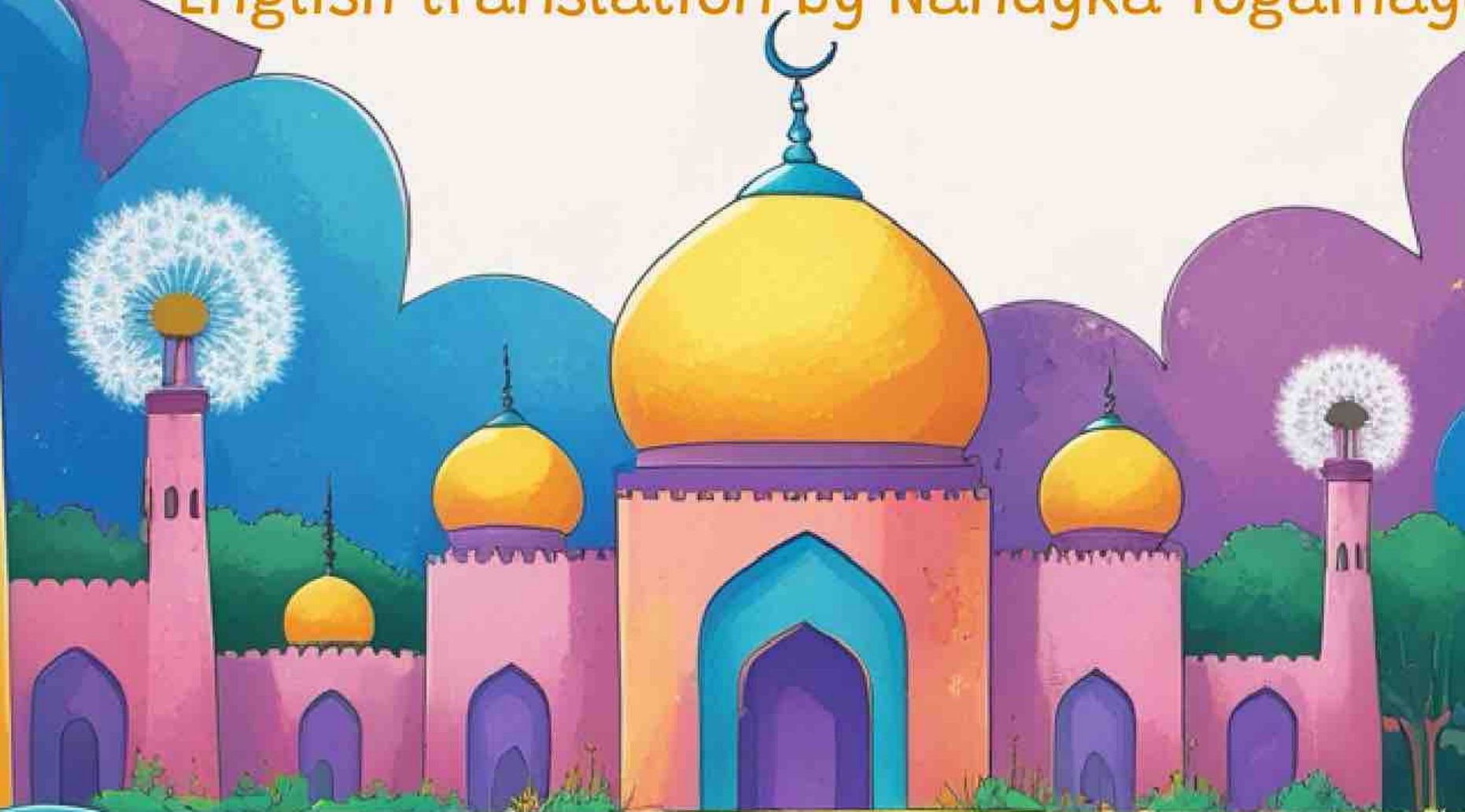


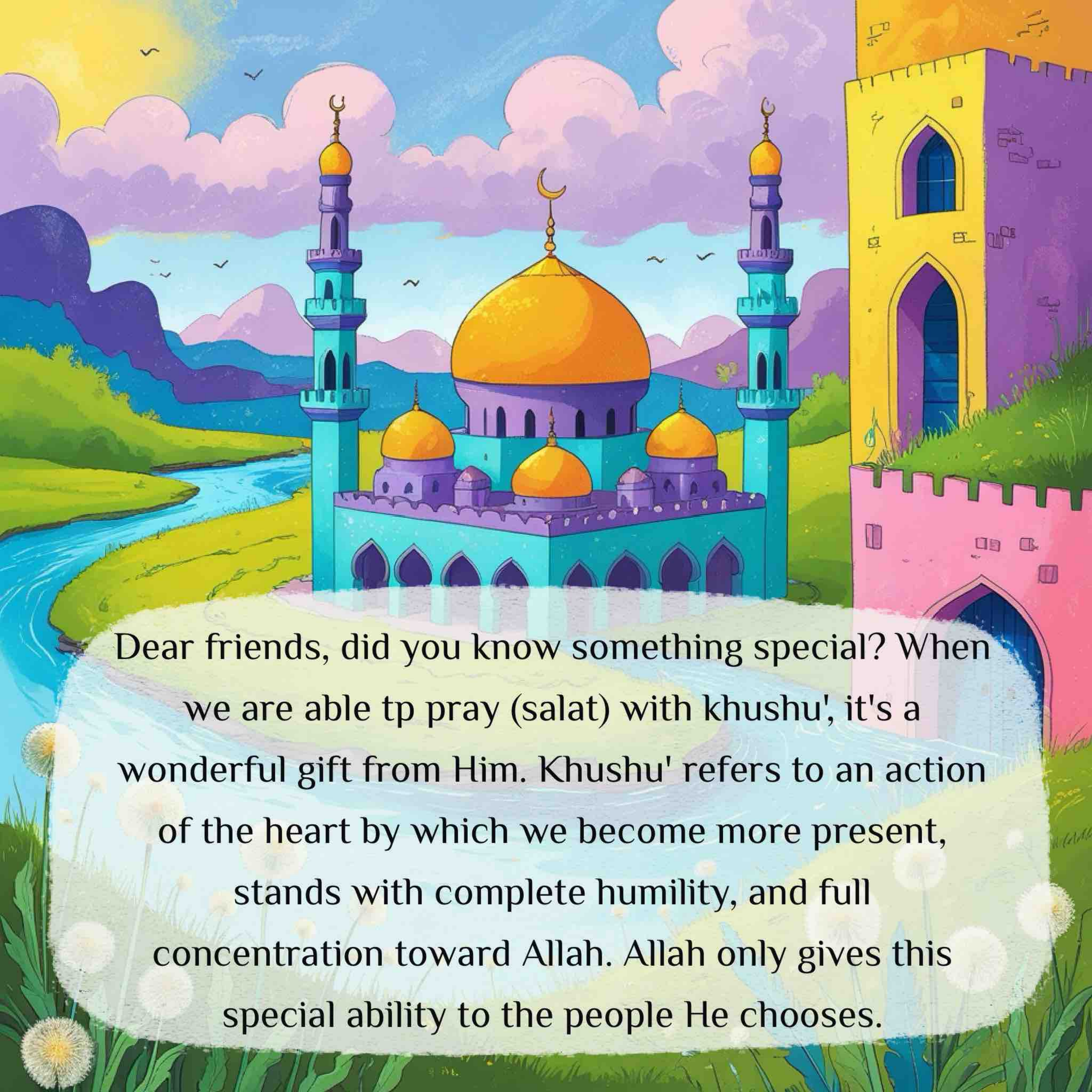
A Heart Full of Khushu

