

M1-E6 - Being Attentive in
Salaa

SALAH MINI PROJECT



Not to Teacher : Mini Project -
for students to do in pairs or
alone (there are 6 activities –
(6pgs below)

Before I
begin my
Salah

I need to know
the meaning of
what I am
reciting; my
pronunciation

THINK &
WRITE

Take a notebook - each day

- 1) pick a few arabic words(adhkar) that you recite in salah, write the Arabic and English words beside each other and think about it
- 2) Or do it together with a friend in class, go over the words you already know and then learn more and go over it together again the week after


Example- break down words, write

Sami-Al—hu (sami –listen/hear)

Al—h listens

(Ask yourself) What am I saying that
He is listening to?

Write down answer



What does each
action in Salah
symbolize
(represent) as to
what I am doing?

THINK &
WRITE

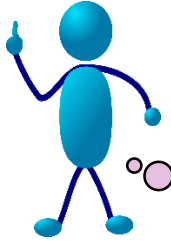
When I am doing sajdah, what does this position show as to what I am doing?

When I am standing in Salah (Qiyam) what does this position mean?

When I am doing Takbirat al-ihram what does it mean?

In the same notebook write what does each position in Salah mean to you

Example: Sajdah – I'm doing sujud I'm showing my total obedience and submission to the one Who created me.



My heart- what is stopping me from attaining Khushu (heart-based humility toward Al—h) and hudur-al-qalb (presence of heart)

Is my heart pure from sins or are there dirt/spots in my heart? due to my sins

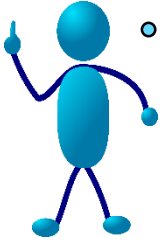
Is my heart clean of worldly love and attachments?

THINK &
WRITE

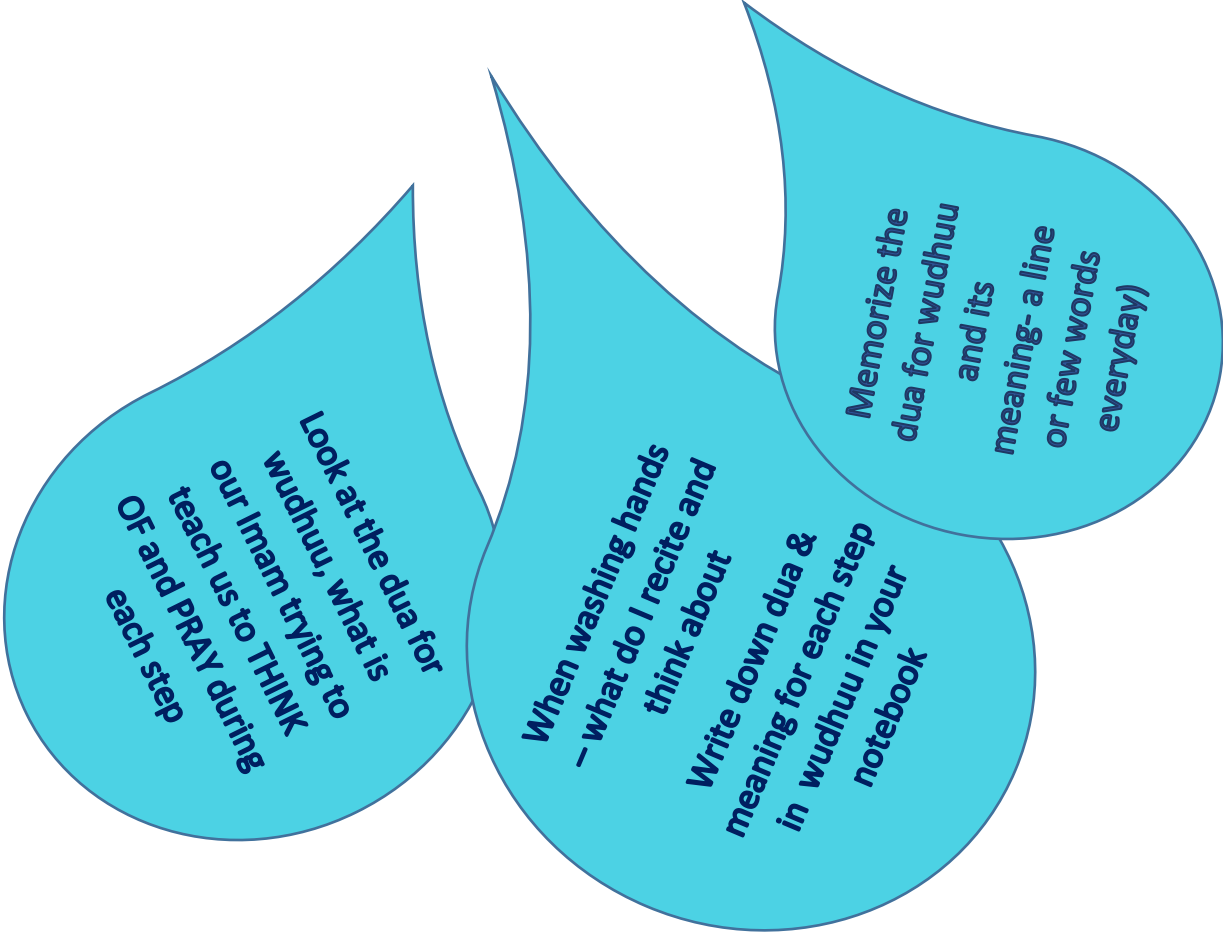
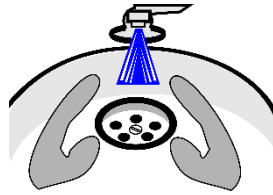
- 1) Write down things that you are very attached too?
- 2) How can I increase my love for Al—h and decrease my love for these things that occupy me other than Al--h

