

The Aims of Salat in Points

The aims of *salat* are:

- to bring people closer to Allah;
- to keep human beings from doing indecent, shameful and forbidden things;
- to purify the heart, develop the mind and comfort the soul;
- to remind people constantly of Allah and His greatness;
- to develop discipline and will-power;
- to guide people to the most upright way of life;
- to show equality, unity and brotherhood;
- to promote patience, courage, hope and confidence;
- to train people in cleanliness, purity and punctuality;
- to develop gratitude and humility;
- to show obedience and thankfulness to our Creator.



Purity of Body and Soul

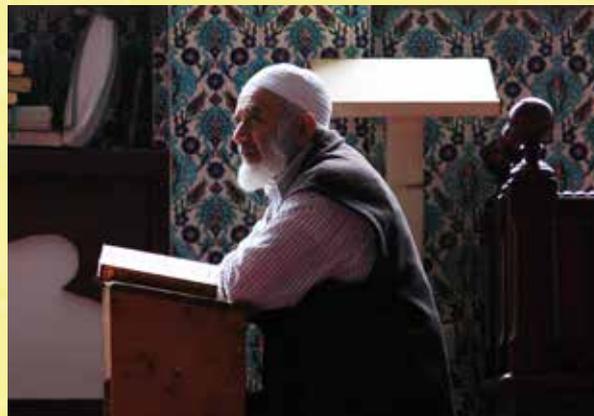
A believer is a clean person. First of all, faith cleanses his soul. Consequently, his appearance becomes pure as well. His religious thinking makes him a person who loves cleanliness.

A believer performs his ablutions before praying five times a day by washing his face, hands and feet. He takes a bath daily to purify his body. His clothes may be simple, but he always likes to wear well laundered clothes.

Along with this he likes to keep his home clean. Therefore, he cleans his home daily and keeps all things in their proper places. All these duties become part of his daily life.

A believer does not rest content until he has set all things right, from his body to his home.

This taste for cleanliness is not limited only to his home and body. It also extends outside his home to his neighbours. He begins to want his whole environment to be clean, wherever



Salat and Time Management

“Believers are under the obligation to say their prayers at the appointed hours.” (4-103)

Salat or prayer is one of the fundamental worships in Islam. It is obligatory for every Muslim man or woman to offer them in their prescribed times. It is offered five times a day.

Prayer is, in essence, a worship in itself but one who wants to offer them will have to strictly be punctual and offer them in the times prescribed for them. Thus, in a way, prayer teaches the lesson of punctuality of time which is compulsorily performed every day. In other words, prayer is a compulsory training of time management along with worship.

Day and night of an observer of prayer has been divided into five parts:

1. from dawn to afternoon
2. from afternoon to late afternoon
3. from late afternoon to sunset
4. from sunset to dusk
5. from dusk to dawn

One of the most valuable things a man has is time. Proper use of time leads a man to success while the misuse of time leads him to failure. This lesson of time management is repeated daily in the form of prayer. This ensures the successful life in this world. If a man divides times of day and night into five parts in this way and becomes punctual in them he can make full use of his whole life. And the one who makes full use of his time in an organized way he will surely achieve success in life.

In other words, time management means life management. Living a proper life is closely related to how a man uses his time. One who has the temperament of making a proper use of his time will be protected from many evils. Proper use of time enables a man to use the available means in a better way.

The fact is that time management is the other name of proper distribution of one's times. When the feeling of time management is aroused in a man in the true sense of the word he will naturally keep away from many unnecessary type of things and come to lead a simple life.

Step 6

Now rise to the seated position, saying, **اللَّهُ أَكْبَرُ** “*Allahu akbar*” and then say

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَأَهْدِنِي وَعَافِنِي وَارْزُقْنِي

“*Allabummaghfirli warbamni wabdini wa’afini warzuqni*” and then again prostrate yourself and say three times, **سُبْحَانَ رَبِّيَ الْأَعْلَى** “*Subhana rabbiyal’ala*”

Now get up, saying, **اللَّهُ أَكْبَرُ** “*Allahu akbar*”.

This completes one *rak’ah*. The second *rak’ah* will be performed in the same way, except that ... **سُبْحَانَكَ اللَّهُمَّ** will not be repeated.



After completing the second *rak’ah* instead of going to the standing position, sit upright and recite the following *duas*:

Step 7

**التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ
وَالتَّطَيَّاتُ السَّلَامُ عَلَيْكَ
أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ
الصَّالِحِينَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ**

“*At-tahiyyatu lillabi was-salawatuwat-tayyibatu.*

As-salamu ‘alaika ayyuhan-nabiyyu wa rahmatullabi wa barakatub. Assalamu ‘alayna wa ‘ala ‘ibadillabis-salibin. Ashbadu al la ilaha illallabu wa ashbadu anna Muhammadan ‘abdubu wa rasulub.”

Salutation, prayers and good works are all for Allah. Let there be peace, Allah’s mercy and blessings on you, O Prophet. Peace be on us and on all Allah’s righteous servants. I testify that there is no god but Allah, and I testify that Muhammad is His servant and His Messenger.



Raise your index finger of the right hand for a fraction of time while reciting: *Asbhadu al la ilaha illallabu wa ashbadu anna Mubammadan ‘abdubu wa rasulub.*