by Nida

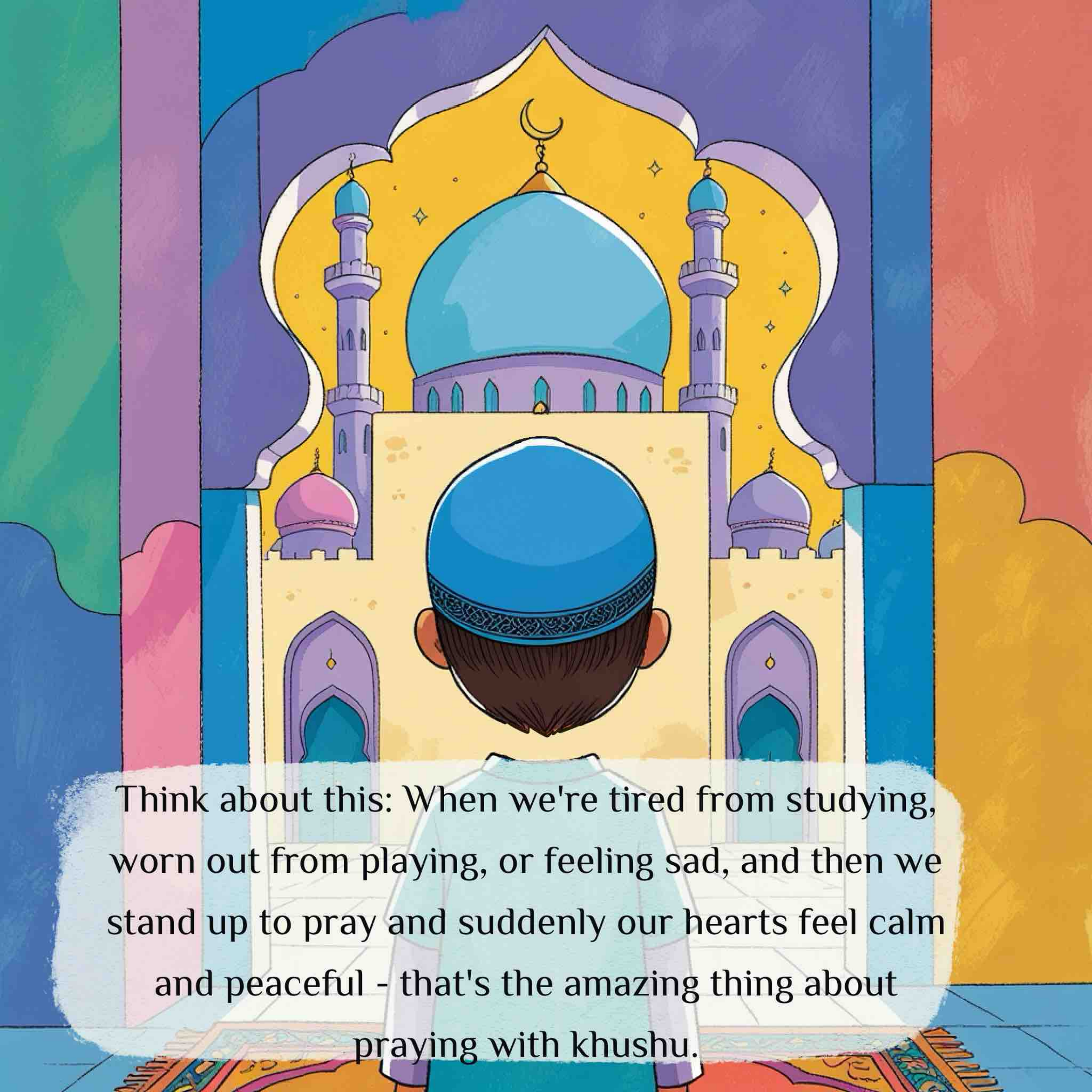
(Illustration was Created with the
assistance of Leonardo AI)

