

IBADDAH

CONCEPT OF WORSHIP



WHAT IS IBADDAH?

Ibaddah is worship. There are many ways you can worship in Islam. Prayer, make thikir-remembrance of Allah, fasting, doing good deeds, setting the right intention, giving charity, helping others, and saying kind things to others are all some forms of ibaddah. Ibaddah can be done at anytime and anywhere. It all starts with the intention.

فَإِذَا قَضَيْتُمُ الصَّلَاةَ فَادْكُرُوا اللَّهَ قِيَمًا وَقُعُودًا وَعَلَىٰ جُنُوبِكُمْ

“Then when you have finished the prayers, then remember Allah standing, sitting, and (lying) on your side.”

(Quran, Suratul Nisa: 103)

On The Day of Judgement, the first thing a Muslim will be asked about is their prayers. This is why putting more effort on praying on time and praying every prayer is very important. It all starts with having the intention of praying and praying on time!

You don't have to be standing in prayer or making any movement, you can simply be sitting and remembering Allah, subhanna wata'ala. When you sit and thank Allah for all He has given you, or you think of good deeds you want to do, those are all forms of Ibaddah. It's that easy!

DID YOU KNOW!

"During your sleep, Satan knots three knots at the back of the head of each of you, and he breathes the following words at each knot, 'The night is long, so keep on sleeping.' If that person wakes up and remembers Allah, then one knot is undone. When they perform ablution (wudu) the second knot is undone. And when they pray, all the knots are undone, and they get up in the morning lively and in a good mood, otherwise they get up dull and gloomy."

(Prophet Muhammad)

Think about it, next time you try waking up for fajr prayer and your bed seems way too comfy and getting your blanket off seems so difficult as if your lifting weights. You're strong. Lift that blanket make your prayer!

Ibaddah

N	S	T	A	N	D	I	N	G	H	Y	I	H	Y	IBADDAH
N	K	T	O	S	N	E	B	A	G	E	G	E	I	EASY
C	H	A	R	I	T	Y	F	A	L	N	O	A	D	FASTING
Y	F	S	G	N	N	O	A	F	D	N	N	S	G	ANYWHERE
A	I	B	N	N	O	H	T	H	O	D	E	Y	N	PRAYER
A	S	H	I	T	K	I	N	D	D	R	A	B	I	STANDING
G	D	E	T	D	S	A	T	Y	P	N	T	H	T	INTENTION
N	D	L	T	N	A	N	G	N	Y	I	A	I	S	EFFORT
I	D	P	I	G	O	O	D	W	E	E	A	N	A	SITTING
Y	E	I	S	N	Y	L	H	N	E	T	T	E	F	CHARITY
L	E	N	O	E	I	E	T	I	T	O	N	K	A	KNOT
E	D	G	E	P	R	A	Y	E	R	E	E	I	I	HELPING
I	S	E	R	E	A	N	Y	T	I	M	E	I	I	DEEDS
D	S	R	M	I	T	S	G	R	T	I	A	T	Y	LYING

What are some ways you can improve your ibaddah?

What's the importance of salah as a form of ibaddah?!

1. Salah is a direct communication from you to Allah.
2. It purifies the heart. The hadeeth of the Prophet, Peace and Blessings of Allah be upon him said, "Beware! There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt and that is the heart."
3. It is one of the foundations - pillars - of Islam.
4. It protects one against evil.
5. Helps us be humble.
6. Salah washes away our sins.



Science Behind Salah

1. The actions of salah help stretch your muscles. Praying five times a day for about 5 minutes for each prayer is a 25 minute stretching workout! ❤️
2. Your hygiene is improved due to wudu - ablution. The cleaner you are, the less likely you are to get sick. ✓
3. Sujuood - prostration helps reduce stress and anxiety. Before you take a test in school, pray two rakat to help reduce testing anxiety. 😊