

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، جَعَلَ الصَّلَاةَ رَاحَةً لِلْمُؤْمِنِينَ، وَنُورًا لِلْمُتَّقِينَ،  
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا  
مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، إِمَامُ الْعَابِدِينَ، وَقُدْوَةُ الرَّكَعِينَ السَّاجِدِينَ،  
فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ  
الطَّيِّبِينَ الطَّاهِرِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, the Lord of the Worlds. He made the prayers a source of comfort for the believers and a beacon of light for the pious. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master Muhammad is the servant of Allah and His Messenger. He is the Imam of the virtuous believers and the best amongst those who establish prayers. May the peace and blessings of Allah be upon him, his pure family, companions, and all those who follow them in righteousness till the Day of Judgment.

## 7 Steps To Allah

### Summary:

Khushu' – humility of the heart/nafs and Khudhu' submission of your body are the keys to success and acceptance of Saah in this world and the next.

يَا بِلَالُ أَقِمِ الصَّلَاةَ أَرْحَنَّا بِهَا

“O Bilal, comfort us by the call to prayer” (Abu Dawud)

قَدْ أَفْلَحَ الْمُؤْمِنُونَ\* الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ – إِلَى – وَالَّذِينَ هُمْ عَلَى صَلَوَاتِهِمْ يُحَافِظُونَ أُولَئِكَ هُمُ الْوَارِثُونَ  
الَّذِينَ يَرِثُونَ الْفِرْدَوْسَ هُمْ فِيهَا خَالِدُونَ

Certainly will the believers have succeeded: They who are during their prayer humbly submissive. And they who carefully maintain their prayers - Those are the inheritors. Who will inherit al-Firdaus. They will abide therein eternally. (23:1-11)

فَوَيْلٌ لِلْمُصَلِّينَ الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ

So woe to those who pray, But who are heedless of their prayer (107:4-5)

### 6 (Faraidh) Mandatory Aspects of Salah:

1. **Takbeer Tahrimah** – shun the world, enter to Allah's realm/court
2. **Qiyaam** Upright/Mustaqeem, focused, determined, balanced
3. **Qira'ah** “Only by the remembrance of Allah hearts are assured” (13:28)
4. **Ruku'** “ and bow with those who bow in worship and obedience” (2:43)
5. **Sujuud** “A slave becomes nearest to his Rabb when he is in prostration.” (Muslim)
6. **Qu'ood** “it is difficult except for the humbly submissive [to Allah]” (2:45)

## 7 Steps To Allah

### 1. Increase Your Knowledge:

Learn about Allah ﷻ, His names and attributes, Tafseer/Fiqh/Sunnah

“It is only the learned amongst his servants who truly fear Allah”(35:28)

### 2. Pray On Time:

Pray on time and plan your life around Salah timings and not the other way around; prioritise pleasing Allah ﷻ over pleasing people.

### 3. Purify Your Intentions, And Be Mindful:

“mindfulness-based cognitive therapy” be mindful during Wudu, Du’a, walking to masjid, remain in Dhikr whilst awaiting Salah and keep away from distractions.

### 4. Visualise:

Always try to remind yourself that you are standing in front of Allah ﷻ, pray as though you see him; and if you cannot do that, then **be aware that he is definitely seeing you.**

### 5. Never Stop - Prioritise:

Be wary of sticking to your Salah, particularly in times of distress

### 6. Slow Pace – Enjoy Your Salah:

Be attentive and relaxed by maintaining a good pace between Salah actions, giving a minimum of 5 seconds or more per action.

### 7. Remember It Could Be The Last:

Before approaching Salah, remember the inevitable reality: death. Allah created us only to worship him. Perform every Salah as you would perform your last Salah.