English translation by Nandyka Yogamaya



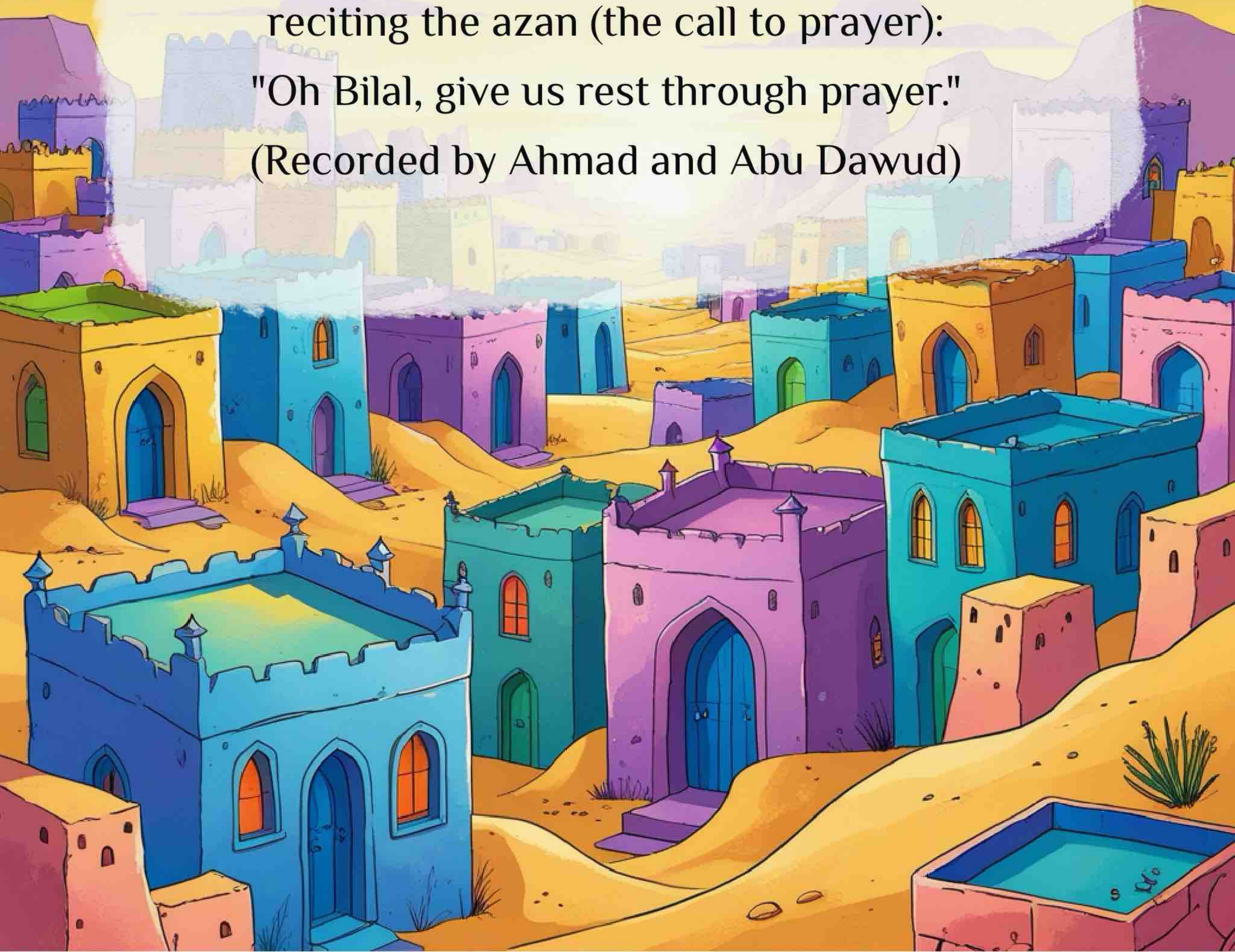


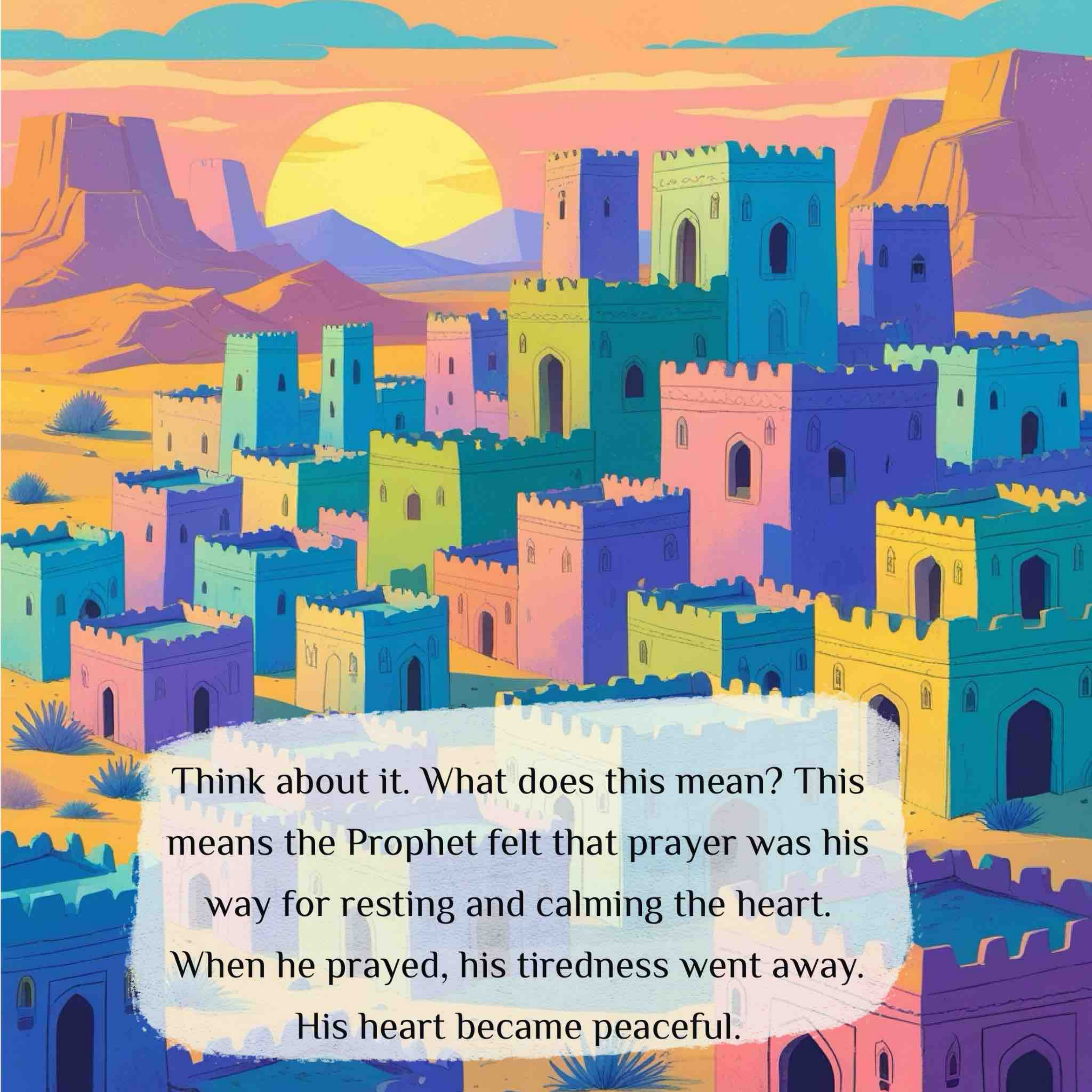
Dear friends, did you know something special? When we are able to pray (salat) with khushu', it's a wonderful gift from Him. Khushu' refers to an action of the heart by which we become more present, stand with complete humility, and full concentration toward Allah. Allah only gives this special ability to the people He chooses.



