

## SALAH – THE FIVE DAILY PRAYERS

Written by Administrator

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‘Salah’ is the Arabic word which refers to the formal prayers that all Muslims must perform. As the Second Pillar of Islam, prayer in Islam holds a position of great importance in the life of a Muslim. It is the means by which a person shows their obedience to and love for God, and provides them with opportunities to beseech God and thank Him on a regular basis. By taking time out of our worldly lives five times a day, the prayer gives Muslims perspective and balance, ensuring that their spirits as well as their material bodies are cared for and nourished.

There are five daily prayers which Muslims perform at set times of the day. The prayers are said in Arabic language. However, if a new-comer to Islam is not able to say it in Arabic he or she could say in their language until, step by step they learn how to recite the Salah in Arabic. (For further information on Learning to Pray click here).

### Prayer Timings:

Fajr: the Dawn prayer – performed before the sun fully rises.

Dhuhr: the Lunchtime prayer - performed after the sun has passed its highest point.

‘Asr: the Afternoon prayer – performed in the late afternoon.

Maghrib: the Dusk prayer- performed just after the sun has set.

‘Isha: the Night prayer – performed at night.

It is important to remember that Muslims do not pray for the benefit of Allah, rather they pray for their own benefit. By doing this not only they are fulfilling Allah's commands, but it also earning great spiritual benefit for themselves.

When praying, Muslims follow a strict set of movements. These movements were revealed to the Prophet by Allah via Angel Gabriel.

The words of the prayers are said in Arabic in order to ensure that all Muslims, all over the world, and all throughout history, recite the exact same words that were said by the Prophet

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Muhammad (pbuh). However, Muslims are highly encouraged to learn the meaning of these words in their native language as well in order to understand what they are saying, so that their prayer is meaningful to them.

In Islam there is no need of a priest or imam or any an intermediary when it comes to prayer. During or after the Salah, the worshipper can asks Allah directly for anything they need, or thank Him directly for what He has bestowed on them.