

Why do we pray? BS Foad, MD 2018

Muslims are ordered to pray five times each day: Fajr (Dawn), Zuhr (Noon), Asr (Afternoon), Maghrib (Sunset), and Eisha'a (Night) prayers. Male Muslims are also ordered to attend Friday prayer. Allah does not need our prayers. He ordered us to establish regular prayers, at certain times, because prayer is good for us, and improves our character and behavior.

(1) Prayer teaches us obedience and submission to Allah, and reminds us of our accountability to Him: To pray five times each day is not easy, except to those who have strong faith

(2) Prayer increases our faith, and gives us peace: "Truly man was created very impatient; fretful when evil touches him; and niggardly when good reaches him; not so those devoted to prayer, those who remain steadfast to their prayers." Al-Ma'rij (Ways of Ascent) 70: 19-23. When we recite the Qur'an Allah is talking to us, and guiding us.

(3) Prayer lets us avoid shameful deeds: "Recite what is sent of the book by inspiration to you, and establish regular prayer: for prayer restrains from shameful and evil deeds; and the remembrance of Allah is the greatest thing without doubt, and Allah knows all that you do" Al-Ankabut (Spider) 29: 45

(4) During prayer we recite the Qur'an, are close to Allah, receive His guidance, and are under His mercy: The Qur'an described itself as a guidance, and a mercy, and as a healing to the ills in our hearts, and as a reminder of our accountability: "We send down of the Qur'an that which is healing and a mercy to those who believe; to the unjust it causes nothing but loss after loss." Al-Isra'a (Night Journey) 17: 82; "O Mankind there has come to you an admonition from your Lord, and a healing for the ills in your hearts, and for those who believe a guidance and mercy." Yunus (Jonah) 10: 57. Prophet Muhammad (PBUH) told us that we are closest to Allah during our Sojoud (prostration) Abou Dawood.

(5) Prayer intercedes on our behalf: Prophet Muhammad (PBUH) said: (Read the Qur'an, for it comes on the Day of Judgment interceding for those who read it) Ahmad & Muslim. The Prophet (PBUH) also said: (Fasting and the Qur'an intercede for Allah's servant, on the Day of Judgment; Fasting says: 'My Lord I prevented him from his food and desires during the day, allow me to intercede on his behalf'; and the Qur'an will say: 'My Lord, I prevented him from sleeping at night, allow me to intercede on his behalf'; and they are both allowed to intercede) Ahmad

(6) We earn good deeds when we recite the Qur'an: Prophet Muhammad (PBUH) said: (Whoever reads one letter of the book of Allah, he earns one good deed, and each good deed is rewarded ten times) Termidhi.

(7) Prayer teaches us to set our priorities right, and to organize our time: When the time of prayer comes we should leave off our preoccupation with other things, and hasten to prayer.

(8) Prayer teaches us equality and unity: We stand before Allah in one line, and we submit to Him with devotion and sincerity. Prophet Muhammad (PBUH) said: (Allah does not look at your faces or money, but He looks at your hearts and deeds) Muslim.