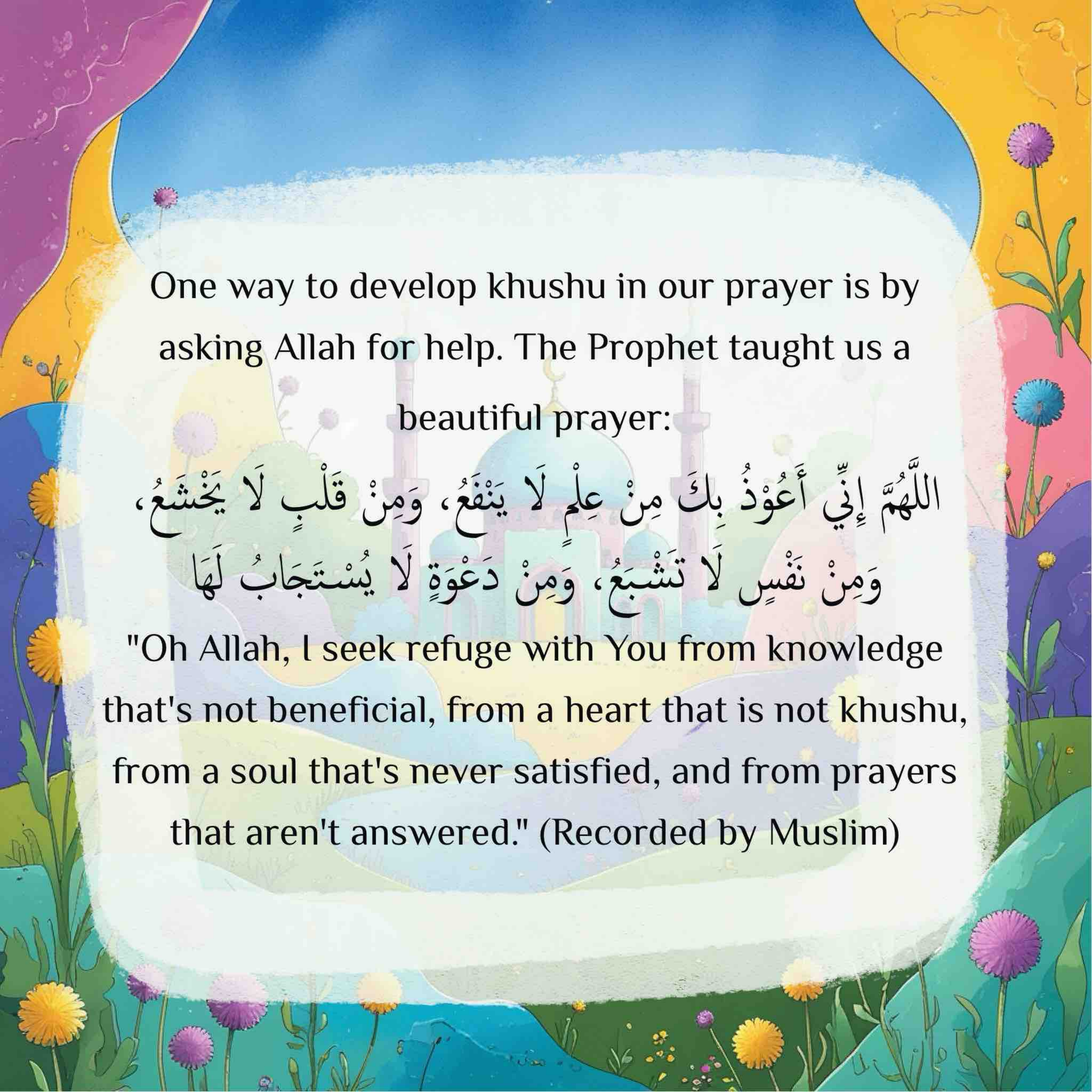
Think about this: When we're tired from studying, worn out from playing, or feeling sad, and then we stand up to pray and suddenly our hearts feel calm and peaceful - that's the amazing thing about praying with khushu.

One day, Prophet Muhammad (peace be upon him)
said to his friend Bilal, who was in charge of
reciting the azan (the call to prayer):
"Oh Bilal, give us rest through prayer."
(Recorded by Ahmad and Abu Dawud)





Think about it. What does this mean? This means the Prophet felt that prayer was his way for resting and calming the heart. When he prayed, his tiredness went away. His heart became peaceful.



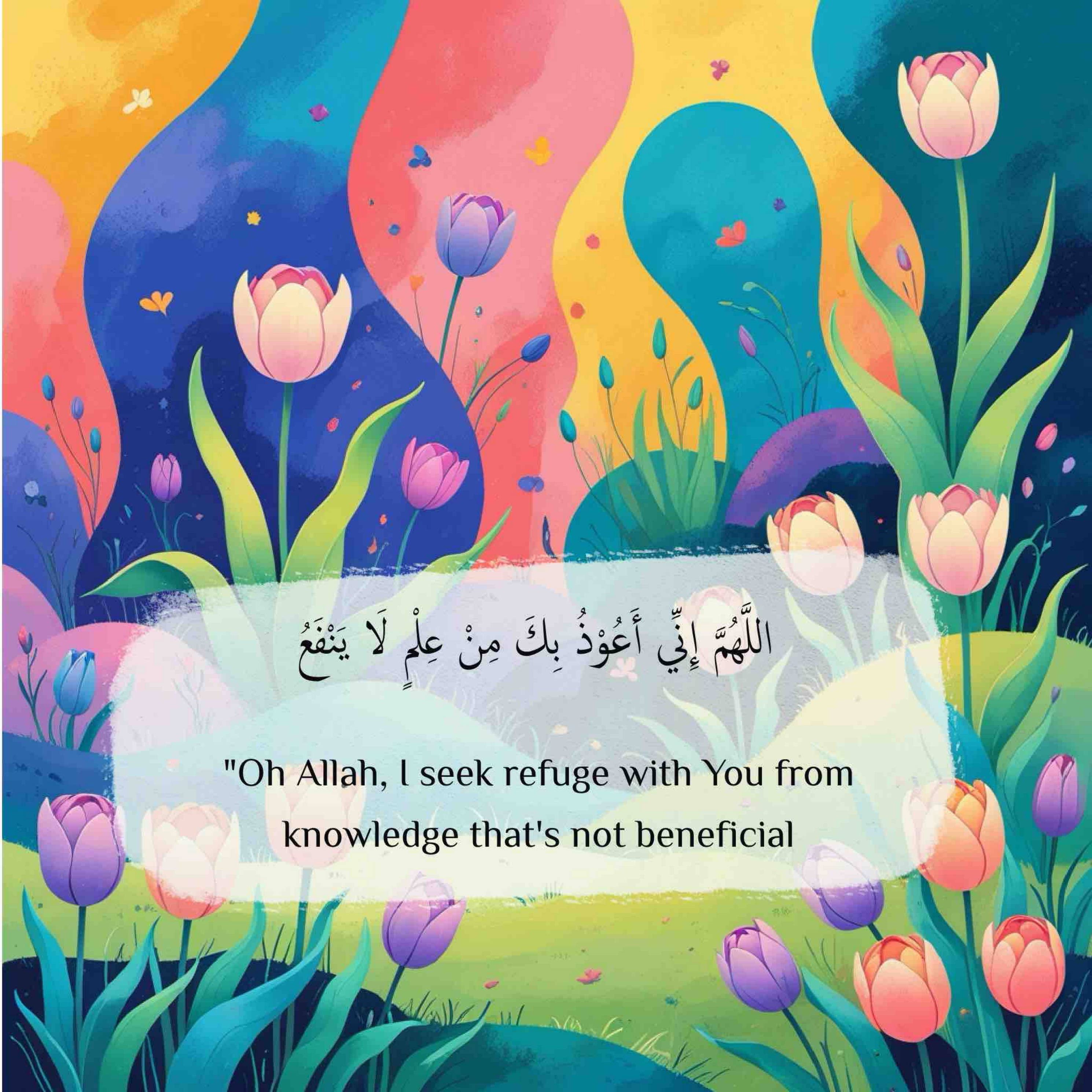
One way to develop khushu in our prayer is by asking Allah for help. The Prophet taught us a beautiful prayer:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ، وَمِنْ قَلْبٍ لَا يَخْشَعُ،
وَمِنْ نَفْسٍ لَا تَشْبَعُ، وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

