

Drawing Near to Allah: The Power of Salat

Seven Stages of Salat



What is the Importance of Salat?

Atfal should briefly share their current
understanding.



Majlis Atfalul
Ahmadiyya USA

Importance of Salat

Did you know, **Salat is....**

- The second **pillar** of Islam.

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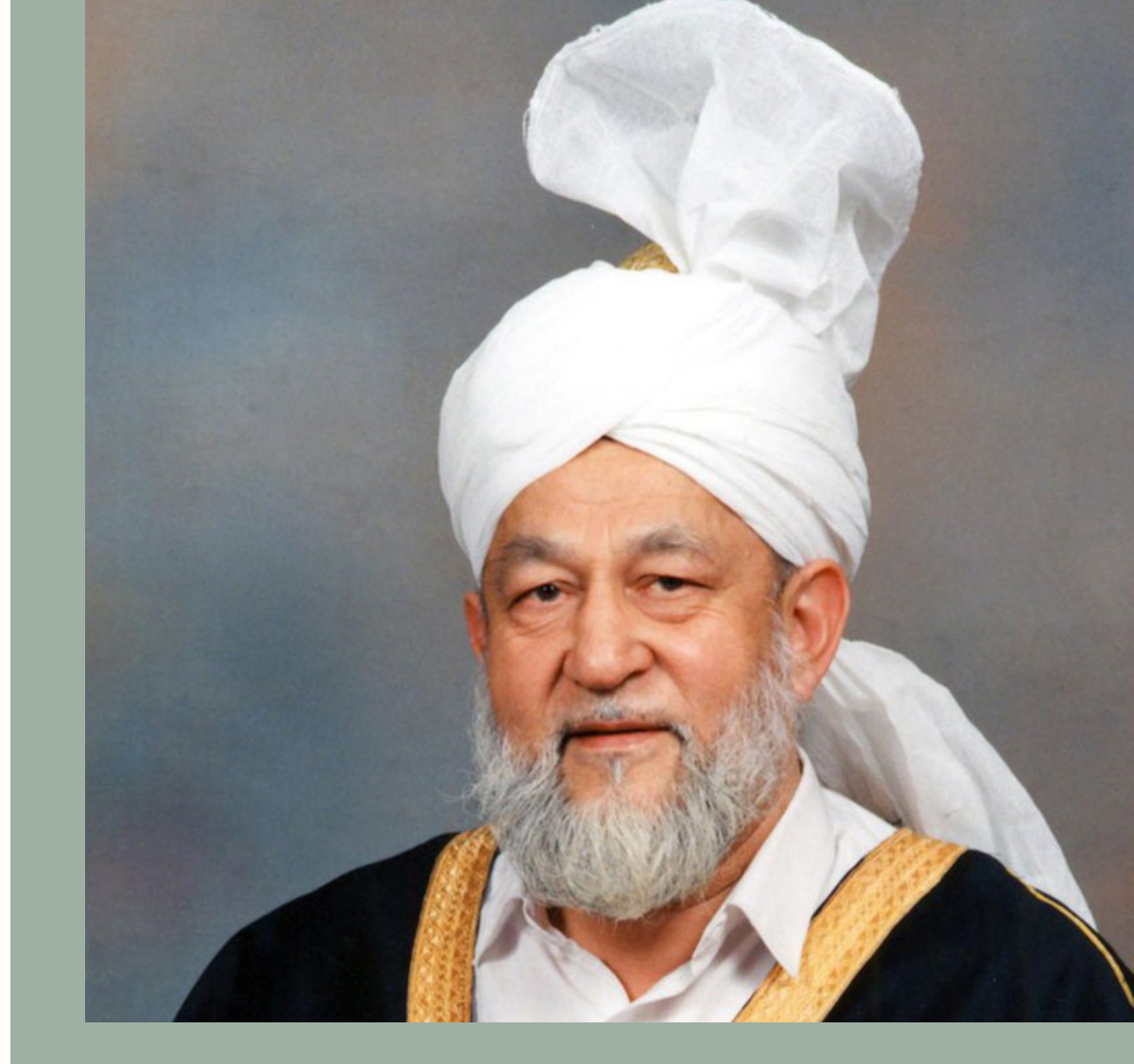
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- The entire purpose of our existence:
 - “And I have not created the Jinn and the men but that they may worship Me.” (51:57).



