

StuyMSA 2011-2012
Meeting No.8, 12/16/11

Basics and Importance of Prayer

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Tags: prayer, praying on time, benefits of prayer, fardh acts of prayer,

Sources: http://www.albalagh.net/kids/understanding_deen/Salat.shtml

Agenda: This meeting will cover the basics and importance of Islamic prayer. Muslims believe in Salah, or prayer, as one of the five pillars of Islam; our form of prayer is said to distinguish us from non-Muslims. We'll be discussing why Muslims have been told to perform at least the 5 daily prayers. We'll be demonstrating the required procedures and offer any future help, so anyone who does not know how to pray may gradually learn.

Start

'Auzubillahi min ashaitan irajeem, Bismillah irrahman irraheem.

Alhamdullillahi rabil 'alameen. Wasalaatu was salaamu 'ala ashrafil anbiya i wal mursaleen, wa la 'alihi wa sahabihi ajmaeen. Amma' baad.

Announcements

- Tonight is your last chance to sign up for all MIST competitions
- Pre-MIST teams need to be registered midnight Sunday
- Hoodie designs due the 23rd (next Friday)
- Change of plans: We'll be watching Moozlum after break instead of next week

Bag of Worries: (don't spend too much time on this)

Prayer: one of the 5 pillars of Islam, extremely important. Separates believers from nonbelievers.

1. What is 'Ibadah? Prayer in Islam?

Prayer means "calling on, addressing, making a fervent request, asking for help." In the Qur'an, prayer is also described as "turning to Allah with all one's soul" or the "acknowledgement of one's weaknesses and limited power before Allah's infinite might, and asking for help from Him."

Anyone who has faith in Allah prays to Him in one way or another. However, the majority of people turn to prayer as a last resort, after having exhausted all possible alternatives during times of trouble or stress. Once the hardship is over, they forget about remembering Allah and imploring Him, until the next time they experience trouble.

"If My servants ask you about Me, I am near. I answer the call of the caller when he calls on Me. They should therefore respond to Me and believe in Me so that hopefully they will be rightly guided." [2: 186] – Allah is always near, regardless of whether we call for him or not.

2. Importance of Prayer: Why Pray?

Purpose of Mankind: *"And I have not created the jinn and the men except that they should worship Me."* [51: 56]

"Verily Salat restrains oneself from immorality and all that is forbidden" [Al- Ankabut: 45]

"I asked Allah's Apostle, "O Allah's Apostle! What is the best deed?" He replied, "To offer the prayers at their early stated fixed times." I asked, "What is next in goodness?" He replied, "To be good and dutiful to your parents." I further asked, what is next in goodness?" He replied, "To participate in Jihad in Allah's Cause." I did not ask Allah's Apostle anymore and if I had asked him more, he would have told me more." [Bukhari book 52, # 41]

- Jabir ibne - Abdullah RAdiyallah 'anhuma narrates: I heard Rasulullah (S.A.W.S.) saying: Between man and (his entering into) polytheism and unbelief is the abandonment of Salat.

(Spend most time on this - demonstration and teaching of the fardh of salat)

3. Group Activity

Break everyone into groups of 4-5 (girls obviously with girls and guys with guys). Each group has 10 minutes to create step-by-step instructions on how to pray the the fardh prayers of Asr. After 10 minutes, we will either pick on a group ourselves or they will volunteer and tell us a step. We will write down the steps on the board. The male volunteer, who will come to the center of the room, will perform the steps as written down.

Then, we will comment on the steps, mentioning that there are fardh acts of prayer and sunnah acts. We will also mention that some people pray differently than others, but that doesn't mean it is wrong. And that we've been taught that in some cultures, girls pray differently than guys.

fardh = things you must do for your prayer is accepted

Fardh of Wudu:

Q: What is wudu? Ask volunteer to pantomime actions (and say it aloud) of wudu

1. Washing of arm (from fingertips to elbow joint) thrice each
2. Washing entire face (forehead to chin and ear to ear) thrice
3. Making MASAHA* of at least ¼ of head
4. Washing of feet up to the ankle thrice each

*** MASAHA PROCEDURE: join middle, ring, and pink together (demonstrate) and index and thumb pointing away and pass over head in that position.**

Fardh of Salah: (13 in total) ACCORDING TO HANAFEE (followed by majority)

1. Cleanliness of clothes
2. Cleanliness of body
3. Concealment of Satr (private parts - which are from the navel to the knees for men and the entire body, except the face, the hands (palms) and the feet for women)
3. Cleanliness of prayer area
4. Salat on TIME
5. Making Intention
6. Qiyam (stand for prayer)
7. Saying Takbeer Tahreemah ("Allahu Akbar")
8. Recite a long ayat or atleast 3 short ayats or short surah from the Qur'an. Facing Qiblah
9. Facing Qiblah
10. Ruku
11. Recite a long ayat or atleast 3 short ayats from the Qur'an.
12. Last sitting (at least up to the time it takes to finish reading the TASHA-HUD)
13. Ending prayer with one's intention

Wajib Acts of Prayer:

1. To recite Surah Al- Fatiha in every rakah
2. Recite a portion of Quran (at least 3 ayah) in the first two rakah of Fard (and in every rakah of other salats after Fatiha)
3. To observe sequence

4. To observe Qauma
5. To observe Jalsah
6. To observe Qa'ada Ula
7. To recite Tashahud at least once in the two rak'ah
8. To raise hands with Takbeer for Qunut in the last rakah of Witr.