"Oh Allah, I seek refuge with You from knowledge that's not beneficial, from a heart that is not khushu, from a soul that's never satisfied, and from prayers that aren't answered." (Recorded by Muslim)

Let's learn what each part of
this prayer means!

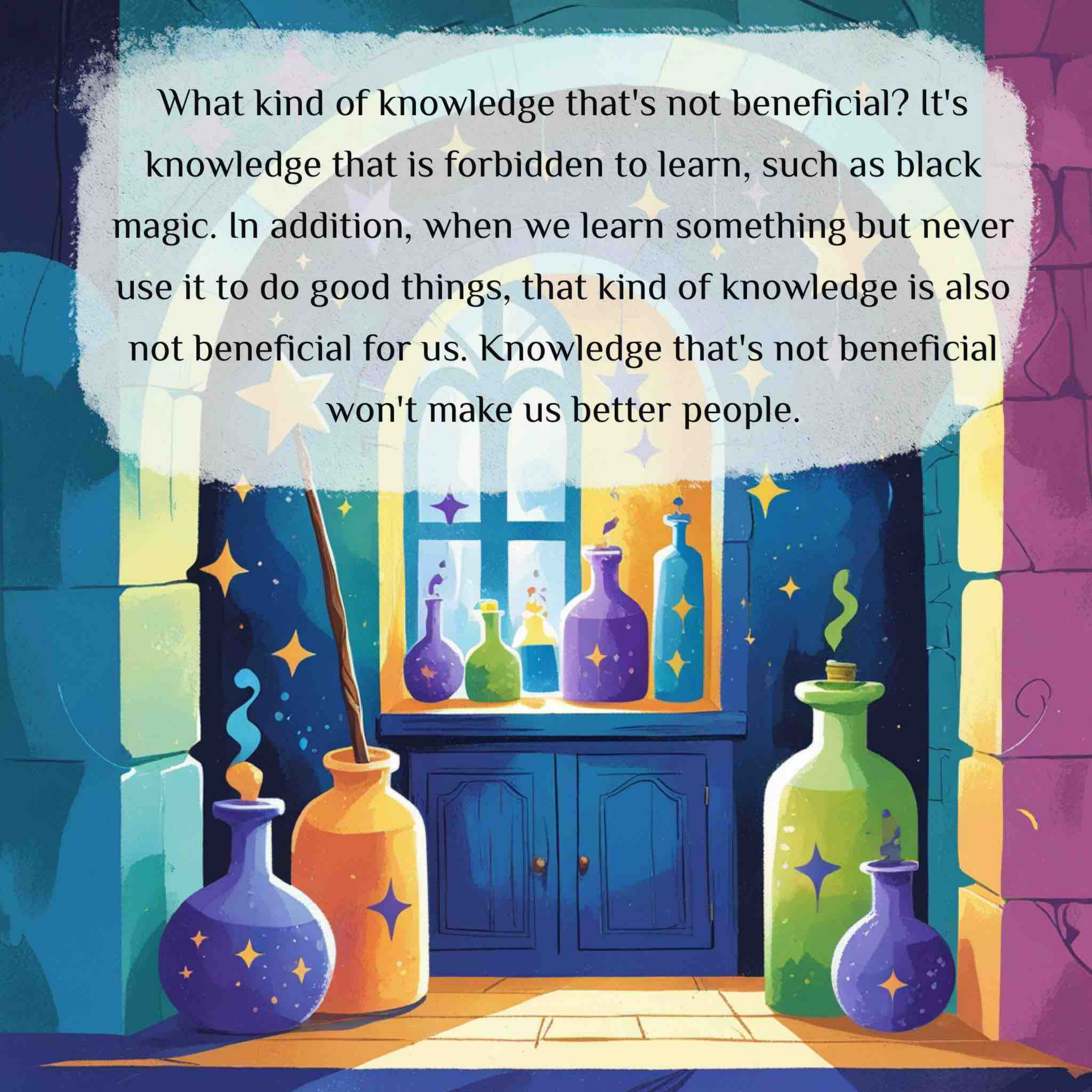


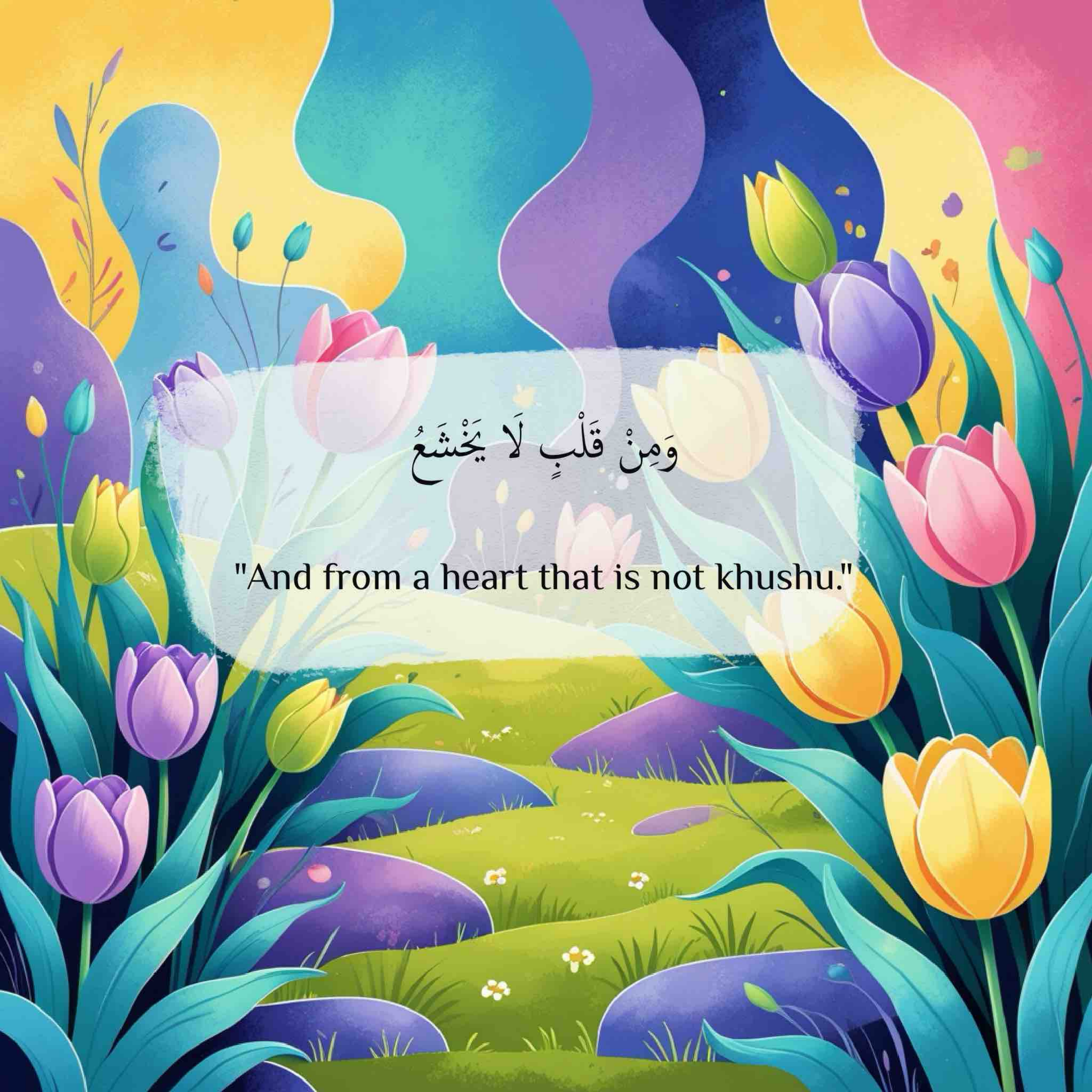
A vibrant, abstract illustration of a garden. The background is composed of large, overlapping organic shapes in shades of blue, orange, red, and yellow. In the foreground, there are several tulips in various colors including pink, purple, and orange. Small butterflies are scattered throughout the scene. The overall style is artistic and colorful.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ