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- Hazrat Khalifatul Masih IV (rh) said, “Salat is the minimum standard of remembrance of God, without which one cannot maintain spiritual life.”

- **The foundation of our relationship with Allah.**



Salat in the Holy Qur'an

Salat is mentioned 700 times in the Holy Qur'an!



Allah says in the Holy Qur'an,

“Verily, I am Allah; there is no God beside Me. So serve Me and **observe Salat for My remembrance.**” (20:15)

“**Salat restrains one from indecency and evil,** and remembrance of Allah indeed is the greatest virtue.” (29:46)

How do we remember Allah in Salat?

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Internet to Heaven



Let's look at Salat in terms of the Internet:

- **Question** - Do you know what the purpose of the Internet is?



Internet to Heaven



Let's look at Salat in terms of the Internet:

- Question - Do you know what the purpose of the Internet is?
 - Answer - Communication! The Internet is the easiest and fastest way to communicate.



Internet to Heaven



Let's look at Salat in terms of the Internet:

- **Question** - What's the most *convenient, easiest, and fastest* way to communicate with Allah?



Internet to Heaven



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- **Question** - What's the most convenient, easiest, and fastest way to communicate with Allah?
 - **Answer** - Allah has provided us with Salat as a universal Internet network *with no limit.*



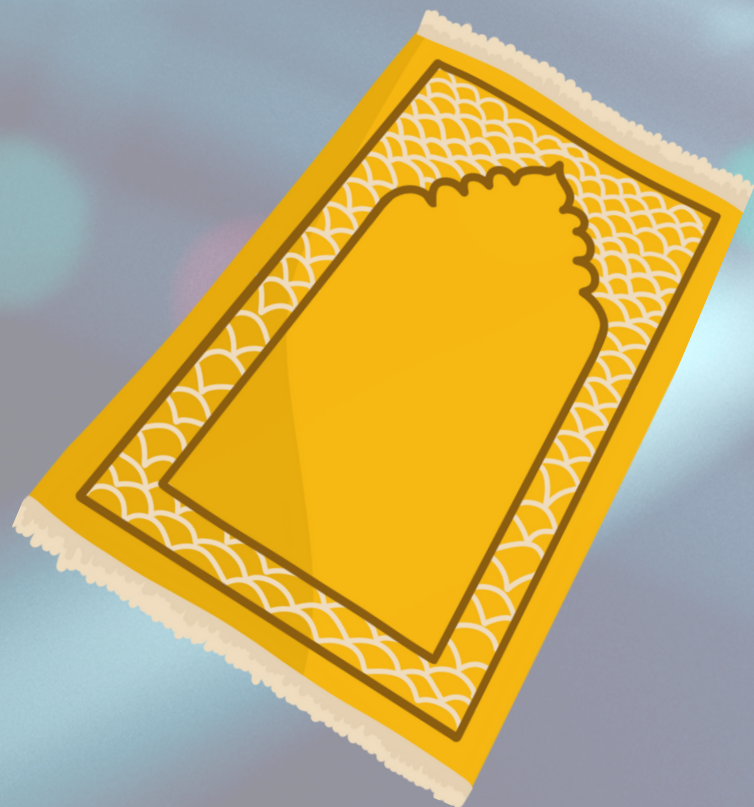
Internet to Heaven



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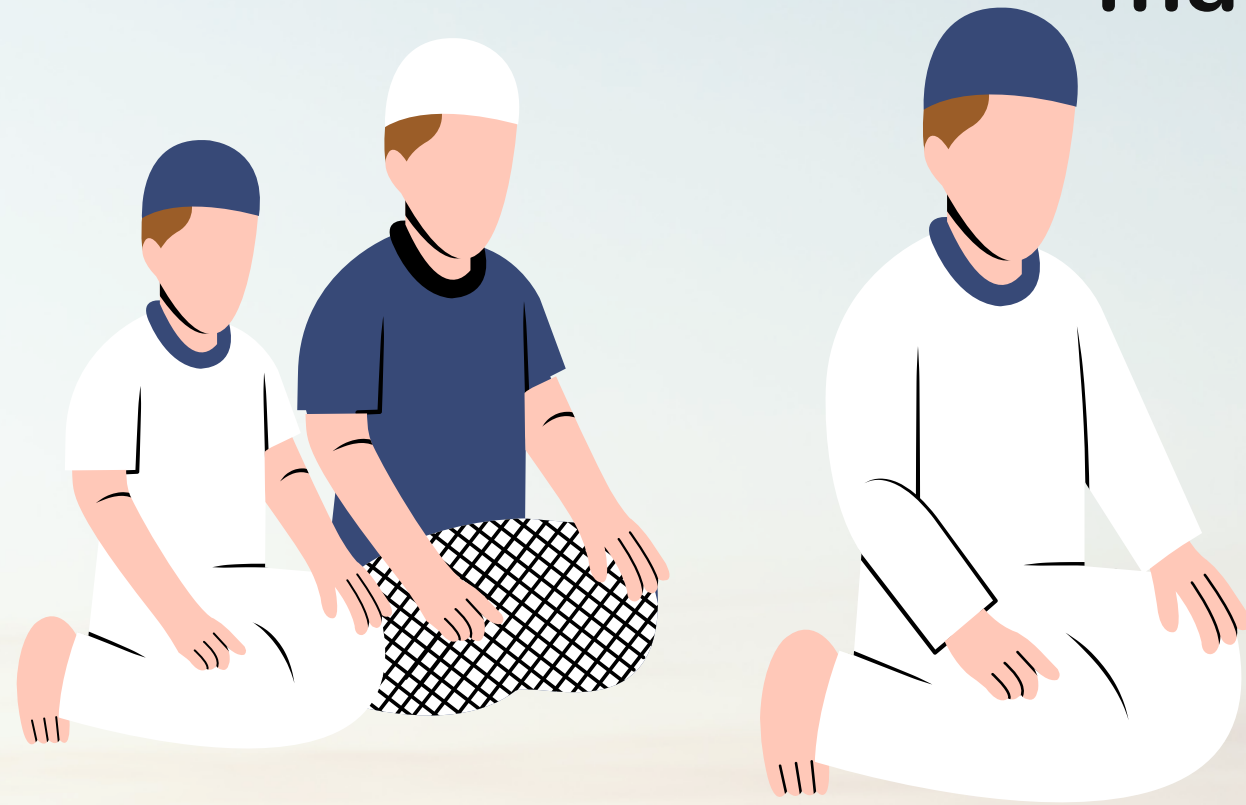
- Question - Do you know what the purpose of the Internet is?
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- Question - What's the most convenient, easiest, and fastest way to communicate with Allah?
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One of the most valuable hotspot on this planet is our Jai'namaz (prayer mat)!



Benefits of Salat

The importance of Salat is understood through its many benefits:



- Protects us from sin.
- Allows forgiveness for sins committed.
- Provides an avenue to beg for guidance and help.
- Purifies the heart and soul.
- Provides a direct and deep relationship with Allah, allowing us to communicate.
- Reminds us of the Hereafter and the Day of Judgment.

Benefits of Salat

The importance of Salat is understood through its many benefits:

- Helps improve our character and attain righteousness.
- Makes us mindful of everything we do because we know we will be standing before Allah throughout the day.
- Provides a sense of inner peace and comfort.
- Provides a constant reminder of the essence of our creation.
- It's a complete prayer.
- Provides an opportunity to express gratitude to Allah.



What are some of the Benefits of Salat?

