

Salah

Salah is one of the five pillars of Islam and is an act of worship that Muslims perform five times a day. It involves reciting and having a direct spiritual connection with Allah (S.W.T). Through Salah, we seek purification of our hearts and closeness to Allah (S.W.T). It helps us in our day-to-day life by clearing our minds, and guiding us to the right path. We have to prioritize our relationship with Allah (S.W.T) and maintain inner peace. Muslims have to pause from what they are doing in their daily activities and attend to Salah. After praying Salah, we make dua to Allah (S.W.T) whether for it to help us in the future or for better health. Salah is a reminder that life's purpose is guiding people towards the right path and to heaven.

For each of the five daily Salah, we have to pray a specific number of fardh rakats which is obligatory. First, we have to pray two rakats for Fajr. Fajr takes place before the sun rises in the morning. Next, we have to pray 4 rakats for Dhuhur. Dhuhur Salah takes place right after lunch. We then pray 4 rakats for Asr in the afternoon, 3 rakats for Maghrib in the evening when the sun sets, and 4 rakats for Isha at night when the day ends. Once each fardh Salah is complete, one has to pray the sunnah Salah and any additional nafl the person prefers to pray for additional blessings from Allah (S.W.T). Once you have prayed your 4 rakats fard and your 2 rakats sunnah for Isha Salah, you must pray Witr Salah. Witr is three rakat and is only prayed at the time of Isha.

When praying Salah a person has to recite surah Fatiha and another surah or a few verses from the Holy Qur'an. At the end of the second and fourth rakat, we have to pray Attahiyyatu. In Maghrib Salah, we have to pray Attahiyyatu in the second and third rakat. Once you have finished your fard Salah, you can make your dua to Allah (S.W.T). To complete the Salah, we have to look to our right shoulder then to our left shoulder and say salaam to the angels sitting on both shoulders.

In addition, before performing Salah, it is important to properly complete your wudu so that you're praying in a pure state. You have to face the Qiblah and make an intention of the Salah you are praying.

The most important Salah of the week is Jumu'a Salah, which takes place at the time of Dhuhur on Friday, with a khutbah recited by the Imam of the masjid. It is highly recommended to go for Jumu'a Salah to the masjid. There are two rakats for Jumu'a Salah.

Through genuine prayer, Muslims earn Allah (S.W.T)'s mercy and forgiveness. We can also make dua during our Salah, for Allah (S.W.T) to give our dearly departed a high place in heaven. Through Salah, Muslims seek guidance, strength, and protection from Allah (S.W.T), showing their commitment to do good and avoid wrongdoings. Additionally, Salah can reduce stress and help with relaxation and connection with Allah (S.W.T), which can ease worries and anxieties.

Salah is one of the five pillars of Islam. Salah is important and Muslims pray Salah five times a day. Muslims feel closer to Allah (S.W.T) and it provides a reminder to be thankful for what He has given us. In Salah, Muslims recite verses from the Holy Qur'an and make dua to Allah (S.W.T). It is a special time to connect with Allah (S.W.T) and feel peaceful. Performing Salah helps Muslims to be more disciplined and feel better. It's a way for Muslims to stay connected to their faith, connect to Allah (S.W.T) and find peace in their lives.

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