

In the Name of Allah, Most Gracious, Most Merciful

Five Times Salaat/Prayers in Quraan

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First look at the non-Muslims society, they are losing family lives. Also they are losing community help, helping neighbors and relatives. Islaam is the only religion which unites people five times a day in Masjids. Neighbors come closely to each other through this Prayer (Salaat) system. Although the basic purpose of the Prayers (Salaat) is not to provide an exercise for people yet it is being increasingly recognized that it has plenty of medical advantages for the human body. With the Prayers (Salaat), we don't give anything to Allah, instead it is to help us. Allah has created us and Allah knows which is the best for us. Actually the Prayer (Salaat) may be cure for many known and unknown diseases.

Also the Sajda (Prostration) in the Prayers (Salaat) is a unique position as this is the only position in which the brain (or head) becomes lower than the heart (PUMP) and hence for the first time the blood gushes towards the brain with FULL force whereas in all the other positions (even when lying) the brain is above the heart when it has to work against the gravity to send the blood to the brain. In the position of the Sajda (Prostration) in the Prayers (Salaat), due to the increase in the blood supply the brain receives more nourishment and it has a good effect upon memory, vision, hearing, concentration, psyche and all other cognitive abilities.

The **First House** [of worship {Kaaba}] built for mankind was the one at Becca (Makkah); it is **Blessed** and **Guidance** for [everyone in] the Universe, (Ref: Al_Quraan_003:096).

In it are **Clear Signs**, the **standing place of Ibrahim** (where Imaam Kaabaa stands to lead **all congregational Salaat/Prayers i.e. Fajr, Dhuhr, Asr, Maghrib, Ishaa, Salaat al-Janazah, Taraweeh and Eid**), and whoever enters it will be secure, and **Pilgrimage to the House is a duty imposed on mankind by Allah, for everyone who can afford a way to do so**; and whoever disbelieves, then surely Allah is Self-sufficient, above any need of the worlds, (Ref: Al_Quraan_003:097).

And when We made the House a pilgrimage for men and a (place of) security, and: **Take as your place of worship the standing-place of Ibrahim (Maqam of Ibrahim as a Guide for all Salaah, i.e. Fajr, Dhuhr, Asr, Maghrib, Ishaa, Janazah, Taraweeh and Eid)**. And We enjoined Ibrahim and Ismail saying: **Purify/Clean My House** (by all means from space, land and sea) for those who visit (it) and those who abide (in it) for **Devotion** and those who **Bow Down** (Ruku) (and) those who **Prostrate** (Sajood) themselves, (Ref: Al_Quraan_002:125).

And from whatsoever place you come forth, turn your face towards the Sacred Mosque; and surely it is the very truth from your Lord, and Allah is not at all heedless of what you do. And from whatsoever place you come forth, turn your face towards the Sacred Mosque; and wherever you are turn your faces towards it, so that people shall have no accusation against you, except such of them as are unjust; so do not fear them, and fear Me, that I may complete My favor on you and that you may walk on the right course, (Ref: Al_Quraan_002:149-150).

Azaan (Call to Prayers) is also in the Quraan:

O you who believe! When the Azaan (call to prayers) is proclaimed to prayer on Friday (the Day of Assembly), hasten earnestly to the Remembrance of Allah, and leave off business (and traffic): That is best for you if you but knew! (Al_Quraan_062:009).

People in the Hell will accept that one of the reasons for going into the Hell will be not offered Salaat:

They will answer: We were not of those who prayed (Salaat), (Al_Quraan_074:043).

Following Ayaat points towards Stand, Praise, Recite from the Quraan, Bow Down, Prostrating, Dress and Humble etc. in Salaat (Prayers), Five Time Salaat! Fajr, Duhr, Asr, Maghrib, Ishaa, Janazah, Taraweeh, Eid and Tahajjud (extra prayer):

I created the jinn and humankind only that they might worship Me, (Al_Quraan_051:056).

