



Under the Supervision of  
Shaikh Azhar Iqbal (MZA)



## Salah and Tarbiyah Q&A – Part 6

Age Group: Ages 6-12 years

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### Salah Q&A

Q1: What is خشوع (khushoo) in Salah?

A: The word خشوع means that your heart remains tranquil and relaxed during Salah. It also means that your mind remains tranquil and relaxed during Salah.

Q2: It must be a great feeling to pray with a relaxed heart and mind. What will happen if I do it?

A: You will be able to concentrate on your Salah. You will be able to think that you are in front of your Allah ﷻ and you are meeting with Him (ما شاء الله)

Q3: Yes, I agree. But my heart and mind are never relaxed. Many thoughts and feelings remain in my mind during Salah. What to do?

A: Before starting your Salah, say to yourself in your mind: “Relax. I must calm myself now for Salah”. And stand for 3 seconds to relax yourself before starting your Salah.



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Q4: This is a good solution, but what if my thoughts return during Salah?

A: During Salah, concentrate on the words that you are speaking. Learn their meanings and recall this meaning while speaking. Try to concentrate repeatedly on the words you are saying.

Q5: Ah! That seems like a good solution. What else can I do to ensure my خشوع?

A: Think that you are meeting with Allah ﷻ and it is a short meeting so I should concentrate as much as I can.

Q6: Ok. What if I don't know the meaning of the words I am saying during Salah?

A: Well, you can just focus on the words themselves. That will also help you.

Q7: JazakAllah khayr. Is it true that it is Iblees who brings thoughts in my heart and mind during my Salah?

A: It is Iblees. But it could be also your own weakness of faith and your refusal to concentrate during your Salah. You should make a firm intention to concentrate and not think about anything else.

Q8: Ok got it. And what is خضوع (khuzoo) in Salah?

A: The word خضوع means that all parts of your body are relaxed and calm during Salah. So, خشوع is relaxation of heart and mind. And خضوع is relaxation of body parts.



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Q9: MaashaAllah, that seems a great way to say your Salah – with خشوع and خضوع. How can I ensure خضوع?

A: Say your Salah slowly. Don't rush through your Salah– not even at a brisk pace. Someone who is looking at you offering Salah should think that you are saying your Salah slowly.

Q10: Ah! That seems a good solution. But how do I ensure that I don't hurry up at all?

A: You will feel tranquility in your heart when you say your Salah slowly and with concentration. You will love that feeling and you will want to continue it. So, it will become easy to say your Salah slowly.

Q11: Ok. Good. Does having خشوع also help with خضوع?

A: Yes, a relaxed heart and mind also help you relax your body during Salah.

Q12: Ok I get it. But what if I am traveling and the time for my Fard Salah is running out. Can't I say my Salah quickly then?

A: During travel also, you should try to say your Salah immediately when the time for Salah comes. However, if you are not able to do so, and the time for Salah is about to finish, you can say you Salah at a brisk pace but not very fast.



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Q13: Can I say my Salah in tight-fitting clothes?

A: No, you should not say your Salah in tight fitting clothes. Because they reveal private parts of your body especially when you do Ruku and Sajdah. This is *مكروه تحريمي*, i.e., considered highly unacceptable. You need to repeat you Salah then.

Q14: Ok, I did not know that. What about t-shirt? Can I say my Salah in t-shirt?

A: It is advisable not to say your Salah in t-shirts. Because they might slide up during sajdah, hence revealing your *ستر*. If this happens for a time in which you say *سبحان الله* 3 times (3-5 seconds), then you will need to repeat your Salah. If you are sure

Q15: What if thoughts come to my mind during my Salah and I forget to focus on my words for a long time? Will my Salah be accepted?

A: If you think about *خشوع* and *خضوع* before you start Salah, Insha'Allah your mind will not divert much during Salah. If it diverts for a long time, then pray to Allah ﷻ after finishing your prayer that He accepts your prayers.

Q16: Can I repeat my Salah if I am not satisfied with it the first time?

A: No, you cannot repeat your Salah if you are not satisfied with it. You should pray to Allah ﷻ to accept your Salah. And do better next time. Otherwise, you might start suffering from the disease of *وسوسه* and you might always be in doubt about many things.



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Q17: What are the فرائض (obligations) of Salah before I start my Salah:

A: There are 7 obligations, as follows:

- The **place** to offer Salah should be clean
- Your **body** should be clean (and you must have done wudu)
- Your **clothes** should be clean
- Your **ستر** should be covered
- You should be **facing the Qibla**
- You should make an **intention** to say Salah
- You should say Salah only in its **designated time**

Q18: JazakAllah khayr. I know now the things before Salah. Are there any فرائض (obligations) to cater for during my Salah?

A: Yes, you must do 6 things during your Salah:

- **Takbeer-Tahrima** (تكبير تحریمه) – saying Allah-o-Akbar at the beginning of your Salah
- **Qiyaam** (قيام) – standing while offering Salah (for one who can do so)
- **Qirat** (قرات) – recitation of the Holy Quran
- **Ruku** (ركوع) – bending down after قيام
- **Two sajdah** (سجود) – 2 prostrations (in each unit or rakah of Salah)
- **Sitting in Qaidah** (قائده) for time taken to read Attahiyaat (التحيات)

Q19: JazakAllah khayr. I will try to memorize these 13 obligations. Can you also tell the timings for each fard Salah?

A: Yes, they are as follows:

- **Fajr:** From dawn till sunrise



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- **Zuhr:** From noon till your shadow reaches twice its size
- **Asar:** From the time your shadow reaches twice its size to sunset
- **Magrib:** From sunset till Shafaq (شفق – a whiteness in the sky that comes after sunset)
- **Isha:** From Shafaq till dawn

Q20: I am fascinated by the thought of worshipping Allah ﷻ at night in Tahajjud prayers. But I can't get up before Fajr. What to do?

