

In the name of Allah the most Gracious and Merciful

This quarter the topic of **Salat** should be discussed in an interactive way with lajna members at general meetings and in discussion groups where they exist. Hazoor's Friday Sermons and Addresses should be accessed and revisited via the internet, on the topic of Salat, in order to improve one's Salat. The national team will provide posters for this purpose which can be emailed or shared with members using a feature on Whatsapp called broadcast. This enables you to send messages out but does not allow two way discussion. You will need to let members know if they want to reply to you this will need to be done through a direct message to you.

The tables below serve to highlight discussion areas that should be covered for each month, these provide you with a starting point but it is expected that you build upon these through your own review of Jamaat literature and Friday sermons. We have demonstrated to you through the tarbiyyat and talim classes the level of interaction through group work that you should deploy. This makes meetings more enjoyable and provides everyone with the opportunity to take part.

To do this well you will need to plan every session and invite different members from the local majalis to support you. You may find it beneficial to use a combination of members from different age ranges. Please remember to include teenagers as they are very resourceful and should be encouraged to take part.

The purpose of this workstream is to strive for perfection in salat, to assist members in achieving this the clear objective is to achieve the 7 stages of salat as described by Hazrat Musleh Maud (RA) – Tafseer e Kabeer, Volume 6 page 136 – 137.

7 Stages of Salat:

1. Offer 5 obligatory prayers and if missed then make up for it whenever we remember
2. Offer all prayers on time
3. Pray in congregation when possible
4. Know the meaning of prayer

5. Contemplate over the meaning and pray in such a manner as if God is before us
6. Offer Nawaafil (voluntary prayers)
7. Offer Tahajjud prayer.

We also want you to concentrate on conduct and that is why we have included in this work plan subjects such as etiquette of attending the mosque and etiquette of salat. Through the development of posters we will also provide reminders to improve conduct in all matters related to tarbiyyat.

Resources that can be used to support discussions with members in reminding of the importance of salat:-

Selected verses from the Holy Quran are:-

'And observe prayer and pay the Zakat, and bow down with those who bow.' (Ch2:v44)

'And when my servants ask thee about me, say: 'I am near. I answer the prayer of the suppliant when he prays to Me. So they should harken to Me and believe in Me, that they may follow the right way.' (Ch: 2 v: 187)

'And observe prayer at the two ends of day, and in the hours of the night that are nearer the day. Surely good works drive away evil works. This is a reminder for those who would remember.'

(Ch: 11 V: 115)

The Holy Quran makes many references to salat and I have given a few examples above, please read the references directly from the Holy Quran and make best use of the commentary to ensure verses are understood in full. You could allocate a verse along with the task of exploring the commentary to different teams their role could be to feed back learning in meetings.

Hadith from Tirmadhi

The Holy Prophet SAW said:-

"The first thing for which a person would be called to account is the prayer. If he succeeds in his account, he would be successful and will attain salvation. If that account is deficient, he will be ruined and will be a loser. If there is a shortfall in the obligatory prayers, Allah will make it up from his nawaafil. Similarly, all his other deeds will be accounted for."

Members should discuss this Hadith and should also discuss what is meant by "all his other deeds".

Additional Resources:

- Salat The Muslim Prayer Book
- Friday sermon 22nd June 2012 “importance of Salat”
- Tarbiyyat Syllabus P.46 – 65
- Remembrance of Allah, Hazrat Musleh Maud (RA) should be used particularly for the month of Ramadhan.

We are commencing with reminding members of the Etiquette of attending the mosque and the etiquette of salat this is to serve as a reminder of the basics of both these important areas.

Month	Main Focus	Main discussion points	Timescale/frequency	Benefits
Nov 2019	Etiquette of Attending mosques	<p><u>Main statement of intent</u></p> <p>It should be the Intention of every Muslim to visit the house of Allah with a pure heart and soul and be physically clean. It is to be remembered that congregational prayers in the mosque is a requirement for men and not women.</p> <p>Discuss how we can support mothers with young children to attend the mosque with their children and what tips can we share to help mothers to keep their children calm and relatively quiet.</p> <p>What should a mother do to ensure her young child does not disturb the salat of others? (Members are requested to be</p>	<p>During the month of November the discussion points provided should be discussed in meetings both general and group meetings, where they exist.</p> <p>There are 4 main topics for focus these should be covered in the month of November e.g. covering 5 weeks</p>	<p>Mosques are Allah's favourite place and the bazaar the least favourite.</p> <p>High status of mosques is inculcated</p> <p>Through Allah's mercy women have been given flexibility to observe their prayers at home.</p> <p>Mothers can be supported to attend the mosque and can be supported to feel comfortable that members are available to assist.</p> <p>Mothers can share their experiences and discuss what worked and what didn't work for them in a supportive way.</p> <p>Mothers can also be supported to understand</p>

