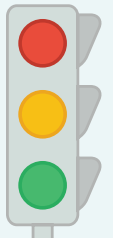


Salah Secrets 1



Learning Objectives

In this lesson, I will:



Describe the salah of 'Abbad رضي الله عنه

Define khushu'

Focus on the meaning of takbir whilst praying two rak'ahs



Key Words

Khushu'

Greater/greatest - أَكْبَرُ

Focus

T Thinking Starter

What helps you focus on your Quranic Tarbiyah lessons?
What makes it harder to focus?



IT'S STORY TIME!

The Salah of a Superhero

One day, our beloved Prophet Muhammad صلى الله عليه وسلم was returning from the Battle of Dhat ar-Riqa' with his Companions. They stopped to rest, and two Companions, 'Ammar ibn Yasir and 'Abbad ibn Bishr, volunteered to keep watch.

'Ammar رضي الله عنه decided to take a nap, while 'Abbad رضي الله عنه stood to pray. As he prayed, a man from the enemy spotted him. The enemy drew his bow and shot an arrow at 'Abbad. The arrow struck him, but 'Abbad didn't stop praying. He quietly pulled the arrow out and continued his salah, **focusing on his conversation with Allah.**

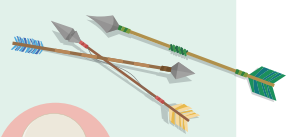
The enemy shot a second arrow, hitting 'Abbad again. Still, he pulled it out and kept praying.

Then, the enemy shot a third arrow. This time, the pain was too much for 'Abbad رضي الله عنه to bear. So he went into ruku' and sujud, and completed his prayer. He then woke 'Ammar رضي الله عنه up.

When 'Ammar saw 'Abbad covered in blood, he cried out, "SubhanAllah! Why didn't you wake me up when he shot the first arrow?"

'Abbad replied, "I was reciting a surah, and I **didn't want to stop until I finished it.**"

What a hero! Allahu Akbar!



I help my ummah!





Task 1

- 1 What would **you** have done if you were shot by an arrow whilst you were praying?

- 2 Why do you think 'Abbad رضي الله عنه managed to continue praying?

- 3 How would you describe the salah of 'Abbad رضي الله عنه?

The Secret to Salah: Khushu'

What was the secret that allowed 'Abbad ibn Bishr رضي الله عنه to continue praying, even though he was struck by arrows and bleeding? **Khushu'**.

Allah سبحانه وتعالى tells us in the Qur'an that we have to pray salah with khushu' (humility and full concentration) if we want to be successful.

Khushu': a special feeling of humility and submission to Allah.

Salah isn't just actions and words—what's even more important is the state of our heart during salah!



How to attain
khushu'

Learn the secrets of
what we do in salah.

Learn the meanings of
what we say in salah.





Task 2

How can I make my salah superb?

One way of attaining khushu' (humility) is thinking about how great Allah is, and how weak we are. Circle the thoughts we should have when we pray salah.

I don't need Allah for anything.

I am a tiny speck in the universe.

I can control when I will die.

Allah owns the heavens and universe.

I need Allah for every single thing.

Allah is the Most Powerful: He can turn an entire city upside down in a split second.

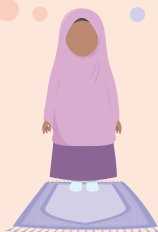
I'm the most important person in my school.

Allahu Akbar

Are you ready to start your journey through salah?

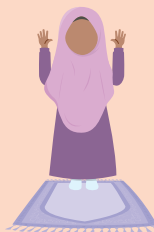
Stand up straight and fill your heart with special feelings: **love** and **deep respect** for Allah. Say to yourself:

I am standing in front of the King of the entire universe!



Soon, on the Day of Judgement, I will stand before Him, and the first thing He will ask me about is my salah.

The first thing we say to start our salah is:



اللَّهُ أَكْبَرُ

Allah is the Greatest.

Say 'Allahu Akbar' and think:

Allah is greater than me, greater than my family and friends, greater than my hobbies and greater than my problems.



Allah is greater than the most powerful armies and countries—greater than everything!



How many times do we repeat 'Allahu Akbar' in a 2 rak'ah salah?

الله أَكْبَرُ

الله أَكْبَرُ

الله أَكْبَرُ



Task 3



a It's Halaqah Time!

What kind of thoughts distract you in salah?

Who do you think tries to distract you with these thoughts?

How can you pray salah with khushu'?

Allah is greater than....

b Practise 2 rak'ahs and each time you say 'Allahu Akbar', try to focus on its meaning.

Before you start, say to your thoughts: "Dear thoughts, my Allah is greater than all of you. This is my time to **focus** and connect with Him."

P Progress Check



1. How would you describe 'Abbad ibn Bishr رضى الله عنه? Why?



2. What is khushu'?



3. What should you think when you say takbir in salah?

