

Salah - the remedy for all problems

Today mankind is restlessly searching for happiness and joy in the materialistic world. He is exhausting himself day and night to acquire peace and tranquillity in his life. Modern technology, latest innovations, luxurious mansions and flashy cars have not given him any peace of mind but rather they have further increased his tension. Man is lost in a maze from which there is no exit. Why this disturbance, confusion and tension and what is the solution to this problem?

From the very beginning of creation, Allah ta'ala sent special people to guide mankind towards the truth and take them out from darkness to the everlasting light. These special people are referred to as Anbiya (Prophets) or Rasuls (Messengers) who in every era through divine help guided mankind to the true path.

Objective of Life:

From the first man, Prophet Adam A.S till the last Prophet, our beloved Messenger, The Holy Prophet Mohammad ﷺ, Allah ta'ala sent thousands of Prophets to teach mankind their real purpose and objective of life that this life is short and temporary whilst the hereafter is permanent, everlasting and eternal.

Allah informs us about this matter in different verses of the Holy Quran.

In one verse of Surah Al-Ankabut, Allah ta'ala states

وَمَا هَذِهِ الْحَيَاةُ الدُّنْيَا إِلَّا لَهُوٌّ وَلَعِبٌ وَإِنَّ الدَّارَ الْآخِرَةَ لَهِيَ
الْحَيَاةُ لَوْ كَانُوا يَعْلَمُونَ ﴿٦٤﴾

And this worldly life is not but diversion and amusement. And indeed, the home of the Hereafter - that is the [eternal] life, if only they knew. (29:64)

Allah ta'ala through His infinite mercy and blessings has given us the true religion, the perfect code of life through which we can understand our purpose of life.

Perfect Religion:

Allah ta'ala has given us a religion that is perfect and a complete way of life. Allah ta'ala states:

الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتَمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمُ الْإِسْلَامَ دِينًا

'Today I have perfected your religion for you, completed My favour upon you and chosen Islam as your religion.' (5:3)

Alhamdulillah we have a complete and perfect Deen to guide us in every sphere of life. Allah ta'ala has revealed the Holy Quran to guide the mankind. In the Holy Quran Allah ta'ala has commanded mankind to perform and carry out certain acts and has also prohibited certain acts.

Salah:

If we ponder over the verses of the Holy Quran, we will come to the conclusion that Allah ta'ala has mentioned Salah with special distinction, with great emphasis. It is the unanimous verdict of the scholars that after Shahadah, the most important pillar and worship in Islam is performing Salah.

In Surah Al-Baqarah, Allah ta'ala mentions the quality of those that are God-conscious and God-fearing, saying

الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾

Who believe in the unseen, establish prayer, and spend out of what We have provided for them, (2:3)

Significance Of Salah:

There are numerous verses in the Holy Qur'an which mention the significance and importance of Salah. One particular verse mentions:

أَتْلُ مَا أُوحِيَ إِلَيْكَ مِنَ الْكِتَابِ وَأَقِمُ الصَّلَاةَ ۗ إِنَّ الصَّلَاةَ تَنْهَىٰ
عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ ۗ وَلَذِكْرُ اللَّهِ أَكْبَرُ ۗ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ ﴿٤٥﴾

“Recite the book which has been revealed to you (the Holy Qur’an) and establish Salah. Verily, Salah prevents obscenity and evil” { 29:45}

In this verse, Allah Ta’ala mentions a great benefit in performing Salah, that it protects a person from immoral acts of evil. Indeed this is a great benefit. Sayyiduna Abu Hurairah (RA) reports that a person once complained to the Holy Prophet Muhammad ﷺ about a person who performed Salah during the night, yet stole during the day. The prophet Muhammad ﷺ commented that the person’s Salah will prevent him from this evil. We must keep in mind that the result will come into effect only if Salah is performed in its correct manner, then it will surely prevent a person from committing sins. All aspects of Salah i.e. recitation of Holy Qur’an, Ruku, Sajdah, concentration, must be fulfilled to their finest degree possible. The more a person refines these aspects, the most effective will his Salah become in preventing him from sin.

Another factor to be remembered about Salah is that although it prevents people from sins, the responsibility also rests on the person to refrain from sins. Just as a lecturer urges people to act, the responsibility rests with them to act or remain unaffected. Only those people who wish to refrain from sins will be able to do so. Some scholars’ state that as minimum, Salah will prevent a person from sin during the course of his Salah e.g. a person cannot commit sins on the streets when engaged in Salah.

Encouraging others to perform Salah

In surah Ta-Ha, Allah Ta’ala mentions:

وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا لَا نَسْأَلُكَ رِزْقًا نَحْنُ نَرْزُقُكَ
وَالْعَقِبَةُ لِلنَّاقِئِ

“Instruct your family to perform Salah and yourself remain steadfast upon it” {20:132}

This verse is addressed to the entire Ummah. Salah is the most important aspect after Iman and Islam has attached extreme prominence to it. A person can truly advise others to do something if he himself is correct.

Sayyiduna Umar (RA) wrote the following instruction to his governors:

“Indeed Salah is the most important of your duties in my opinion. Whoever safeguards it and is punctual upon it, has safeguarded his deen. Whoever destroys his Salah will destroy the rest of his Deen to a greater extent” {Mu’atta Imam Malik}

Sayyiduna Abdullah Ibn Salam (RA) narrates that the Holy Prophet ﷺ always enjoined Salah upon his household when they encountered any problems. He would then recite to them the above verse.

It was the practice of Sayyiduna Umar (RA) to perform Salah during the night and then awaken his family members during the last portion of the night. He would tell them, 'Perform Salah!' Then he would also recite the above verse to them. {Mu'atta Imam Malik}

Today, if we are performing Salah ourselves we are heedless and neglectful in the matter of urging others to perform Salah. It is not sufficient that we only save ourselves from the Fire of Jahannum. It is our duty to save our family members as well. Allah says in Surah At-Tahreem:

يَأْتِيهَا الَّذِينَ ءَامَنُوا قُوًا أَنفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ
وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ
مَا يُؤْمَرُونَ ﴿٦﴾

"O' you who believe! Save yourselves and your families from the Fire (Hell) the fuel of which is people and stones..."{66:6}