



Salah Handout 1

The Importance of Salah in Islam

Salah is the 2nd pillar (rukn) of our faith and **most important pillar of Islam**. Five times every day, it strengthens the foundations of our faith, prepares a person to live the life of goodness and obedience to Allah (SWT). Also, it builds courage and determination.

Every time we perform our prayers, we renew our commitments to Allah (SWT).

Salah is mandatory on every Muslim. It separates believers from non-believers. There are no excuses, not even when you are ill, on a journey or even in war.

References from Quran

Observe the regular prayers and the prayer in the best way; and stand before Allah as devout people. (Al-Baqarah 2:238)

Perform the regular prayer in the period from the time the sun is past its zenith till the darkness of the night, and recite the Qur'an at dawn – dawn recitation is always witnessed – and during the night wake up and pray as an extra offering of your own, so that your Lord may raise you to a highly praised status. Say, 'My Lord, make me go in truthfully and come out truthfully, and grant me supporting authority from You. (Al-Isra' 17:78-80)

Perform the regular prayer at both ends of the day, and during parts of the night, for good things drive bad away – this is a reminder for those who are aware. (Hud 11:114)

References from Prophet Muhammad (S) / Hadith

Prophet Muhammad (S) said "The person that observes prayer properly, the prayer itself, blesses him with good wishes."

*According to a hadith a companion of Prophet Muhammad (S) came to him one day and asked him "What is the thing that Allah (SWT) loves most?" Prophet Muhammad (S) replied "The thing that Allah (SWT) loves most is when his people pray salah **on** time."*

Prophet Muhammad (S) said the bond man is nearest to Allah (SWT) at the moment when he is lying in prostration (Sajdah) before him.

Once Holy Prophet Mohammad (S) shook a dry branch of a tree so that all of the leaves of the branch fell off than the Holy Prophet Mohammad (pbuh) said "The sins of those who pray Salah, drop off as the leaves of this branch fell off."

Salah reminds you of Allah (SWT), when you get up in the morning, it reminds you three more times when you are busy during the day, and once again before you go to bed.

How Salah was made a Pillar in Islam

All Prophets (A) of Allah told their people to pray, but Islam has made it a very essential part of the religion.

Allah commanded the Prophet (S) about Salah on the **Isra/Meraj**: the Night Journey during which Prophet Muhammad (S) was taken into the heavens to talk directly with Allah. It is the only **Ibaadat (worship)** that was not given to Prophet Muhammad (S) on earth through Angel Gibreel (A); it was given to him directly by Allah.

Allah initially ordered the Prophet (S) to pray 50 times per day. As the Prophet (S) was descending in the heavens, he met **Prophet Musa (A)** and told him about the commandment of prayer. Prophet Musa (A) advised Prophet Muhammad to return to Allah and ask him to lower the number, because 50 was too much. The Prophet (S) did so and Allah reduced the number to 40. Again, Prophet Musa (A) told the Prophet (S) to return to Allah and ask for a reduction. This kept happening until the number of prayers was 5. Again, Prophet Musa (A) gave Prophet Muhammad (S) the same advice, but then he said he was too shy to ask for further reduction and said he would command his people (i.e. the Muslims) to say 5 prayers per day.