

Welcome!

Humility Revealed

Understanding and Internalising *Khushu'*

A Qur'anic deep dive on prayer's most important quality

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- I deliver **transformational educational experiences** to help people live truly God-centered lives.
- My aim is to help you achieve:
 - **connection** through **prayer**
 - **clarity** through **revelation**
 - **courage** to fulfil your **leadership potential**

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- So that we can all live purposeful and meaningful lives, **serving God's cause together.**



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Let's begin...



What you'll get from today

- 1. Understand** what it means to really have *khushu'* in your prayer and its central importance in *Salat*
- 2. Go on a tour** of powerful *Qur'anic verses*, pondering and extracting valuable lessons from them on the topic of *khushu'*
- 3. Learn** how to attain and maintain *khushu'* in your prayer, defeating disturbances and distractions



The approach we'll take



What is
خشوع
anyway?



Let's start with prayer



Prosperous indeed are the believers! **Those who pray humbly**, who shun idle talk, who pay the prescribed alms, who guard their chastity except with their spouses or their slaves – with these they are not to blame, but anyone who seeks more than this is exceeding the limits – who are faithful to their trusts and pledges and **who keep up their prayers**, will rightly be given Paradise as their own, there to remain.

[Chapter 23, The Believers, Verses 1-11]

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾
الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾



**Not just for prayer,
but for life**



For men and women who are devoted to God – believing men and women, obedient men and women, truthful men and women, steadfast men and women, **humble men and women**, charitable men and women, fasting men and women, chaste men and women, men and women who remember God often—God has prepared forgiveness and a rich reward.

[Chapter 33, The Joint Forces, Verse 35]

إِنَّ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْقَانِتِينَ
وَالْقَانِتَاتِ وَالصَّادِقِينَ وَالصَّادِقَاتِ وَالصَّابِرِينَ وَالصَّابِرَاتِ
وَالْخَاشِعِينَ وَالْخَاشِعَاتِ وَالْمُتَصَدِّقِينَ وَالْمُتَصَدِّقَاتِ وَالصَّامِينَ
وَالصَّامَاتِ وَالْحَافِظِينَ فُرُوجَهُمْ وَالْحَافِظَاتِ وَالذَّاكِرِينَ اللَّهَ كَثِيرًا
وَالذَّاكِرَاتِ أَعَدَّ اللَّهُ لَهُمْ مَغْفِرَةً وَأَجْرًا عَظِيمًا



Remember Zachariah, when he cried to his Lord, 'My Lord, do not leave me childless, though You are the best of heirs.'

We answered him, We gave him John, and cured his wife of barrenness — they were always keen to do good deeds. They called upon Us out of longing and awe, and **humbled themselves before Us**.

[Chapter 21, The Prophets, Verses 89-90]

فَأَسْتَجِبْنَا لَهُ، وَوَهَبْنَا لَهُ، وَيُحْيِي وَأَصْلَحْنَا لَهُ، زَوْجَهُ، إِنَّهُمْ كَانُوا
يُسْرِعُونَ فِي الْخَيْرَاتِ وَيَدْعُونَنَا رَغَبًا وَرَهَبًا، وَكَانُوا لَنَا خَاشِعِينَ ﴿٩٠﴾



Revelation is the key



Another of His signs is this: you see the earth **lying barren**, but when We send water down on to it, it stirs and grows. He who gives it life will certainly give life to the dead. He has power over everything.

[Chapter 41, Verses Made Distinct, Verse 39]

وَمِنْ آيَاتِهِ أَنْ تَرَى الْأَرْضَ خَاشِعَةً فَإِذَا أَنْزَلْنَا عَلَيْهَا الْمَاءَ اهْتَزَّتْ وَرَبَتْ إِنَّ الَّذِي
أَحْيَاهَا لِلْمُحْيِي الْمَوْتَى إِنَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٣٩﴾



Is it not time for believers to **humble their hearts** to the remembrance of God and the Truth that has been revealed, and not to be like those who received the Scripture before them, whose time was extended but whose hearts hardened and many of whom were lawbreakers?