A: Say 2 units (rakah) of nafal prayers before sleeping and make دعا to Allah ﷻ to help you wake up for Tahajjud.

Q21: I am a Muslim boy. Can I say my Fajr prayers at home?

A: No. Saying Salah in the masjid is sunnah of Muhammad ﷺ. Consider Fajr as important as Jumma prayers.

Q22: What if I sneeze during my Salah. Can I say “الحمد لله”?

A: No, you cannot. If someone else sneezes you cannot say يرحمك الله (yarhamok Allah).

Q23: If someone says “assalamoalaikum” to me during salah, should I respond back?

A: No, you cannot. You must focus on your salah only.



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Q24: What if I feel the urge to pass urine or stool during Salah. What to do?

A: Try to finish your Salah a bit quickly. It is not advisable to break your Salah immediately. And if the time for Salah is about to finish, you should definitely try to finish your Salah quickly and then go to the toilette. Yes, if it is an emergency-type situation which is completely uncontrollable for you, then you can break your Salah.

## Tarbiyah Q&A

Q1: You said above that I should be facing the Qiblah. I know that Qiblah is the Kaaba. What is the Kaaba?

A: It is a cube-like structure located in the city of Makkah Mukarramah. It is the House of Allah ﷻ and the first masjid built for His worship. It is the most sacred place on earth along with Madina Munawwarah. We always say our Salah facing the Kaaba.

Q2: What are my obligations regarding the Kaaba?

A: You should try to visit the Kaaba as much as possible for Umrah and Hajj. Whenever you visit the Kaaba, it is necessary to also visit Madinah Munawwarah.

Q3: I love making دعا to Allah ﷻ . I ask some worldly things from Him but should I be asking something else also?



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A: Yes, it is good to do دعا for your world. But you should also ask for Jannat-ul-Firdous. And seek forgiveness for your sins. Finally, thank Allah ﷻ for what He has given you. Do these 3 things every time you make دعا to Him.

Q4: Many riders come to my house to deliver ordered stuff. As a Muslim girl, how should I interact with them?

A: Don't talk to them in a soft voice. Avoid any unnecessary conversation. Do you hijab. Make sure you don't open the main door of your house for a long time while the rider is outside. Don't leave the door unattended.

Q5: One day my uncle came to my house. I was very busy. In my heart, I felt unhappy because I didn't have time to give to him. I felt disturbed. Is this OK?

A: Whenever a guest comes to your house, welcome him warmly with open arms. It does not matter whether he is invited or uninvited. It does not matter whether he came for meeting or any discussion. You should always welcome your guests warmly.

Q6: Ok what if the guests come at some odd time, e.g., 10 pm. What to do then?

A: See the situation. If they are your relatives, they probably came for something important. You may invite them inside the house. For others, you can choose to do as your parents suggest. But it is best not to invite non-relatives inside the house at odd times.

Q7: Ok that's good. At what time should I **not** go to someone's house as a guest?



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A: You should avoid visiting anybody in afternoon, night, or early morning. You can visit from 11 am till evening time. If you are invited at some specific time, you should go at that time (e.g., 930 pm)

Q8: I feel the urge to crack my knuckles (pulling and bending fingers to make popping sound). Is it OK?

A: Try to leave this habit. Cracking knuckles makes others uncomfortable. You can crack them in solitude. But its best to leave this habit. Because your fingers might suffer some loss. Fingers are given by Allah ﷻ. We should take care of them.

Q9: I am eating food and suddenly, a food-bite (لقمة) drops from my hand and falls on the floor. What to do?

A: If the food-bite falls on some cloth ( دسترخوان / table-spread), then you may pick it up and eat it. If it falls on the floor, its best to give it to insects/ants. Try to clean up any dirt which the fallen food-bite leaves behind.

Q10: If I want someone's attention, can I touch the area from waist to knees of other people (e.g., of friends, cousins or others)?

A: No, the area from waist to knees is a strictly private area. You cannot touch anybody there, no matter what the reason. You can get someone's attention by touching him on the arms.

Q11: I don't have a study table, and I can only sit on the ground. How should I sit?



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A: Don't sit without resting your back against some support. Otherwise, back problems can start. You can buy any type of back-rest cushion. Also, use a floor desk (called a رِجْل).

Q12: What if I don't have a study lamp? Is it ok to study in room lights?

A. The room lights may not be bright enough for studying. Your eyes have been gifted to you by Allah ﷻ. Its best to buy a portable table lamp.

Q13: Some guests come to your house. There are 3 children with them. And you are 3 children in the house. Your mother cooks 9 pastries. You want to eat them. What to do?

A: First, make sure that each of the 3 children who are guests have 2 pastries each. So, the guest children eat 6 pastries. Then, 3 pastries are left. Each one of you can then have 1 pastry. In other words, make sure that your guests eat more than you.

Q14: Ok, so even if I don't get to eat any food that is given to the guests, it is ok?

A: Of course, guests are sent by Allah ﷻ. They bring barakah (blessings) in your house. If you take care of them, then Allah ﷻ will give you much more later on Insha'Allah.

Q15: Should I typically eat my food quickly or slowly?

A: You should not eat your food quickly. Take your food slowly and munch it well in your mouth.



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Q15: Is it sunnah to take small bites and eat food slowly, or it is just a general recommendation?

A: The life of our Prophet Muhammad ﷺ is the most balanced way of life – called اعتدال (I'tidal) in Arabic. It is neither an “extremist” way of life, nor it is an “ignorant” way of life. So, if you are not taking large or very small bites, or if you are not eating very slowly or very quickly, we can label it as Sunnah or Adaab (rules of practical behavior).

والله اعلم بالصواب