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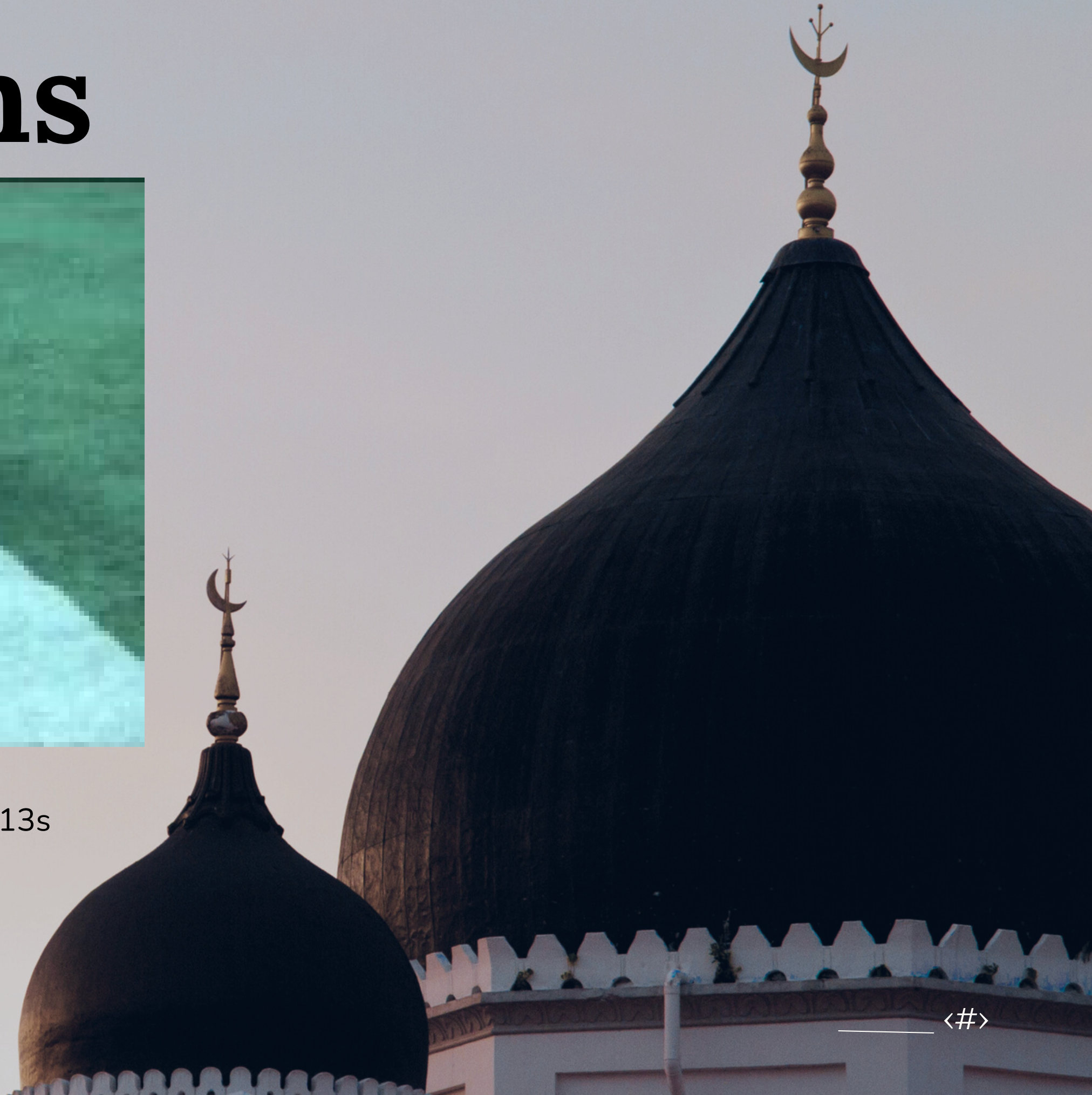


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Salat Positions



<https://www.youtube.com/watch?v=Y5l7YL77w7o&t=13s>



Seven Stages to Offering Salat



Seven Stages in the Spiritual Journey of Salat as Described by Hazrat Musleh Maud (Tafsir-e-Kabir, Vol. 6, pp. 135-136)

Stage 1 – Offer Prayers

Stage 2 – Offer Prayers on Time

Stage 3 – Offer Prayers in Congregation

Stage 4 – Offer Prayers with Understanding


Stage 5 – Become Fully Engrossed in Prayer

Stage 6 – Offer Nawafil (Optional) Prayers



Stage 7 – Offer Tahajjud Prayers






Seven Stages to Offering Salat (cont.)