Month	Main Focus	Main discussion points	Timescale/frequency	Benefits
	<u>Etiquettes of Salat</u>	<p>supportive and sensitive in this discussion)</p> <p>Mobiles should be switched off, please discuss why?</p> <p><u>At Home, Salat centres and Mosques</u></p> <p>Walk calmly and gracefully even if we are late for congregational namaaz we should not run.</p> <p>In congregational prayer, the first row should be filled.</p> <p>Must follow the imam in all his movement.</p> <p>Attending mosque wearing clean clothes, avoid food smells, wear light perfume and wear clean socks particularly ensuring children are guided in this way. Hair should be covered in full, arms and ankles should also be properly covered.</p> <p>Remind husbands and sons to wear caps (topis) when attending the mosque for salat.</p> <p>If one joins the prayer in the middle one should follow the imam till the two “salams” have been said and then get up and complete the missed raka’at.</p> <p>One should avoid walking in front of a person who is saying his/her prayer.</p> <p><u>Why?</u></p>	November November November	<p>that it is not compulsory for women to observe congregational prayers at the mosque.</p> <p>Promotion of obedience</p> <p>Respecting the requirement of cleanliness and ensuring others are not distracted by body odour or remnants of cooking e.g. onions.</p> <p>Paying due attention to the requirement for appropriate dress for praying.</p> <p>Improved understanding of the reasons. It is discourteous to walk in front of someone who is offering their salat as it may disturb their concentration and distract them from their devotion to Allah the Almighty.</p> <p>Please listen to this audio taken from a Q&A with Khalifatul Masih iV (re). http://www.askislam.org/mp3/MEI_19910427_23.mp3</p> <p>Talking causes disturbance to those who are still praying and is discourteous. If someone</p>

Month	Main Focus	Main discussion points	Timescale/frequency	Benefits
		<p>Is it ok to start talking after namaaz when members are still praying? If no why?</p> <p>What action can you take if someone attempts to speak to you in the prayer hall when members are still praying?</p>		<p>attempts to speak to you in the prayer hall whilst others are praying kindly indicate the need to be silent and guide them towards the door where a conversation can be had outside of the mosque.</p>

Questions:-1

A university friend or your work colleague is visiting the mosque how will you explain the etiquettes of attending mosques?
 What examples will you give her?

Self Improvement Homework: -

From your discussions - what have you identified as areas for self improvement? Write them down and give yourself a deadline by which the improvement will be achieved. Keep a journal of the progress you are making and make note of times you have not done so well, say why and make a note of the action that you will take to address any weaknesses acting as a barrier to your improvement. This is a member's own personal journal and is not to be shared or asked about. Please do not request to see it or ask about it. For the purpose of the monthly report we only need to know that you have delivered the work plan.

Tarbiyyat Work Plan Nov 2019– Jan 2020

Month	Main Focus	How to practice –Main Discussion points	Timescale/ frequency	Benefits
Nov 2019	3 rd condition of Bai'at	To discuss the main points of 3 rd condition of bai'at at home, general and group meetings 1-5 daily times of total Devotion to Allah without interruption.	November	Self-evaluation, self-analyse and self-reformation Role of SALAT in cultivating a personal relationship with God is understood. Promotes a personal relationship with God and spiritual satisfaction. Main solution of our daily problems The purpose of our creation is achieved. A source of link between creator and creation.
Nov 2019	SALAT An obligatory set of Prayers to Allah	Phone alarms and visual salat clock at home can be used as reminders to pray on time. If one salat time is missed how do we try to minimise the risk of missing the remaining salat times. Observance of SALAT at home Individual prayer Congregational prayers (At mosques and salat centres). Wives and mothers should encourage and remind their husbands and sons to offer congregational prayers at the mosque in particular Fajr and Isha.	November November November November November	The purpose of our creation is achieved. A source of link between creator and creation. Best time management in daily routines and creates spiritual purification and mental satisfaction. Discipline in offering prayers will also require children to go to bed early at night. Promotion of Taqwa and self-analysis Children start copying the movements of their elders naturally and become regular in their prayers. A sense of unity and discipline is promoted, attainment of twenty seven times greater reward than individual prayer. And prayers offered behind Hazoor (aba) bring more attachments to Khilafat.