Remember that God revives the earth after it dies; We have made Our revelation clear to you so that you may use your reason.

[Chapter 57, Iron, Verses 16-17]

﴿أَلَمْ يَأْنِ لِلَّذِينَ ءَامَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ وَلَا يَكُونُوا كَالَّذِينَ

أُوتُوا الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ قُلُوبُهُمْ وَكَثِيرٌ مِنْهُمْ فَاسِقُونَ ﴿١٦﴾



We sent down the Qur'an with the truth, and with the truth it has come down – [Prophet], We sent you only to give good news and warning – it is a recitation that We have revealed in parts, so that you can recite it to people at intervals; We have sent it down little by little.

Say, 'Whether you believe it or not, those who were given knowledge earlier fall down on their faces when it is recited to them, and say, "Glory to our Lord! Our Lord's promise has been fulfilled." They fall down on their faces, weeping, and it **increases their humility**.'

[Chapter 17, The Night Journey, Verses 105-109]

وَيَخْرُونَ لِلْأَذْقَانِ يَبْكُونَ وَيَزِيدُهُمْ خُشُوعًا ﴿١٠٩﴾



Some of the People of the Book believe in God, in what has been sent down to you and in what was sent down to them: **humbling themselves before God**, they would never sell God's revelation for a small price. These people will have their rewards with their Lord: God is swift in reckoning.

You who believe, be steadfast, more steadfast than others; be ready; always be mindful of God, so that you may prosper.

[Chapter 3, The Family of Imran, Verses 199-200]

وَإِنَّ مِنْ أَهْلِ الْكِتَابِ لَمَنْ يُؤْمِنُ بِاللَّهِ وَمَا أُنزِلَ إِلَيْكُمْ وَمَا أُنزِلَ إِلَيْهِمْ
خَشِعِينَ لِلَّهِ لَا يَشْتَرُونَ بِعَايَتِ اللَّهِ ثَمَنًا قَلِيلًا ۗ أُولَٰئِكَ لَهُمْ أَجْرُهُمْ عِنْدَ
رَبِّهِمْ ۗ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿١٩٩﴾



You who believe! Be mindful of God, and let every soul consider carefully what it sends ahead for tomorrow; be mindful of God, for God is well aware of everything you do.

Do not be like those who forget God, so God causes them to forget their own souls: they are the rebellious ones – there is no comparison between the inhabitants of the Fire and the inhabitants of Paradise – and the inhabitants of Paradise are the successful ones.

If We had sent this Qur'an down to a mountain, you would have seen it **humbled** and split apart in its awe of God: We offer people such illustrations so that they may reflect.

[Chapter 59, The Gathering, Verses 18–21]

لَوْ أَنْزَلْنَاهُ هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ وَتِلْكَ
الْأَمْثَلُ نُضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٢١﴾



Show it in this life
so you don't have to
in the next



They ask you [Prophet] about the mountains: say, 'My Lord will blast them into dust and leave a flat plain, with no peak or trough to be seen.

On that Day, people will follow the summoner from whom there is no escape; every voice **will be hushed** for the Lord of Mercy; only whispers will be heard.

On that Day, intercession will be useless except from those to whom the Lord of Mercy has granted permission and whose words He approves.

[Chapter 20, Ta Ha, Verses 105-109]

يَوْمَئِذٍ يَتَّبِعُونَ الدَّاعِيَ لَأَعِوجَ لَهُ، وَخَشَعَتِ الْأَصْوَاتُ لِلرَّحْمَنِ فَلَا تَسْمَعُ إِلَّا هَمْسًا ﴿١٠٨﴾



Anyone God leaves to stray will have no one else to protect them: you will see the wrongdoers, when they face the punishment, exclaiming, 'Is there any way of going back?'

You will see them exposed to the Fire, **abject in humiliation**, glancing furtively, while those who believed exclaim, 'The losers are the ones who have lost themselves and their people on the Day of Resurrection.'

