

ALL RIGHTS RESERVED

جميع حقوق الطبع محفوظة

No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying and recording or by any information storage and retrieval system, without written permission of the publisher.

First Edition: March 1998

الطبعة الأولى ذوالقعدة 1418هـ

Supervised by
Abdul Malik Mujahid

Published by:

DARUSSALAM دار السلام

Publishers & Distributors للنشر والتوزيع

P.O.Box 22743, Riyadh 11416 K.S.A. 11416 الرياض - 22743 ص.ب.:

Tel: (00 9 66 1) 403 3962 المملكة العربية السعودية

Fax: (00 9 66 1) 402 1659 4021659 فاكس

Branches and Agents in other Countries

Al-Hidaayah Publishing And Distribution:

P.O.Box: 3332, Birmingham, B10 9 AW, United Kingdom,
Tel. 0044-121-753 1889, Fax: 753 2422, Mobile: 0044-973-343082

Al-Tawheed Book Shop, 40 Francis Road, Leyton, London E10 6PP
United Kingdom, Tel. 0044-181-539 0327, Fax: 0044-181-558 2984

Darussalam: 572-Atlantic Ave Brooklyn, Newyork 11217, U.S.A.,
Tel. 001-718-625 5925

Darussalam: P. O.Box: 79194, Houston, TX 77279 U.S.A.
Tel. 001-713-935 9206, Fax: 001-713-722 0431

Ibn Al-Qayyam Library: P.O.Box 17785
Al-Markhiah Market, Doha- Qatar, Tel. 00974-863533, Fax: 00974-821997

Maktaba Darussalam: 50 Lower Mall, Lahore, Pakistan
Tel. 0092-42-724 0024, Fax: 0092-42-735 4072

Maktaba Darussalam: Rahman Market, Ghazni St. Urdu Bazar, Lahore,
Pakistan, Tel. 0092-42-712 0054

Darussalam: 216 Bangshal Road, Dhaka-1100-Bangladesh
Tel. 00880-2-9557214, Fax: 00880-2-9559738

حكمة فرضية الصلاة
**THE RATIONALE
AND BENEFITS OF
SALÂT**
(Islamic Prayers)

By

Dr. Norlain Dindang Mababaya



Published by
DARUSSALAM
Publishers & Distributors
Riyadh, Saudi Arabia



(In the Name of Allâh, Most Gracious, Most Merciful)

THIS IS FOR YOU, O ALLÂH

“Truly my prayer and my service of sacrifice, my life and my death, are (all) for Allâh, the Rabb (Only God, Cherisher and Sustainer) of the Worlds.” (6:162)

“Our Rabb! Accept (this service) from us. Verily, You are the All-Hearing, the All-Knowing.” (2:127)

Contents

Publisher's Note.....6
 Acknowledgments..... 7
 Introduction..... 9
 The Rationale of Performing *Salât*..... 11
 The Benefits of *Salât*..... 15
 The Need to Perform *Salât* Based on the Qur'ân and the *Sunnah*..... 19
 Praying Properly: The Key to Success..... 26
 References..... 31

Publisher's Note

The prayer (*Salât*) is one of the basic precepts of Islam. After the testimony (*Shahâdah*), it provides religious identity to the Muslims as Allâh said:

وَأَقِمُوا الصَّلَاةَ وَلَا تَكُونُوا مِنَ الْمَشْرِكِينَ ﴿٣١﴾ [الروم: ٣١].

“...And perform the prayer and be not of the disbelievers.”
(30:31)

The Prophet ﷺ said:

«بَيْنَ الْعَبْدِ وَبَيْنَ الْكُفْرِ تَرْكُ الصَّلَاةِ.»

“The covenant between us (Muslims) and them (non-Muslims) is the prayer. Whoever abandons it, he is a disbeliever.” (Mu'atta Imâm Malik)

Its significance may be viewed from the following *Hadîth*:

قَالَ رَسُولُ اللَّهِ ﷺ: «أَوَّلُ مَا يُحَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ يُنظَرُ فِي صَلَاتِهِ، فَإِنْ صَلَحَتْ فَقَدْ أَفْلَحَ وَإِنْ فَسَدَتْ فَقَدْ خَابَ وَخَسِرَ.»

“The first act that the slave (of Allâh) will be accountable on the Day of Judgement will be prayer. If it is good, then the rest of his acts will be good, And if it is evil, then the rest of his acts will be evil.” (Tabarâni)

The present book, compiled by the famous scholar, Dr. Norlain Dindang Mababaya, explains the rationale of the prayer and the necessity to perform it properly, humbly and sincerely according to the Prophet's *Sunnah* at the specified times. The author has frequently given proofs from the Qur'ân and *Ahadîth* to this effect. We are pleased to bring about the book for the readers hoping they will benefit from it and adhere to the performance of the prayer in the manner as required.

