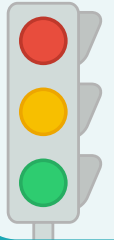


Disliked Acts in Salah



Learning Objectives

In this lesson, I will:



Define 'makruh'

Identify the acts that are makruh in salah

Reflect on how I can improve my salah by avoiding the makruh acts



Key Words

Makruh (disliked) - مَكْرُوهٌ

Fidgeting

Knuckles

T Thinking Starter

Imagine you're talking to your friends, but instead of paying attention, they're looking around and fidgeting. How would that make you feel?



What Is Makruh?

Makruh means 'disliked'. Makruh acts in salah are those that go against the way Prophet Muhammad ﷺ showed us (sunnah). They don't break our salah but they lower the reward and quality of our salah. We must try our best to avoid them and pray salah the way our Prophet ﷺ taught us.



Task 1

Are the following sentences true or false?

Makruh acts should be avoided because they go against the sunnah.

Makruh acts break your salah.

Avoiding makruh acts can increase the reward of your salah.

The term 'makruh' means disliked.

You can do makruh acts sometimes.



Makruh Acts in Salah

1

Reciting the Qur'an in ruku' and sujud.



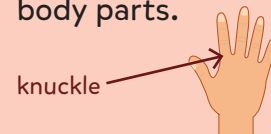
2

Looking around.



3

Cracking your knuckles or other body parts.



4

Placing your hands on your hips.



5

Closing your eyes unless something in front of you is distracting you.

6

Putting one foot over the other.



7

Playing with your clothes, your hair, or anything else.

8

Smiling.



9

Leaving a sunnah act out intentionally (on purpose).

I want to make my salah perfect because it's my special time with Allah.



Task 2

Read the scenario below and underline the makruh acts in Zayd's salah.

As Zayd prays, he keeps glancing at the clock on the wall. He scratches his head and fidgets with the button on his shirt, not really focusing on his salah. When it's time for sujud, he rushes down and skips making du'a in his qa'dah, eager to finish so he can rush off to play.



How could Zayd improve his salah?



Can you retell the story of the man who the Prophet ﷺ told: “Go back and pray, for you have not prayed?” Hint: Fiqh Level 3 - Lesson 13

Is Shaytan ‘Stealing’ From Your Salah?

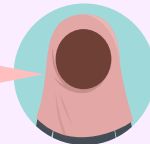
Imagine you were given a box of precious jewels. Wouldn't you focus all your attention on keeping it safe?

Salah is our special time with Allah, and it's worth more than any treasure! By looking around or getting distracted during salah, we give Shaytan a chance to weaken our **connection with Allah** and steal the rewards of our salah!

'A'ishah رضي الله عنها said: “I asked the Messenger of Allah ﷺ about looking around whilst praying, and he said: “That is something that the Shaytan steals from a person's prayer.” (Bukhari)

That's why it's important to avoid fidgeting, playing with our clothes, and all the other makruh acts of salah. Instead, we should pray bold, take time with each position, and keep our hearts and minds focused on Allah.

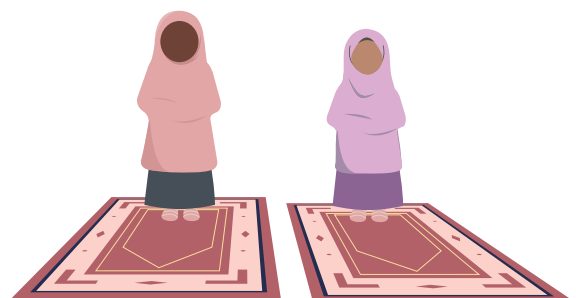
I'm not letting Shaytan steal from my precious salah!



One day, the Prophet ﷺ prayed his salah wearing a garment which had designs on it. When he finished, he said, “The designs on this garment distracted me in salah. Take this to Abu Jahm and bring me a plain woollen garment from him.” (Muslim)



What do we learn from this hadith?





Task 3

Let's take action!

Think about the makruh acts during salah.

Which of these do you find yourself doing sometimes?

What can you do to avoid these and improve your salah?



Makruh Act	How I will avoid It
I get distracted by patterns on my prayer mat	I will pray on a plain prayer mat

I Act On What I Learn

I will avoid the makruh acts in salah.



P Progress Check



1. What does 'makruh' mean? ☐
2. List three makruh acts in salah. ☐
3. How can Shaytan 'steal' from our salah? ☐