Truly the evildoers will remain in lasting torment; they will have no allies to help them against God. There is no way [forward] for those God allows to stray. [Chapter 42, Consultation, Verses 44-6]

وَتَرَاهُمْ يُعْرَضُونَ عَلَيْهَا خَشِيعِينَ مِنَ الْذُلِّ يَنْظُرُونَ مِنْ طَرْفٍ خَفِيٍّ وَقَالَ الَّذِينَ
ءَامَنُوا إِنَّ الْخَاسِرِينَ الَّذِينَ خَسِرُوا أَنفُسَهُمْ وَأَهْلِيهِمْ يَوْمَ الْقِيَامَةِ أَلَا إِنَّ
الظَّالِمِينَ فِي عَذَابٍ مُّقِيمٍ ﴿٤٥﴾



Have you heard about the Overwhelming Event? On that Day, there will be **downcast faces**, toiling and weary, as they enter the blazing Fire and are forced to drink from a boiling spring, with no food for them except bitter dry thorns that neither nourish nor satisfy hunger. On that Day there will also be **faces radiant with bliss**, well pleased with their labour. [Chapter 88, The Overwhelming Event, Verses 1-9]

وَجُوهٌ يَوْمَئِذٍ خَاشِعَةٌ ﴿٢﴾

By the forceful chargers raring to go, sweeping ahead at full stretch, overtaking swiftly to bring the matter to an end, on the Day when the blast reverberates and the second blast follows, hearts will tremble and **eyes will be downcast**.

[Chapter 79, The Forceful Chargers, Verses 1-9]

أَبْصَرُهَا خَاشِعَةٌ ﴿٩﴾



On the Day when matters become dire, they will be invited to prostrate themselves but will be prevented from doing so, and their eyes will be **downcast** and they will be overwhelmed with shame: they were invited to prostrate themselves when they were safe [but refused]. [Chapter 68, The Pen, Verses 42-3]

خَشِيعَةً أَبْصَرُهُمْ تَرَهِقَهُمْ ذِلَّةٌ وَقَدْ كَانُوا يُدْعَوْنَ إِلَى السُّجُودِ وَهُمْ سَلِيمُونَ ﴿٤٣﴾

So leave them to wallow in idle talk, until they come face to face with their promised Day, the Day they will rush out of their graves as if rallying to a flag, eyes **downcast** and covered in shame: that is the Day of which they were warned.

[Chapter 70, The Ways of Ascent, Verses 42-4]

خَشِيعَةً أَبْصَرُهُمْ تَرَهِقَهُمْ ذِلَّةٌ ذَلِكَ الْيَوْمُ الَّذِي كَانُوا يُوعَدُونَ ﴿٤٤﴾



So [Prophet] turn away from them. On the Day the Summoner will summon them to a horrific event, eyes **downcast**, they will come out of their graves like swarming locusts rushing towards the Summoner. The disbelievers will cry, 'This is a stern day!'

[Chapter 54, The Moon, Verses 6-8]

خُشَعًا أَبْصَرُهُمْ يَخْرُجُونَ مِنَ الْأَجْدَاثِ كَأَنَّهُمْ جَرَادٌ مُنْتَشِرٌ ﴿٧﴾



Back to prayer...



Keep up the prayer, pay the prescribed alms, and bow your heads [in worship] with those who bow theirs.

How can you tell people to do what is right and forget to do it yourselves, even though you recite the Scripture? Have you no sense?

Seek help with steadfastness and prayer — though this is hard indeed for anyone but **the humble**, who know that they will meet their Lord and that it is to Him they will return.

[Chapter 2, The Cow, Verses 43-6]

وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٥﴾

الَّذِينَ يَظُنُّونَ أَنَّهُمْ مُلَاقُوا رَبِّهِمْ وَأَنَّهُمْ إِلَىٰ رَبِّهِمْ رَاجِعُونَ ﴿٤٦﴾



**Q&A coming up
very shortly**



Time for feedback!

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Time for Q&A

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