Tarbiyyat Work Plan Nov 2019– Jan 2020

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Dec 2019		<p><u>https://www.youtube.com/watch?v=2unnS0Q699E</u></p> <p>On entering the mosque, you should offer the following prayer: “<i>Bismilla hissalato wassalamo alaa Rasoolillahi Allahummagh firlee zonoobe waftah lee abwaba rahmatika.</i>”</p> <p>One should be clean and both physically and mentally ready to offer salat and hence ablution before Salat is essential. Upon entering a mosque a person should not have eaten anything which will make their mouth smell, for example, eating garlic or food with garlic in it. One's body should be covered modestly, a woman's arms should be covered at least to her elbows, and from her head to her feet. (Salat The Muslim Prayer Book – Conditions for Prayer)</p> <p>When attending Salat at mosques one should not run to prayer, whether they believe that prayers have commenced or not. It is not</p>	December December December	<p>Huzoor (aba) guidance on observing congregational prayer.</p> <p>I enter in the name of Allah. Peace and blessings be upon His Messenger. O my Lord forgive my sins and open the doors of Mercy for me.</p> <p><u>https://www.alislam.org/library/books/Treasure-House-of-Prayers.pdf</u> (page 44)</p> <p>Members are physically and mentally prepared for prayer and the body is covered appropriately.</p> <p>Improved etiquette</p>

Tarbiyyat Work Plan Nov 2019– Jan 2020

Month	Main Focus	How to practice –Main Discussion points	Timescale/ frequency	Benefits
		<p>considered to be respectful or dignified to one's surroundings and to the act of Salat to do so. It is not respectful to a fellow worshipper to step immediately in front of someone who is praying.</p> <p>http://www.askislam.org/mp3/MEl_19910427_23.mp3</p> <p>It is inappropriate to start to talk as soon as prayers have ended, members should wait until they have left the prayer hall before engaging in conversation.</p> <p><u>Combination of prayers only in special circumstances</u></p> <p>We should try not to combine salat as common practice, there are 5 daily salats and not 3.</p> <p>Observance of salat with intensity. We should offer 5 times with such humility as if we see God in front of us.</p>	December December December	<p>Listen to the attached audio of a question and answer session with Kahlifatul Masih IV(Re).</p> <p>Ensure full attention is given to salat</p> <p>Children learn that there are 5 daily salats and they are able to see this at salat times.</p> <p>Impact on our heart A closer link is felt with Allah</p>

Month	Main Focus	How to practice –Main Discussion points	Timescale/ Frequency	Benefits
				Completely disconnection from worldly matters to Allah True love and obedience is displayed

Etiquettes of Mosque according to Fiqha al Maseeh and Fiqhaul Ahmadiyya

A mosque is the house of Allah and time should be spent in remembrance of Allah and prayers, no worldly conversation is allowed and no noises. Worshippers should keep clean rows and should wear clean clothes and it is desirable to use fragrance or perfumes and should avoid from eating smelly foods like onions, garlic and Daikon etc, when attending the mosque.

In this context the following hadith is quoted:-

Hazrat Jabir (ra) narrates that prophet Mohammed (pbuh) said, “one who had eaten onion or garlic and any smelly food should not come in our mosques, because angels dislike it and they don’t like if human beings are in trouble by these things from someone.” (from smell or litter)

Sahi Muslim Volume 1 part2 p: 127

Rows for prayer should begin in the middle prophet Mohammed (pbuh) said only righteous and religious scholars should stand nearby me or behind in rows for prayer. It is noted in the Hadith taken from Mishkat that the Imam should be standing in the first row but in middle and all gap should be filled.

Mishkat p: 476 Hadith number 110

Benefits of Congregational Prayer

The purpose of awarding high levels of reward of congregational prayer is to create unity, the commandment to maintain this unity is that all feet should be parallel to each other and attention paid to straightness of rows. It means all should be like one human being and lights of each other enter into them. No difference should be left which creates selfishness.

One should keep in mind a man has such kind of potential to absorb others light. For this unity, it is ordered to offer prayer daily in the local mosque, weekly in the city main mosque and annually Eid prayer should be offered jointly in an open outside area or big mosque. Annually all muslims should gather in the House of Allah, this means the Holy Kaaba. The purpose of all these commandments is to create unity.

Lecture Ludhiana Roohani Khazain Volume 20 p:281-282 Fiqha Al Maseeh p: 51-52

Hazrat Jabir bin Samra (ra) narrated that Prophet Mohammed (pbuh) came to us and said “do you arrange rows for prayer like angels do in front of Allah? Then we asked how angels arrange rows in front of their lord. Prophet Mohammed (pbuh) said they complete the first row (meaning the front row) and when it is filled, they then arrange the next row and join in straight rows”.

