that Allah sees all actions prevents betrayal and unfair treatment of others. The constant remembrance of Allah instills sincerity in speech and actions, making the believer morally upright. This moral training through prayer ensures that a person not only avoids wrong acts but also actively practices justice and honesty in dealings with family, friends and society.

C. Accountability and Moral responsibility

Through Salat, a believer constantly remembers that he will be held accountable by Allah for his deeds. This sense of accountability encourages a person to act ethically even when no one is observing him. Salat creates a conscience that consistently guides a person toward morally correct choices.

"Indeed, prayer restrains from shameful and unjust deeds"
(Al-Quran)

VII. Impacts of Salat on Social life of an individual:

(a) Promotes Unity and Brotherhood:

Salat brings people together regularly, especially in daily congregational prayers and Friday prayers. Meetings at the mosque encourages communication, mutual understanding, and social support. This shows that prayer teaches organization, and unity, which are essential for the health and stability of any community.

"Congregational prayer is 27 times more superior to the prayer offered by a person alone."

(Al-Hadith)

(b) Prevention of Social Evils:

Regular prayer helps prevent social corruption and wrongdoing. When

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people pray consistently, they develop awareness that Allah is watching them, which reduces dishonesty, cheating, injustice, and violence. A community in which members maintain regular prayers tends to be morally upright and just.

(C) Promotion of Mutual Care and Responsibility

Mosques, where people gather for prayers, often become centers for social support. Through prayers, Muslims are reminded of the needs of the poor, the sick, and the needy. Regular interaction fosters mutual care, cooperation, and community service.

"None of you truly believes until he loves for his brother what he loves for himself."

(Al-Hadith)

VII. Conclusion :

Salat is the most important act of worship in Islam and serves as a foundation for a Muslim's life. Spiritually, it strengthens connection with Allah, purifies soul and brings inner peace.

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peace and tranquility. Morally, it cultivates self-discipline, honesty and restraints from sinful behavior. Socially, it promotes equity, unity, mutual care, and responsibility within the community. Therefore, Salat is not only a personal duty but also a comprehensive system that ~~imp~~ shapes an individual's spiritual, moral, and social well-being.



You have done well,
Work on time management
Keep proportion in all answers