NOTE: If any of the above wajib are missed, then it can be compensated for by performing **SAJDAH SAHA**. **Demonstrate sajdah saha.**

4. Types of Salah

In descending order of importance:

1. FARDH*
2. WAJIB*
3. SUNNAH
4. NAFL

* must perform

Fardh Prayers

Farj: 2 rakah sunnah and 2 fardh

Zuhr: 4 rakah sunnah, 4 rakah fardh, 2 rakah sunnah

Asr: 4 rakah sunnah and 4 rakah fardh

Maghrib: 3 rakah and 2 rakah sunnah

Isha: 4 rakah sunnah, 4 fardh, 2 sunnah + 3 wajib

(Write it on the board the above and circle the fardh portions clearly)

Eid Salat is Wajib

Other prayers: Tahajjud, Istikhara, etc.

Q: Does anyone know the story of how we got the command for 5 prayers? (Give SUMMARY of Miraj story)

During miraj, among the things which Allah revealed to Prophet Muhammad (S) was: "Fifty prayers were enjoined on his followers in a day and a night."

Then the Prophet descended till he met Moses, and then Moses stopped him and asked, "O Muhammad ! What did your Lord enjoin upon you?" The Prophet replied, "He enjoined upon me to perform fifty prayers in a day and a night." Moses said, "Your followers cannot do that; Go back so that your Lord may reduce it for you and for them." So the Prophet turned to Gabriel as if he wanted to consult him about that issue. Gabriel told him of his opinion, saying, "Yes, if you wish." So Gabriel ascended with him to the Irresistible and said while he was in his place, "O Lord, please lighten our burden as my followers cannot do that." So Allah deducted for him ten prayers where upon he returned to Moses who stopped him again and kept on sending him back to his Lord till the enjoined prayers were reduced to only five prayers.

Then Moses stopped him when the prayers had been reduced to five and said, "O Muhammad! By Allah, I tried to persuade my nation, Bani Israel to do less than this, but they could not do it and gave it up. However, your followers are weaker in body, heart, sight and hearing, so return to your Lord so that He may lighten your burden."

The Prophet turned towards Gabriel for advice and Gabriel did not disapprove of that. So he ascended with him for the fifth time. The Prophet said, "O Lord, my followers are weak in their bodies, hearts, hearing and constitution, so lighten our burden." On that the Irresistible said, "O Muhammad!" the

Prophet replied, "Labbaik and Sa'daik." Allah said, "The Word that comes from Me does not change, so it will be as I enjoined on you in the Mother of the Book." Allah added, "Every good deed will be rewarded as ten times so it is fifty (prayers) in the Mother of the Book (in reward) but you are to perform only five (in practice)."

The Prophet returned to Moses who asked, "What have you done?" He said, "He has lightened our burden: He has given us for every good deed a tenfold reward." Moses said, "By Allah! I tried to make Bani Israel observe less than that, but they gave it up. So go back to your Lord that He may lighten your burden further." Allah's Apostle said, "O Moses! By Allah, I feel shy of returning too many times to my Lord." On that Gabriel said, "Descend in Allah's Name." The Prophet then woke while he was in the Sacred Mosque (at Mecca).

5. Times of Prayer

Q: At what times do we pray daily?

Fajr (Near Dawn)

Zuhr (After the sun's noon)

Asr (in the Afternoon)

Maghrib (Just after Sunset)

Isha (Around nightfall)

Q: At what times are prayers forbidden:

- Time of Sunset (BETWEEN ASR AND MAGHRIB)
- Sunrise
- High Noon (time when sun reaches the highest part of sky)

NOTE: Janazah and Qadha (make-up) salat can be prayed in those times, however.

6. Missing Prayer

Exceptions

There are certain situations where women do not have to pray. Other than that, sick or old, everyone is required to pray. Allah has made it easy on us by allowing us to pray in different ways when the original method is not doable (i.e. praying while sitting down)

Q: Generally speaking, what should you do if you miss a prayer (forgot/didn't have time?)

You should not miss a prayer, but if you do for any reason you must make up that prayer.

7. Conclusion

*"And I have chosen you,
so listen to that which is inspired to you.*

Verily, I am Allah!

*There is none worthy of worship but I,
so worship Me*

and offer prayer perfectly for My remembrance." Qur'an, Surah Taha 13-14

Narrated Abu Huraira: I heard Allah's Apostle saying, "If there was a river at the door of anyone of you and he took a bath in it five times a day would you notice any dirt on him?" They said, "Not a trace of dirt would be left." The Prophet added, "That is the example of the five prayers with which Allah blots out (annuls) evil deeds." (Sahih Al Bukhari Volume 1, Book 10, Hadith # 506)

End

*Subhanakallahumma wa bihamdik. Ash hadu Allah ilaha illa annt. Astaghfiruka wa atubu ilaik
Rabbana atina fid dunya hasanatan- wa fil akhirati hasantan- wa qina 'adhabannar.Rabbana zalamna*

anfusuna wa illan taghfirlana wa tarhamna lana kunanna minal khasireen. Rabbana la tuzigh kulubana wa idh hadaytana wa habblana milla dunka rahmatan innaka antal wahhab. Ameen