

The Prayer

Islam is a simple and practical religion, it addresses the mind and the soul. Islam does not involve any sorcery or mysterious rituals. It is a way of life to achieve the spiritual, moral, social and human development. Islam does not ask humans to give up their intellectual skills or creativity, and it does not require following a blind dogma without any explanation and logic.

I will talk to you today about praying..

Even if you were not a Muslim, at least you have seen a Muslim praying before. Muslims are more than 1.6 billion living all over the world.

The word (Prayer) means "Salah" in Arabic, it is a derivative of the word "Silah" which means (Connection).

Muslim scholars say "Praying is the connection between the servant and his Lord"

"So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." (Jesus, the Son of Mary)

(Luke 11:9)

As we go through life, it takes us in her brutal whirl of problems, anxiety and lust over money and positions. Some of us get caught up in this whirl and she swallows them. They just keep chasing material things until their souls become worn out and fatigued.

In Islam, the Muslim should meet his Lord five times a day, at Dawn, Noon, the Afternoon (when the Sun starts to set), Evening (when the Sun has completely set) and Night.

We are deceived by the notion that we only need God at the time of hardships. Yet, God welcomes His slave at hard times as well, even if he disobeys Him at any other time. The door for repentance has always been open. It only closes when the person dies.

In Judaism we read in the Book of Daniel:

“And Daniel, when he knew that a writ had been inscribed, came to his house, where there were open windows in his upper chamber, opposite Jerusalem, and three times a day he kneeled on his knees and prayed and offered thanks before his God just as he had done prior to this.” (Daniel 6:11)

In Christianity we read in the Book of Baruch: “Hear, O Lord, our prayer and our supplication, and for your own sake deliver us, and grant us favor in the sight of those who carried us into exile.” Baruch 2:14

The way Muslims pray might look strange for some people, because they are not used to it.

Prostration or putting the forehead on the ground is part of praying (Salah) for Muslims, a person might ask “What do these people do, and why do they place their foreheads on the ground?”

I say to them, do not be so amazed, this is the way that all prophets prayed to God, not only Muslims. Some people might be shocked when they hear this.

Praying has an effect on the individual and society

For the individual praying represents:

First: An important foundation forming a practical commitment and fulfillment of religious obligations. It makes a person capable of committing to anything else. He can control all aspects of his life, putting his relations and daily duties under control.

Second: Praying instills in the spirit of the believer two parallel meanings. They have to exist all the time in the spirit of the Muslim, humility and pride...

Third: Physical and Spiritual Purity

Muslims should not pray unless their bodies and clothes are clean, and the place of praying should be clean too. This is why, Muslims clean themselves before praying by performing Wudu.

Fourth: Repentance and Return to God

When the Muslim feels and contemplates the mercy of the Lord who forgives all sins and accepts repentance, this gives him the necessary power to return to the right path.

As for the social effect of praying:

First: Praying is the embodiment of equality between Muslims because God commands Muslims to gather in Jumuah Prayer performed every Friday.

Second: Praying creates the brotherhood and solidarity connection in the society, so that people would not live in scattered islands like most people in modern cities

This important meeting with God is not only performed by body movements, it is performed by the spirit of the believer, if it lacks the spiritual aspect, it loses its meaning and essence and its movements would be pointless.

Praying is the spiritual pleasure that the Muslim finds in his heart and soul, if it is performed the right way, with the body and the heart. He feels the pleasure of faith in his spirit because of the enjoyment of being close to God and addressing Him through supplication and recitation of the Quran. That is the greatest pleasure people of faith feel.

When God praises His believing servants, He says:

"My comfort has been provided in prayer." Prophet Muhammad (Peace Be upon Him) said..