Stage	Explanation
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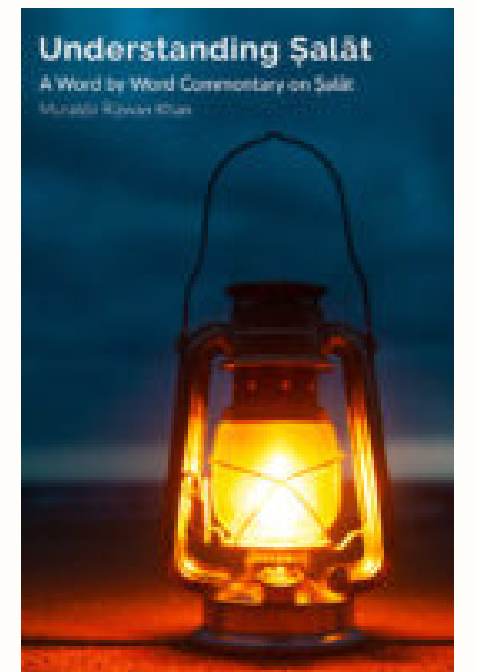
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Stage 3	<p>One offers prayers in congregation.</p> 


Seven Stages to Offering Salat (cont.)



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Stage 4	<p>One observes prayer with the understanding of its meanings.</p> <div data-bbox="1959 484 2558 885" style="float: right; text-align: right;"> <p>QAYYAM Posture 4 Instructions: While rising from the bending position of Ruku', recite سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ SAMI' ALLÁHU LIMAN HAMIDAH Allah has heard all who praise Him رَبَّنَا لَكَ الْحَمْدُ RAB-BANÁ LAKAL HAMD Our Lord: Praise be to Thee Then return to standing position, arms at side Recitation اللَّهُ أَكْبَرُ ALLÁH AKBAR Allah is the greatest and move to next position</p> </div>

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Stage 5	<p>One becomes fully engrossed in the prayer (like plunging in water). One should do this until he/she acquires one of the two ranks:</p> <ol style="list-style-type: none"> 1. He firmly believes that God is seeing him. 2. He sees God. <p>Huzoor emphasized that a Muslim should seek at least one of these two ranks.</p> <div data-bbox="2192 1429 2645 1553" style="text-align: right;"> </div>

Hazrat Musleh Maud (ra) explained that believing God is seeing him is like the example of a blind child in the lap of his mother. The child feels safe knowing that even though he can't see the mother, the mother can see him.

By Stage 5, a Muslim has reached his basic obligation of prayer, but has not yet achieved the highest level of spiritual height!

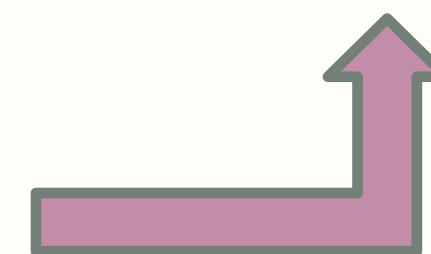
Seven Stages to Offering Salat (cont.)

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Stage 7	<p>One not only offers the five daily prayers and Nawafil, but <u>also prays Tahajudd (late night/pre-dawn prayer) during the night.</u></p> <ul style="list-style-type: none">• <i>“And wake up for it (the Qur’an) in the latter part of the night as a supererogatory service for thee. It may be that thy Lord will raise thee to an exalted station”</i> (Holy Quran, 17:80)



The Holy Prophet (sa) said, "Our Lord, the Blessed, the Superior, comes every night down on the nearest Heaven to us when the last third of the night remains, saying: "Is there anyone to invoke Me, so that I may respond to invocation? Is there anyone to ask Me, so that I may grant him his request? Is there anyone seeking My forgiveness, so that I may forgive him?" (Bukhari)

What are the Seven Stages of a Perfect Salat?