Prophet Zakaria (Peace-Be-Upon-Him) was offering Salaat (prayers) in Standing:

While he was **Standing** in Salaat (prayer) in the chamber, the angels called unto him: "Allah doth give thee glad tidings of Yahya, witnessing the truth of a Word from Allah, and (be besides) noble, chaste, and a prophet, of the (goodly) company of the righteous", (Al_Quraan_003:039).

And be steadfast in prayer; practice regular charity; and **Bow Down** your heads (**Rukoo**) with those who bow down (in worship), (Al_Quraan_002:043).

It is not righteousness that you turn your faces towards the East and the West (Towards Kabaa during Salaat and Hajj etc.), but righteousness is this that one should believe in Allah and the last day and the angels and the Book and the prophets, and give away wealth out of love for Him to the near of kin and the orphans and the needy and the wayfarer and the beggars and for (the emancipation of) the captives, and keep up prayer and pay the poor-rate; and the performers of their promise when they make a promise, and the patient in distress and affliction and in time of conflicts-- these are they who are true (to themselves) and these are they who guard (against evil), (Al_Quraan_002:177).

Guard strictly your (habit of) prayers (Five Time Prayers), especially the Middle Prayer (**Duhr** and **Asr** Salaat); and **Stand** before Allah in a devout (frame of mind), (Al_Quraan_002:238).

If you FEAR (under unusual circumstances), you may pray (Salaat) while walking or riding (for travelers). Once you are safe, you shall commemorate GOD as He taught you what you never knew, (Al_Quraan_002:039).

O you who believe! do not go near prayer when you are Intoxicated until you know (well) what you say, nor when you are under an obligation to perform a bath-- unless (you are) traveling on the road-- until you have washed yourselves; and if you are sick, or on a journey, or one of you come from the privy or you have touched the women, and you cannot find water, betake yourselves to pure earth, then wipe your faces and your hands; surely Allah is Pardoning, Forgiving, (Al_Quraan_004:043).

When you travel through the earth (during the war), there is no blame on you if you **shorten** your prayers (**Qasr**), **for fear the Unbelievers May attack you**: For the Unbelievers are unto you open enemies, (Al_Quraan_004:101).

And when you are among them and keep up the prayer for them (during the war), let a party of them **stand up** with you, and let them take their arms; then when they have **prostrated** themselves let them go to your rear, and let another party who have not prayed come forward and pray with you, and let them take their precautions and their arms; (for) those who disbelieve desire that you may be careless of your arms and your luggage, so that they may then turn upon you with a sudden united attack, and there is no blame on you, if you are annoyed with rain or if you are sick, that you lay down your arms, and take your precautions; surely Allah has prepared a disgraceful chastisement for the unbelievers, (Al_Quraan_004_102).

The hypocrites think that they are deceiving GOD, but He is the One who leads them on. When they get up for the Contact Prayer (Salaat), they get up lazily. That is because they only show off in front of the people, and rarely do they think of GOD. sends astray, you will never find a way to guide him, (Al_Quraan_004:142-143). **Think, what about those who don't offer regular prayers (Salaat).**

The hypocrites will be committed to the lowest pit of Hell, and you will find no one to help them, (Al_Quraan_004:145).

O children of Adam, you shall be clean and dress nicely when you go to the Masjid. And eat and drink moderately; Surely, He does not love the gluttons, (Al_Quraan_007:031).

The only people to frequent Allah's Masjids are those who believe in GOD and the Last Day, and observe the Contact Prayers (Salaat), and give the obligatory charity (Zakaat), and do not fear except Allah. These will surely be among the guided ones, (Al_Quraan_009:018).

You shall not observe the funeral prayer for any of them (hypocrites) when he dies, nor shall you stand at his grave. They have disbelieved in GOD and His messenger, and died in a state of wickedness, (Al_Quraan_009:084).

And establish regular prayers at the two ends of the day (**Fajir**, **Asr** and **Maghrib**) and at the approaches of the night (**Ishaa**): For those things, that are good remove those that are evil: Be that the word of remembrance to those who remember (their Lord), (Al_Quraan_011:114).