"Oh Allah, I seek refuge with You from
knowledge that's not beneficial

What kind of knowledge that's not beneficial? It's knowledge that is forbidden to learn, such as black magic. In addition, when we learn something but never use it to do good things, that kind of knowledge is also not beneficial for us. Knowledge that's not beneficial won't make us better people.





وَمِنْ قَلْبٍ لَا يَخْشَعُ

"And from a heart that is not khushu."



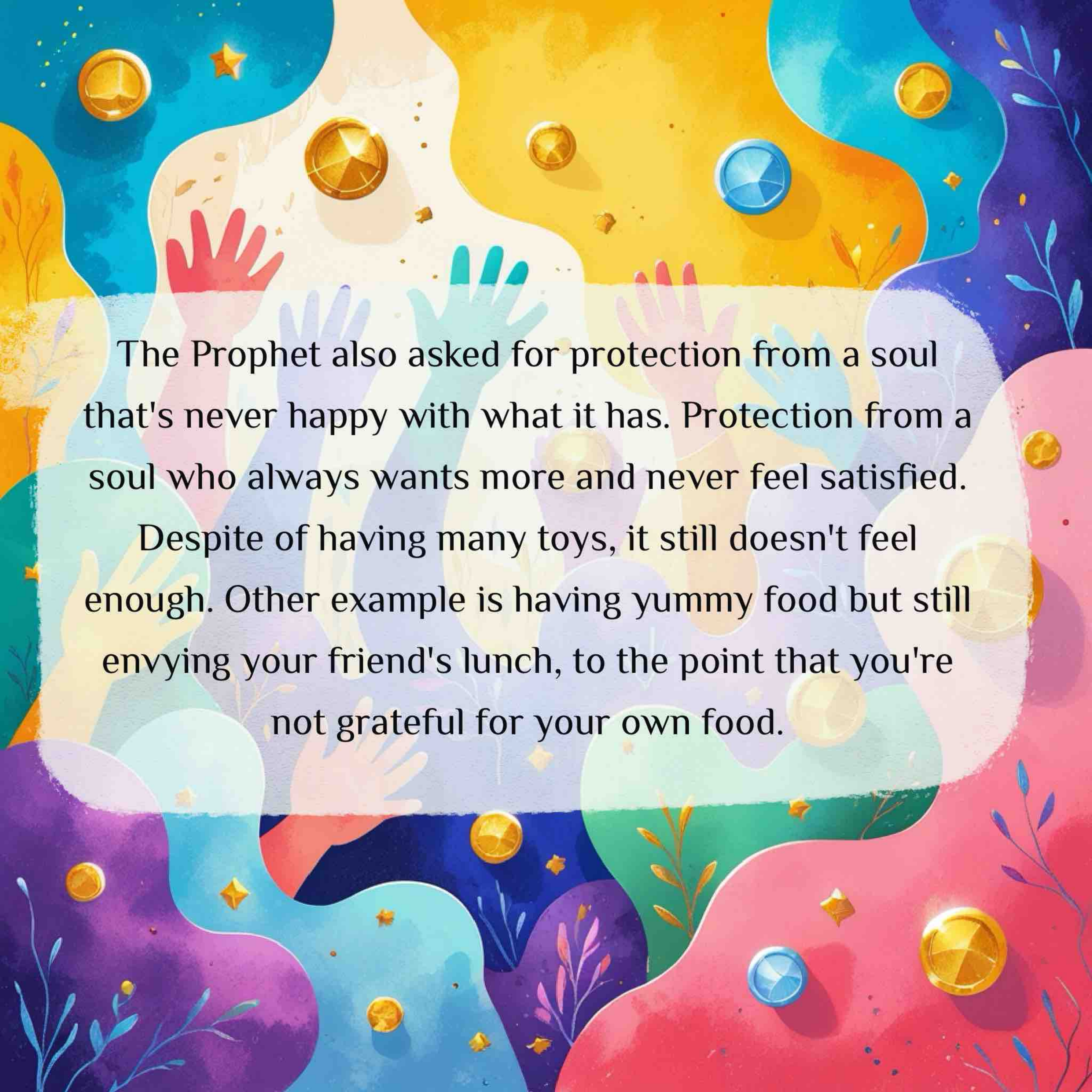
Good Advice

A heart that is not khushu is one that won't listen to good advice, even from parents or teachers. It's a heart that only thinks about worldly happiness until it forgets to remember Allah. A heart that likes doing bad things like lying or skipping prayers.



