

# Super Salah



## Learning Objectives

In this lesson, I will:



Describe feelings and thoughts that boost or block khushu'

Explain how to pray a super salah

Practise salah with khushu'



## Key Words

To be successful - أَفْلَح

Tranquil

Distractions

## T Thinking Starter

What do you think is the worst kind of stealing?



## Do You Love Salah?

How do you feel when it's time to pray? Do you think 'Oh no! Not again'? Or do you feel excited and can't wait to talk to Allah?



You might be thinking, 'Can anyone really feel like that about salah?' But do you remember the salah of the superhero, 'Abbad ibn Bishr رضي الله عنه? We also learned that the thing that gave our beloved

Prophet Muhammad صلى الله عليه وسلم the most joy was salah. Why? Because he loved Allah so much.

When you love someone, you love to **talk to them** and spend time with them.

Some people pray only because they are scared of Allah's punishment, or just to stop their parents nagging them. So they rush their prayers and don't give it their heart. But what if we prayed because we love Allah and want to please Him, and not just because we *have to*?



## The Secret to a Super Salah

There is a special secret of salah which will make you love salah: khushu'.

Allah سُبْحَانَهُ وَتَعَالَى says:

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَلِيفُونَ ﴿٢﴾

“Successful indeed are the believers, who have khushu’  
(humility and full focus) in their salah...” (Surah al-Mu’minun:1-2)

**Khushu'** is a special feeling of humility and submission to Allah. It is to be **tranquil**, focused and connected to Allah.

**Tranquil:** calm and peaceful

Once you fill your heart with the special feelings of ‘ubudiyah – **love, humility, and awe** – you will LOVE to pray salah. And once you love to pray salah, inshaAllah you will never miss it.



How can you fill your heart with **love** for Allah?



How can you fill your heart with **awe** of Allah?

I am a servant of Allah!

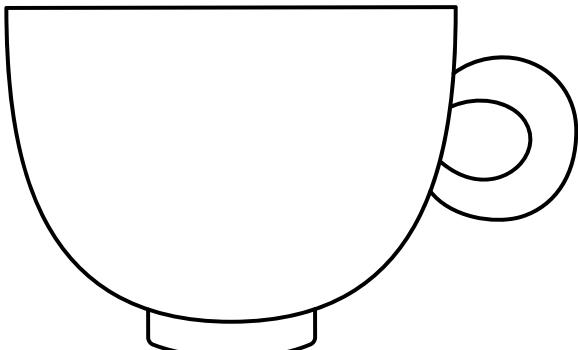


### Task 1

Imagine your heart is like a cup. If it's full of worries, **distractions**, and other thoughts, there's no space left to fill it with khushu'. It's like trying to pour water into a cup that's already full of tea! Just like a cup must be emptied before it can be filled, your heart and mind need to be calm and clear before you stand to pray.

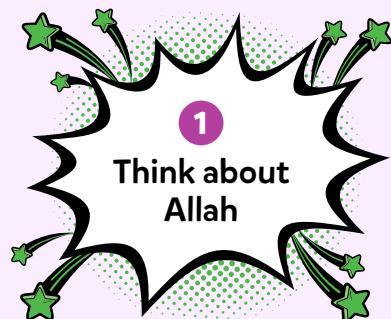
**Outside the cup, write the thoughts and feelings you should remove.**

**Inside the cup, write the thoughts and feelings you should fill your heart with to pray with khushu'.**



## From Normal to Super: Transform Your Salah!

Praying salah with **khushu'** is not always easy. The key is to **keep** practising and fight Shaytan. Don't give up and keep trying your best. Here are some tips to help you transform your salah:



Salah is all about getting to know Allah and becoming close to Him. Before you pray, stop for a minute and **think about Allah**. Think about how **Kind** He is, how **Powerful** He is, and how **Loving** and **Caring** He is.



**Don't rush through your salah.** Stay calm and enjoy talking to Allah. Rushing shows we're not giving Allah the respect He deserves. The Prophet ﷺ said, "**The worst type of thief is the one who steals from his salah.**" The Companions رضي الله عنهم asked, "O Messenger of Allah, how does one steal from his salah?" He replied, "**He does not complete its ruku' or sujud.**" (Ahmad)



**Learn what the words in salah mean.** When you understand them, you can think about what you're saying and *really* mean it. This will help your heart feel closer to Allah every time you pray.



### Task 2

Practise two rak'ahs with **khushu'**. Fill your heart with love and awe of Allah.

Before you start, say to yourself: "For the next five minutes, I am going to forget about my games, friends, homework, and everything else. I am going to give my full attention to Allah."





### Task 3

#### It's Competition Time

How can you become a salah champion? **Design a poster** that answers the following questions:

- ★ When should you pray?
- ★ Where should you pray?
- ★ Why should you pray?
- ★ What thoughts and feelings should you have when you pray?

Your teacher will give a prize to the person with the best poster.



#### I Act On What I Learn

I will practise performing salah with khushu'.

#### P Progress Check



1. What thoughts and feelings help you to pray with khushu'?



2. What thoughts and feelings block you from praying with khushu'?



3. How can you transform your salah into a super salah?

