

Salah, the centre of the believer's day

The first deed asked about on Yawm al-Qiyamah. Why Allah arranged the day around five appointments, and how to hold them.

CENTREPIECE Surah Ta-Ha 20:14, Tirmidhi 413

FIRST KHUTBAH

1. Salah was prescribed in the heavens

The five daily prayers were prescribed during the Prophet's night journey and ascension. The account gives salah a distinct place in the life of the ummah. It was first prescribed as fifty prayers, then reduced to five while retaining the reward of fifty (Bukhari 349).

2. Five appointments, evenly spaced

Fajr, Dhuhr, Asr, Maghrib, and Isha bring remembrance into the changing stages of the day. Work, travel, family life, and tiredness do not remove the appointments. The prayers keep calling the believer back before distraction becomes the whole day.

3. Khushu is the prayer

The Prophet (peace be upon him) said: a man finishes his prayer and only a tenth, a ninth, an eighth of it is written for him (Abu Dawud 796). What was missing was khushu. Slowing down, knowing what you are saying, knowing before whom you stand.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to salah, the centre of the believer's day.

Suggested closing: Make the next salah the slowest one you have prayed this week. Say the Fatihah as if reading it for the first time.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

Prepared by Sumit Sharma for Barakah Life. Updated 2026-09-03.