Sunan Al Nisai Hadith number 819 p:309

Abu Masood (ra) narrated that prophet Mohammed (pbuh) said “*stand straight in rows for prayer otherwise your hearts will be disunited and those people who are wise amongst you should remain closer to me. Then those who are nearest to them and then those who are nearer to them*”.

Sunanai Nisai Hadith 815 p: 308 volume 1

Ibne Umar (ra) narrated that prophet Mohammed (pbuh) said “*arrange rows properly and be closer shoulder to shoulder, fill all gaps in rows no hole should be left for Satan. And one who will stand in a row Allah will be with him and one who does not join rows will not be with Allah*”.

Mishkat p:476 hadith number 1102

Prophet Mohammed (pbuh) said “keep straight your rows because straightness of rows is to enter in salat”

Hadith from Sunanai Ibne Maja p: 993 number 492

Prophet Mohammed (pbuh) said “*Allah blesses his mercy to those and angels pray for those who join rows for Namaz and one who fills gap in rows Allah will give him a high status*”.

Sunannai Ibne Maja Hadith number 995 volume 1 p : 493

Arranging rows for funeral prayer

How many rows should be arranged for funeral prayer?

All should arrange a row behind the Imam and if there are too many, arrange rows in odd numbers.

Fiqha Al Ahmadyya p: 239

Malik bin Habeera (ra) narrated that he heard from prophet Mohammed (pbuh) saying “*if there are three rows of funeral prayer of a deceased person then paradise is prescribed for him so when Malik (ra) assessed less number of people for funeral prayer he used to divide them in three rows due to this hadith*”.

Mishkat volume 2 p: 77-78 hadith number 1687

Questions

Q1:-What should we avoid eating before coming to the mosque and why?

Q2:-Where did Prophet Mohammed (pbuh) say we should start rows for prayers?

Q3:-What are the benefits of congregational prayers?

Q4:-What did Hazrat Jabir bin Samra (ra) narrate regarding the question that the Holy Prophet Mohammed (pbuh) asked his followers regarding angels?

Q5:-How are rows arranged for funeral prayers and why?

Standing in Suf

In his book An Elementary Study of Islam, Hazrat Mirza Tahir Ahmad (re) in his chapter ‘The Prayer’ has explained the following:

“The assembly is admonished to be arrayed behind the Imam in perfectly straight lines, each worshipper standing close to the other, shoulder to shoulder, with no distance between any two worshippers. They follow the Imam perfectly in everything that he does. As he bows they bow, as he stands they stand. As he prostrates they prostrate. Even if the Imam commits a mistake and does not condone it even after a reminder, all followers must repeat the same.”

On January 27th 2017 Hazrat Khalifatul Masih (aba) delivered a Friday sermon in which he gave the Jamaat guidance about Salat and Fiqah and the teachings of the Promised Messiah (as).

<https://www.alislam.org/friday-sermon/2017-01-27.html>

- Huzoor (May Allah be his Helper) said that after I spoke about Salat in previous sermon, many Ahmadis and auxiliary organizations have written to me and promised to bring about reform. We should remember that a constant effort is needed by the entire Nizaam or system of Jama’at in this regard.
- It is especially the duty of Lajna Imaillah that they should inculcate the habit of regularly offering salat with children and also encouraging their spouses to pray and pray in congregation.
- Some people become angry and irritated when advised about prayers and say that this matter is between me and God. No doubt the matter is between you and God, but it is the responsibility of Jama’at and your spouses to encourage you and advise you to be regular in prayers.
- I will present some matters of fiqh or jurisprudence about Namaz as given by the Promised Messiah (may peace be on him).
- Muslims enter this Jama’at from different sects. As Hakm and Adl or arbitrator and judge, the Promised Messiah (may peace be on him)) has decided these matters for us.
- About Rafa Yadain meaning raising your hands to ears in every Rakat, there is no problem in it as it is substantiated from ahadith. The Promised Messiah (may peace be on him) did not do this.
- Reciting Surah Fatihah behind the Imam is an approved practice and is better than not reciting
- Reading Bimillah out loud before reciting the Surah in salat and saying Ameen out loud after Surah Fatihah was not adopted by the Promised Messiah (may peace be on him). There is nothing wrong with doing so.
- Reciting Quranic prayers in Ruku and Sujud should not be done even though these are positions of extreme humility. It was not the practice of The Prophet (peace be upon him) .Quranic verses have an exalted status.

