

### ***Importance of Salaat***

Allah says that it is tough for mankind to attain Tawakkul, Sabar, and Taqwah, except for those who say Salaat with Humbleness, cleanliness, and fear that their Ibadah is reaching Allah. -- 2: 45 /// 2: 153

"O Mankind! Worship your Lord (Allah) who created you and those before you, so that you become Al-Muttaqeen (righteous)"--2: 2

Many of us believe that Salaat is 'only a Sunnah' of the Prophet and that Salaat is not an obligation to be performed regularly. They claim that it is sufficient to be always conscious of Allah. Many verses of the Quran refute this claim.

- Salaat is the only act that was given to our dear Prophet ﷺ in the seventh Heaven during Meraj.
- Salaat is the only act that differentiates a Muslim from a non-Muslim. ---2: 177
- Allah will consider our deeds, only according to the concentration, cleanliness, and Taqwah with which we have performed our Salaat. If anything is lacking, HE will ask if we have done any voluntary Salaat to compensate for it. ---<sup>1</sup>
- And Salaat is the only duty that Allah has ordained on man, whether he is rich or poor, healthy, or sick, or even if travelling or in fear of being pursued by the enemy. -- 4: 101
- *HE orders that if you find no water, use clean sand for Tayamum--"Allah does not wish to place you in difficulties, but to make it clear"* (that even in such cases you should not abandon SALAAT). -<sup>5:6</sup>
- It is *obligatory* to say our Salaat in the proper method that Allah (sub) has ordained and our Prophet (sal) has shown. ---4: 102
- "And Allah has enjoined on the believers, Salaat at the fixed time."--4:103
- HE also tells us that the purpose of creating MAN and JINN is to worship HIM Alone. 51: 56
- Allah also explains that HE sent the Quran only for those who believe, have Taqwah, and establish Salaat. --- 2: 3
- Salaat saves one from committing Fahisha (Obscene acts) and Munkar. (evil deeds) --29: 45
- "O mankind! Worship your LORD (ALLAH), who created you and those who were before you, so that you may become al-Muttaqeen (Righteous)"--2: 21
- When one neglects Salaat, Allah appoints the Shaitan as Qareen (friend) for him to make him feel what he does is right. Therefore, if we neglect the Salaat, we cannot differentiate between right and wrong and can easily be led astray from the right Path. - {43: 36,37 // 19: 83 Quran}
- ***And Allah warns that you should say your Salaat with humbleness and piety.*** "Woe to those who perform Salaat, ...who delay their Salaat from their fixed times and do deeds only to be seen---"---107: 4-7
- *We are easily affected by Sihr or the evil eye if we do not say Salah.*

And last but not least is the fact that this order for Salaat proves that one may ask Allah and Allah Alone for all his needs and NONE else.

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<sup>1</sup> Source: Al Nasai: 464, 465// at-Tirimidhi 413 classed as Sahih by Albani in Sahih al-Jaami: 2573

**WHAT OTHER BENEFITS DO WE GET FROM SALAAT?**

*Salaat not only benefits our souls, but is very beneficial for our bodies!*

*Science has discovered that the different postures in Salaat are the best yogic postures that help our body remain firm.*

*E.g.*

- *By going into prostration, extra blood flows to the brain and face, and increases blood circulation and keeps it active and vibrant.*
- *Our body requires that the electrostatic charges present in it be released at intervals. Thus, our contact with the earth causes our static energy to be earthed.*
- *There are many other medical benefits due to the regular physical exercise.*
- *Getting up early in the morning is also very beneficial in all ways.*
- *We become alert and healthy.*
- *Moreover, the proverb, 'The early bird catches its prey is true here. We can catch up on our daily lessons when we are young and also receive extra working hours during the day!*
- *We get a break in the midst of our work and feel relaxed and fresh, to continue our work anew, with more dedication and concentration.*
- *We can be relieved from the depression or problems, if any, during the course of our work.*
- *We can get help from Allah and realize HIS closeness even while we are working hard.*
- *We realize that whatever Allah has ordained for us is not only for the Hereafter, but also for our own good in this world.*

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