And certainly We have given you **seven of the oft-repeated** (all the verses of **Al_Fatiha**) and the great Quraan, (Al_Quraan_015:087). Al_Fatiha must be recited in every rakaat of each Salaat as well as every time before you start reading the Quraan.

Establish worship at the going down of the sun (**Maghrib**) until the dark of night (**Ishaa**), and (the recital of) the Quraan at dawn (**Fajir**). Lo! (the recital of) the Quraan at dawn is ever witnessed. And some part of the night (**Tahajjud**) awake for it, a largess for thee. It may be that your Lord will raise thee to a praised estate, (Al_Quraan_017:078-079).

Say, "Call Him GOD, or call Him the Most Gracious; whichever name you use, to Him belongs the best names." You shall not utter your Prayers (Salaat) too loudly, nor secretly; use a moderate tone, (Al_Quraan_017:110).

Therefore, be patient in the face of their utterances, and praise and glorify your Lord before sunrise (**Fajir**) and before sunset (**Asr**). And during the night (**Maghrib** and **Ishaa**) glorify Him, as well as at both ends of the day (**Fajir**, **Asr** and **Maghrib**), that you may be happy, (Al_Quraan_020:130).

O you who believe! Bow down and prostrate yourselves, and worship your Lord, and do good, that haply you may prosper, (Al_Quraan_022:077).

Successful indeed are the believers, who are humble in their prayers, (Al_Quraan_023:001-002).

And who spend the night before their Lord, **prostrate** and **standing**, (Al_Quraan_025:064).

Therefore, you shall glorify GOD when you retire at night (**Ishaa**), and when you rise in the morning (**Fajir**). All praise is due to Him in the heavens and the earth, throughout the evening, as well as in the middle of your day (**Dhur** and **Asr**), (Al_Quraan_030:017-018).

Bear, then, with patience, all that they say, and celebrate the praises of your Lord, before the rising of the sun (**Fajir**) and before (its) setting (**Asr**). And during part of the night (**Maghrib** and **Ishaa**), (also,) celebrate His praises, and (so likewise) after the postures of adoration, (Al_Quraan_050:039-040).

O you who believe! When the call is proclaimed to prayer on **Friday** (the Day of Assembly, after Fajir and before Asr), hasten to Remembrance of Allah, and leave off business (and traffic): That is best for you if you but knew! And when the Prayer is finished, then may you disperse through the land, and seek of the Bounty of Allah: and celebrate the Praises of Allah often (and without stint): that you may prosper, (Al_Quraan_062:009-010).

Or a little more; and recite the Quraan in slow, measured rhythmic tones, (Al_Quraan_073:004).

So woe to the worshippers, Who are neglectful of their prayers, Those who (want but) to be seen (of men), But refuse (to supply) (even) neighbourly needs, (Al_Quraan_107:004-107).

So the Salaat we offer is really according to the Quraan and Authentic Sunnah. In Salaat, we Stand, Praise, Recite for the Quraan, Bow Down, Prostrating, Dress and Humble etc. in Salaat (Prayers). Authentic Sunnah helps us to do so in a particular order.

Invite (all) to the Way of your Lord with wisdom and beautiful preaching; and argue with them in ways that are best and most gracious: for your Lord knows best, who have strayed from His Path, and who receive guidance, (Al_Quraan_016.125).

Quraan as well as Worshipping Methods and Kabah are Protected:

Allah has protected the Quraan as well as all worshipping methods and Kabah, which Allah has asked us to follow, since that is our guide, (Ref: Al_Quraan_002:001-007, 002:149-150, 015:009, 105:001-005).

Basic concept of the Quraan is to invite people towards One Allah, One Universal Region (Islaam), One Universal Sect, One Universal Holy Book (the Quraan) & One Universal Worshipping Method, without any compulsion in Religion, rather invite people with wisdom to go to heaven together.

Islaam is a complete way of Life/Deen, (Ref: Al_Quraan_005:003). Change yourself according to the Quraan not reverse. If the Quraan cannot convince you nothing will.

Follow/Practice all Directives/Guidance of Allah on all matters of life, (Ref: Al_Quraan_003:007).

Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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