

The benefits of Khushu are many. Along with transforming your Salah, it will also transform your life.

1. Khushu ensures Salah is easy and beloved for the one praying

Allah says, “And seek help through patience and Salah, and indeed, it is difficult except for those who have Khushu; those who are certain that they will meet their Lord and that they will return to Him” (Q2:45-6).

If your Salah feels like a chore, it is because there is an absence of Khushu in your Salah. Once you experience Khushu, your Salah will transform into a source of comfort and joy. It will become something you continuously seek recourse in and cannot live without.

2. Khushu in Salah averts evil and prevents immorality

Allah says, “Recite (O Prophet) what is revealed to you of the Book and establish Salah. Surely Salah restrains one from shameful and evil acts. Truly, the remembrance of Allah is the greatest of all things. Allah knows what you do” (29:45).

If you pray Salah as it is ought to be prayed, fulfilling its conditions and with complete concentration and humility, your heart will become purified. Eventually your heart will become illuminated. Your Iman will increase. You will incline more to goodness and abhor evil.

Being able to restrain yourself from sins and shameful behaviour is not only one of the greatest fruits of Salah but is in fact one of its primary purposes.

If you have ever wondered why performing our five daily prayers does not stop us from evil sins, the answer lies in the quality of our Salah: our Salah is rushed, distracted and aimless, and so it does not purify us nor stop us from sinning.

Salah may be compared to bathing five times a day. If after such frequent bathing, our bodies remained dirty, we would question the usefulness of such bathing. Likewise, if our morals and actions remain corrupt despite praying five times a day, we have to question the usefulness of our Salah. We have to ask ourselves: Is our Salah changing us? Are we gaining from Salah what we are supposed to be gaining?

3. Khushu leads to crying out of the fear of Allah

Having complete Khushu will undoubtedly lead you to cry out of the fear of Allah. Crying in this manner is a great deed which can save you from the Hellfire and admit you into Paradise.

The Messenger of Allah ﷺ said, “A man who wept out of the fear of Allah shall not enter the Fire until the milk returns to the udder [an impossibility]” (Tirmidhi)

Thābit al-Bunānī (Rahimahullah) experienced pain in his eyes. The doctor said to him, “If you promise me one thing, you will get better.” Thābit asked him, “What is that?” The doctor said, “Don’t cry.” Thābit (Rahimahullah) remarked, “What good is there in an eye if it does not cry?”

Like other acts of worship, crying privately is superior to crying publicly. Of the seven individuals who will be provided shade on the Day of Judgement – the day where there will be no shade except His shade – will be the person who remembered Allah in private, and then shed tears (Bukhārī).

The Benefits of Khushu in Salah (part 2)

4. Khushu enhances your understanding of the essence of Salah

Praying with Khushu leads you to realising and appreciating the true meaning of Salah, namely the turning of the heart and the body towards Allah and attaining closeness to Him by it.

5. Khushu is the key to attaining closeness to Allah

Khushu in Salah gives you the pleasure of conversing with Allah. It increases your faith, softens your heart, distances you from the world, and makes you long for Allah and His closeness in the hereafter.

6. Khushu in Salah will ease the standing in front of Allah on the Day of Judgement

Ibn al-Qayyim (Rahimahullah) wrote, “The slave of Allah stands in front of his Lord on two occasions: the first is when he stands in his Salah and the second is when he will meet Him on the Day of Judgment. Whoever fulfils the rights of the first standing, the second standing will be made easy for him. And whoever belittles, neglects and does not fulfil the rights of the first standing (i.e., Salah), the second standing will be made very difficult for him.”

7. Khushu in Salah solves your problems and removes anxiety

Allah says, “And seek help through patience and prayer, and indeed, it is difficult except for those who have Khushu; those who are certain that they will meet their Lord and that they will return to Him” (2:45-6).

Similarly, Hudhayfah (radīy Allāhu ‘anhu) narrated, “Whenever anything distressed the Prophet ﷺ, he would pray Salah” (Abū Dāwūd).

Turning to prayer at times of difficulty was also the practice of the previous Prophets (Aḥmad).

Shaytan will not go near the person whose heart has Khushu.” – Sahl al-Tustarī (Rahimahullah)

As cases of depression, anxiety and other mental illnesses rise, let us return to the prophetic remedy of resorting to Salah. In addition to other forms of precautions and remedies, we should not underestimate the strength and healing power of Salah.

8. Khushu is the source of strength in your daily activities

Praying Salah with Khushu will give you strength, enthusiasm and barakah (blessings) in your other daily activities. It will be your inspiration and the fuel in your journey to serve Allah and His religion.

“Let not your concern be the quantity of your actions. Rather, worry about perfecting them and doing them well; for a slave may be praying, but he is disobeying Allah in his Salah.” – Wuḥayb b. al-Ward (Rahimahullah)