وَمِنْ نَفْسٍ لَا تَشْبَعُ

"And from a soul that's never satisfied."



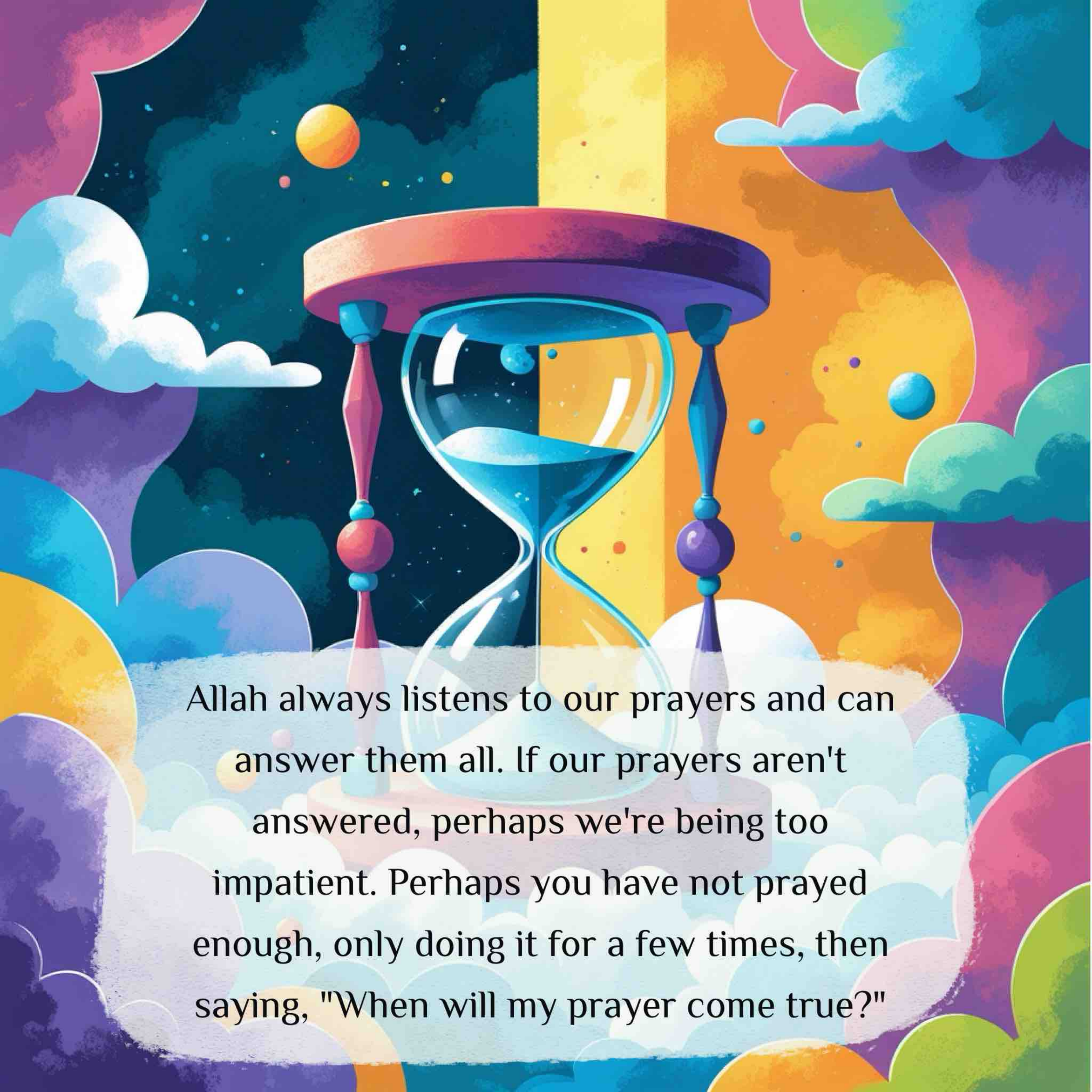
The Prophet also asked for protection from a soul that's never happy with what it has. Protection from a soul who always wants more and never feel satisfied.

Despite of having many toys, it still doesn't feel enough. Other example is having yummy food but still envying your friend's lunch, to the point that you're not grateful for your own food.