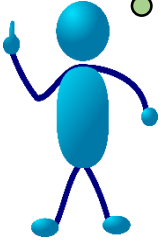
Draw a heart and put black spots for the sins you did for that day.

Every night go over your day and write a list of good deeds and bad deeds you did?



Concentration in salah stems from wudhuu





If I am going to meet someone important, how should I look?
When I am going to pray and meet the most Important Being how should I present myself?

What else could I do or recite to prepare myself for Salah that would help me prepare focus my attention toward

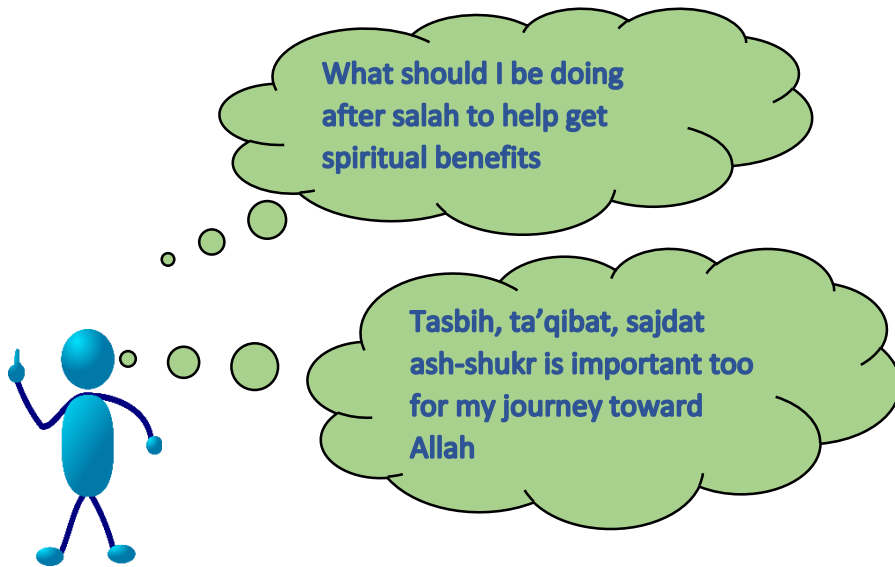
THINK &
WRITE

1) Make a checklist of what conditions should your clothes be in? What are the some mustahabbat (recommended) for clothes in salah How would you like to present yourself in front of Allah?

Keep a little notebook in your musalah, and go over your checklist before you start salah

Example

- 1) are my clothes Tahir free from najasat ?
- 2) are my clothes clean ?
- 3) -----



THINK &
WRITE

Search what are the benefits of doing tasbih of Bibi fatema (a) and write it down in your notebook.

Look at some of the duas and verses, zikr you can recited after salah, write down some short phrases from duas or verses that you like

Recited different duas, zikr after salaa