- It was asked whether a Rakat should be counted if one joins in Ruku. The Promised Messiah (peace be on him) said that my personal inclination is that there is no prayer without Fatihah. But if one gets late despite trying and joins Ruku, his Rakat would be counted as this is stated in ahadith.
- If the Imam is leading Asr prayer and a person comes who hasn't yet read Zuhra prayer, then he should first read Zuhra prayer – meaning it is preferable to keep the order of prayers. If the follower doesn't know which prayer is being lead, then his prayer would be that of the Imam. He should read his own missed prayer afterwards. Meaning if he accidentally reads Asr prayer with the Imam first without Zuhra first, then he should do Zuhra prayer afterwards.
- Because the Promised Messiah (peace be on him) used to offer Sunnat prayers at home, some people misunderstood that they may not be mandatory. Hazrat Khalifatul-Masih I (may Allah be pleased with him) clarified this matter that he offered all his Sunnat prayers at home and Mirza Bashir-ud-Din Mahmood Ahmad (may Allah be pleased with him) and other members confirmed this as well.
- The Promised Messiah (may peace be on him) forbade to read prayer behind any such person who declares the Promised Messiah (may peace be on him) as a Kafir or a liar. Your Imam should be from amongst yourselves. It is also forbidden to pray behind a person who stays quiet in this regard, meaning he neither believes in the Promised Messiah (peace be on him) nor declares him false.
- At the end, Huzoor (may Allah be his Helper) asked all Ahmadis to pray for the Ahmadis of Algeria. May Allah keep all Ahmadis safe and under His protection .Ameen.

Questions

Q1; - The hadith mentioned earlier from Tirmadhi highlights we will be held accountable for our salat. Members should be asked to reflect personally and consider what their response will be based on current levels and quality of salat. This is personal reflection and feedback in a discussion group is not required.

Q2:- At work my prayer time is missed what can I do to ensure I manage to offer my prayer at work? Discuss and identify solutions.

Q3:- We try to focus during namaaz but struggle to achieve full concentration how can we overcome this?

A possible answer can be found in the Tarbiyyat Syllabus P.55

The answers to questions 4 – 8 can be found in the Friday sermon of 27th January 2017

Q4: What did Huzoor (aba) say Lajna needed to inculcate?

Q5: What should not be done in Ruku and Sujud?

Q6: What did the Promised Messiah (as) forbid?

Q7: Did the Promised Messiah (as) practice Rafa Yadain?

Q8: If the Imam is observing Asr and you arrive late and have not observed Zuhr what should you do?

Month	Main Focus	How to Practice	Timescale /frequency	Benefits
Dec 2019	Continuation of 3 rd condition of bai'at	More efforts for improving the standard of prayers	December/ January	Our spiritual quest increases continuously which leads to offer extra prayers.
Dec 2019	Tahajjud and Nawafil The way to an exalted station	Efforts for getting the pleasure of ALLAH To achieve an exalted station through Tahajjud and Nawafil TAHAJJUD not obligatory but a very highly encouraged optional prayer A late night prayer in perfect-privacy To wake up at Dawn for Tahajjud 13 Methods prescribed by Hazrat Musleh Maud (ra) a main source of getting up at night for TAHAJJUD Remembrance of Allah, Hazrat Musleh Maud (RA), P35-39. https://www.alislam.org/r.php?q=Rememberance+of+Allah+a+book+&sa=	December/ January	Believers try their best to make Allah happy through the following of his commandments The spiritual quest more increases and can be filled though these prayers Communion with God becomes a highly personal affair Gradually will lead us to be regular in Tahajjud prayer and finally the way to an exalted station

Tarbiyyat Work Plan Nov 2019– Jan 2020

Month	Main Focus	How to Practice	Timescale /frequency	Benefits
		Offering Nawafil at different prescribed times Reciting Darood Istighfar (repenting and seeking forgiveness from Allah and seek his help)	January January January	Another main source of coming closer to Allah, more spiritual and mental satisfaction, Insha'Allah that Allah may accept our prayers Through seeking forgiveness and Istighfar one can reach to the standards of what is expected of a true believer.

Questions:-

Q1:-If Allah and His Angels are reciting Durood, what is the purpose of our humble Durood?

A possible answer can be quoted from the Tarbiyyat Syllabus (p.64)

Activity: Reflect back on the 7 stages of salat consider whether you have completed each stage successfully, consider whether your conduct has changed in relation to etiquette of attending the mosque and etiquette of salat.