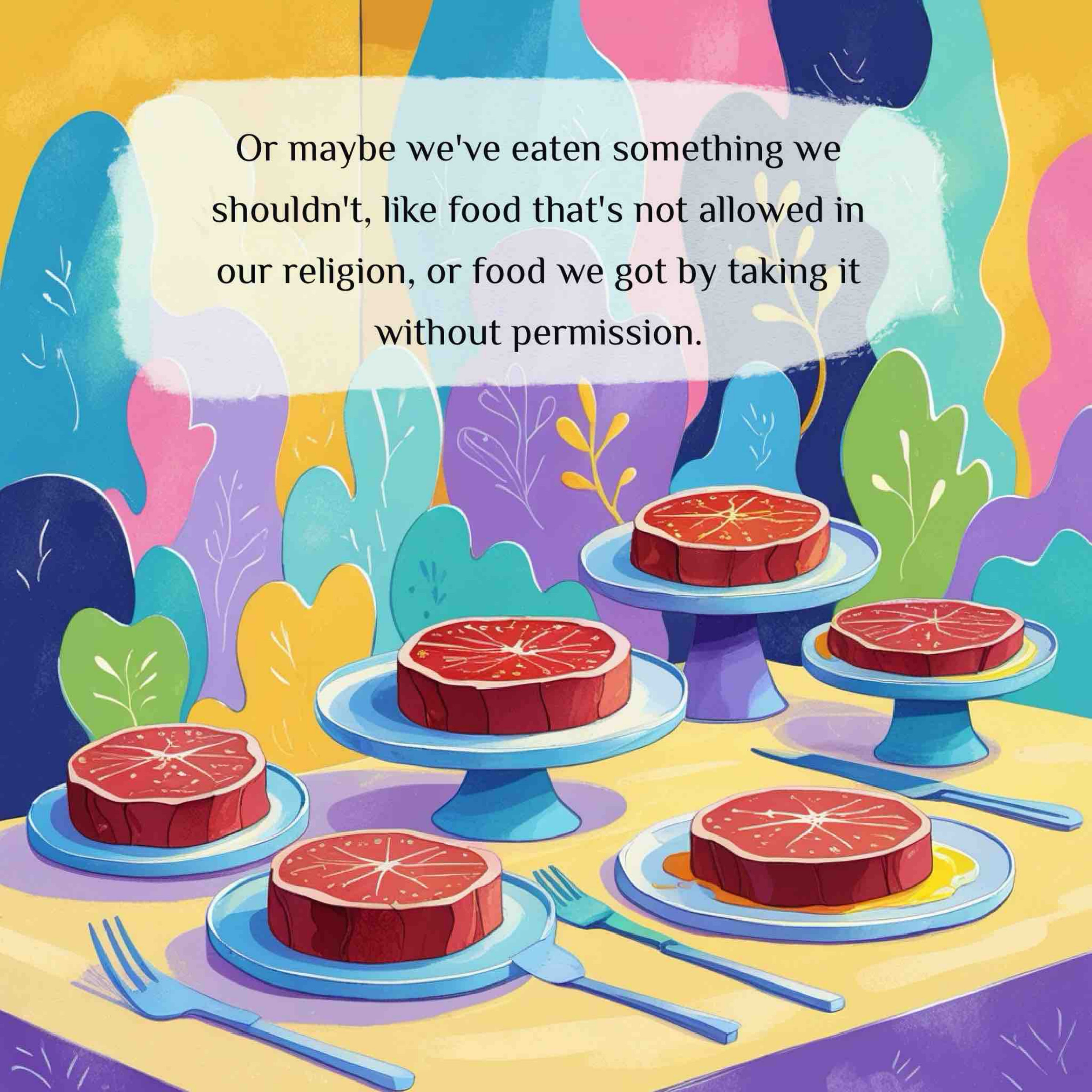
وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

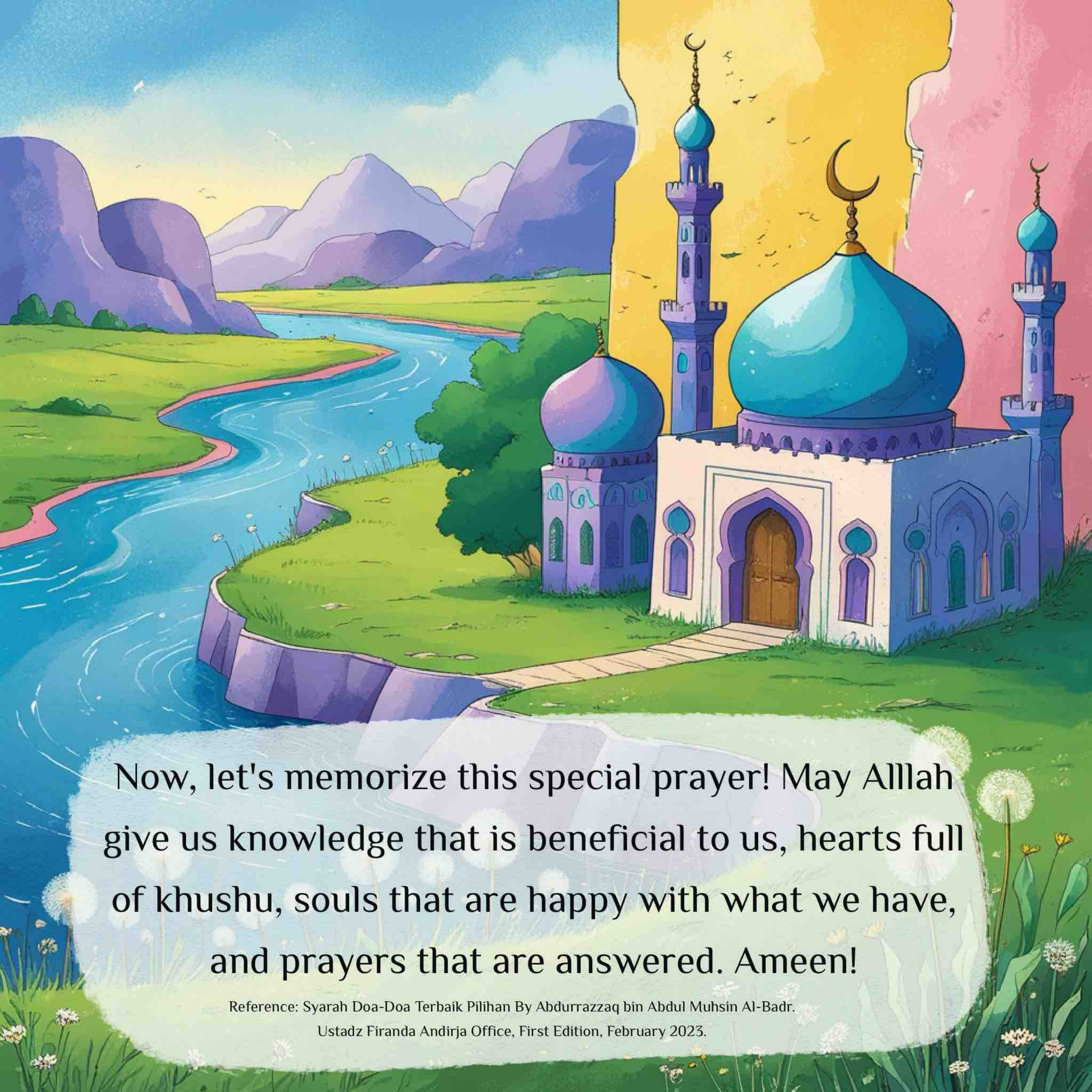
"And from prayers that aren't answered."



Allah always listens to our prayers and can answer them all. If our prayers aren't answered, perhaps we're being too impatient. Perhaps you have not prayed enough, only doing it for a few times, then saying, "When will my prayer come true?"

Or maybe we've eaten something we
shouldn't, like food that's not allowed in
our religion, or food we got by taking it
without permission.





Now, let's memorize this special prayer! May Allah give us knowledge that is beneficial to us, hearts full of khushu, souls that are happy with what we have, and prayers that are answered. Ameen!

Reference: Syarah Doa-Doa Terbaik Pilihan By Abdurrazzaq bin Abdul Muhsin Al-Badr.

Ustadz Firanda Andirja Office, First Edition, February 2023.