May Allâh bless us with the guidance and salvation. *Ameen*.

Abdul Malik Mujahid

General Manager

Acknowledgments

In the Name of Allâh, the Most Gracious, the Most Merciful. Praise and thanks be to Allâh for all His guidance and for making this work possible through the support of the following wonderful persons:

My heartfelt acknowledgment goes to my teacher in Islamic Studies and sister in Islam, Arwa Al-Ghalayine, the World Assembly of Muslim Youth (WAMY) Women's Committee Coordinator for Islamic Education for Non-Arabic Speaking Women in Riyadh. Sister Arwa invited me to speak about *Salât* (Islamic Prayers) in an international gathering of Muslim women professionals held at Dallah Hospital in Riyadh on January 12, 1996. Her kind words of appreciation and encouragement after my short talk as well as her constructive comments and suggestions to my draft have helped me in coming up with this booklet.

Special thanks also are due to my sisters in Islam, Rasheedah Muslim and Umm Muhammad both from the United States of America for sparing their precious time in proofreading this work. Thanks are due also to my Arabic teacher, Suad Muhammad Atta of Syria; Laila Turjoman of Saudi Arabia; Nasreen Jhuboo of Mauritius; Faten Muhaseb of Egypt; Sadaf Zain of Pakistan; my friends and countrywomen from Philippines: Layla Aquino, Dra . Samia Benito, Janna Al-Lahi and Mariam Nasser; sisters from USA: Rasheedah Abdul-Hakeem, Nabihah Du Bope and Rasheedah Muslim; and other sisters from various countries for personally expressing their positive comments to me after my brief talk on the subject.

Very special acknowledgment goes to my parents for their prayers and to my husband, Mamarinta-Omar Mababaya, for his priceless support in many ways. I pray to Allâh that our children: Abdur-Rahman, Ahmad and Mariam will always remain on the

Along (13:14). We have to worship Allâh Alone (6:102, 103;

path of Islam; and that, when they grow up, *Inshâ Allâh*, they will also serve Allâh by conveying Islam to others.

Moreover, I would like to express my thanks to the Government of the Kingdom of Saudi Arabia and its people for providing the Islâmic environment, which is very conducive to writing. Finally, to my relatives, friends from various countries, my Qur'ân, Arabic and Islâmic Studies teachers in Saudi Arabia, the Maktaba Darussalam Publishers and Distributors and all those who in one way or the other have contributed in making this work a reality, my sincere thanks and gratitude.

I pray to Allâh to accept this humble effort purely for His sake. May He be pleased with it and bless it as a source of enlightenment to all Muslims and non-Muslims alike. May they hold on to the commandment of Allâh to worship Him Alone and follow the way His Messenger ﷺ performed *Salât*. *Ameen*.

N. D. Mababaya

25 January, 1997 (16 Ramadan, 1417 H)

Riyadh, Saudi Arabia

INTRODUCTION

Islam, which means complete and peaceful submission to the Will of Allâh (God) and obedience to His Law, is the perfect religion and the complete way of life for all mankind. One of the very significant *Ayât* (Qur'ânic verses) that Allâh finally revealed to Prophet Muhammad ﷺ (may the peace and blessings of Allâh be upon him), clearly states that Islam is perfect. Allâh, the (only) God in heaven and on earth (43:84) and our Creator (2:21), says in the Glorious Qur'ân:

﴿ الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتَمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمُ الْإِسْلَامَ دِينًا ﴾

[المائدة: ٣]

"...This day I have perfected your religion for you, completed My favor upon you, and have chosen for you Islam as your religion..." (5:3)

Islam provides us complete guidance for every aspect of our life. It solves all sorts of problems facing humanity now and in the future, be it physical, material or economic, socio-cultural, political, legal, religious and spiritual, and the like. Everything it enjoins us to do is for our own benefit. An example of this is the performance of *Salât* (Islamic prayers) — particularly the five compulsory daily prayers. Allâh commands us to perform *Salât* (2:110; 4:103; 20:14) for our own benefits and not because He needs it as He is free of any need. He does not depend on anyone. Allâh alone possesses all power. He is the All-Knowing, the Powerful (42:50), the Almighty, the Wise (59:24). When He desires a thing He only says 'Be' and it is (36:82). In other words, nothing is impossible to Him. He is the Cherisher and Sustainer of the Worlds (1:2). All creatures depend on Him (11:6). To Him belongs the dominion of the heavens and the earth. He creates what He wills (42:49). He enlarges and restricts provisions to whom He wills (49:12). True prayer is due to Him Alone (13:14). We have to worship Allâh Alone (6:102, 103;