Atfal should briefly share their current understanding.



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Holy Prophet (sa)
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“The comparison
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(Bukhari)

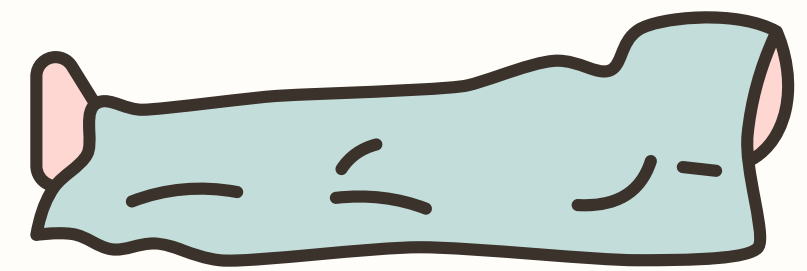




Holy Prophet (sa) states:

“The comparison between a person who remembers his Lord and the one who does not do so, is like that of the living and the dead.”
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A Person who remembers his Lord is like a living person



A person who does not remember his Lord is like the dead

**“Surely our Lord is recognized
only through prayers.” –
Promised Messiah (as)**

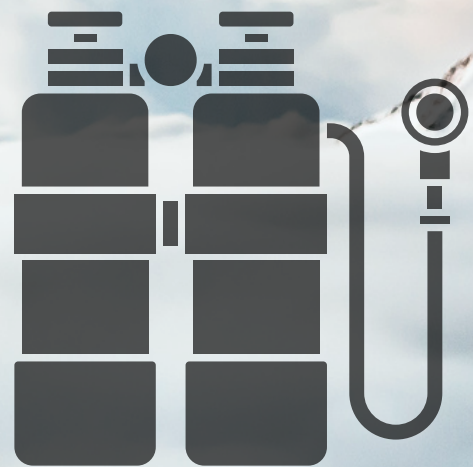


Salat – Our Oxygen and Medicine



Salat as our oxygen supply:

- Just like our physical bodies need oxygen to survive, our spiritual bodies need Salat to live.
- Salat is the oxygen for our soul.
- Without Salat, we would be spiritually dead.



Salat – Our Oxygen and Medicine




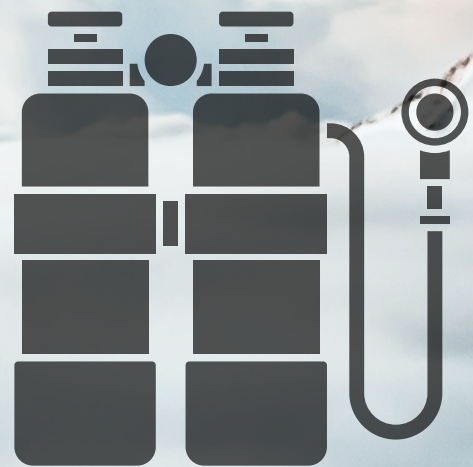
Salat as our oxygen supply:

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Salat as medicine:

- If someone was dying and a doctor prescribed him medicine to take 5 times a day at specific times to stay alive and well, would he miss a single dose? 
- Salat is a medicine that keeps our soul alive and well, so we should not miss a single one of our 5 doses.



Recap of Today's Discussion about Salat

- Salat is the second pillar of Islam
- The Holy Quran asks us repeatedly to offer salat
- Salat connects us with Allah the Almighty
- There are seven stages of Salat
- 1. Offer 5 Daily Prayers
- 2. Pray on Time
- 3. Pray in Congregation
- 4. Pray with Understanding its meaning
- 5. Pray with Focus
- 6. Offer Nawafil (optional prayers)
- 7. Pray Tahajjud Salat (Night Salat)
- Salat is our life & oxygen

