

وَأَتُوا الزَّكَاةَ

and give Zakah

وَأَقِيمُوا الصَّلَاةَ

And establish prayer

وَتَنْسَوْنَ

and forget

أَتَأْمُرُونَ النَّاسَ بِالْبِرِّ

Do you order the people of righteousness

43 وَأَرْكَعُوا مَعَ الرَّاكِعِينَ

and bow down with those who bow down.

بِالصَّبْرِ

through patience

وَأَسْتَعِينُوا

And seek help

44 أَفَلَا تَعْقِلُونَ

Then will you not use reason?

وَأَنْتُمْ تَتْلُونَ الْكِتَابَ

while you recite the Book?

أَنْفُسَكُمْ

yourselves

الَّذِينَ يَظُنُّونَ

Those who believe

45 إِلَّا عَلَى الْخَاشِعِينَ

except on the humble ones

وَأَنَّهَا لَكَبِيرَةٌ

and indeed, it is surely difficult

وَالصَّلَاةَ

and the prayer,

46 إِلَيْهِ رَجُعُونَ

will return to Him.

وَأَنَّهُمْ

and that they

أَنَّهُمْ مُلْقُوا رَبِّهِمْ

that they will meet their Rabb

Brief Explanation

- Prayer helps us remember Allah, thank Allah, revive and recharge our relationship with Allah, etc.
- Prayer in congregation helps us in many ways such as being punctual, learning from others, meeting like-minded people, getting reminders from others, etc.

Hadith

Allah's Messenger ﷺ said: "Indeed the first deed by which a servant will be called to account on the Day of Resurrection is his Salat. If it is complete, he is successful and saved, but if it is defective, he has failed and lost. So if something is deficient in his obligatory (prayers) then the Rabb, Mighty and Sublime says: 'Look! Are there any voluntary (prayers) for my worshipper?' So with them, what was deficient in his obligatory (prayers) will be completed. Then the rest of his deeds will be treated like that." (Tirmidhi: 413)

- In one another Hadith, the Prophet ﷺ said: Between man and polytheism and unbelief is the abandonment of Salat. (Muslim: 82)
- Zakah removes the love of this world because of which people violate the laws of Allah. Instead of giving Zakah, Bani Israel were taking Riba / interest.
- وَأَرْكَعُوا مَعَ الرَّاكِعِينَ: Pray with others, rich or poor, laborers or officers. This removes arrogance and generates humility.
- بِرٍّ: To do good deeds to please Allah such as to worship Allah, serve parents, have good morals, be just, serve humanity, etc.
- Ordering others to do good deeds is one duty and practicing what we preach is another duty. Both need to be performed.
- Practice what you preach. Simultaneously, don't say: I am not practicing so I will not preach to others.

- If you find difficulty in obedience, try to seek help through صَبْر and صَلَاة. Prayer strengthens our relationship with Allah.
- Prophet ﷺ said: "And whosoever would be patient, Allah will give him patience, and no one is granted a gift better and more comprehensive than patience". (Bukhari: 1469)
- To motivate oneself to pray, work on generating Khushoo. How? By remembering death and everything after death including the meeting with Allah.

Lessons, a sample Du'aa & a sample Plan

- Establish Salah, give Zakah, be humble.
- Practice what you preach.
- Seek help from patience and Salah.
- Develop Khushoo by remembering death, and then Salah will become easy.

Du'a: O Allah! Help me practice what I preach.

Plan: I will visit graveyards (men), remember death, and sometimes visualize myself buried in grave.

Nouns and Verbs

For ease in practice, search only 3-letter sound verbs in the verses and practice their 6 keys. Again, from the start, search for the 3-letter weak verbs and practice their 6 keys.

Verbs (3-letter sound verbs are listed first; then 3-letter weak verbs, and then Mazeed Feeh verbs)								
Meaning	Name of action	اسم مفعول	اسم فاعل	فعل امر	فعل مضارع	فعل ماضٍ	Root & Code	Rep.
to bow down	رُكُوع	-	رَاكِع	ارْكَعْ	يَرْكَعُ	رَكَعَ	ر ك ع ف	13
to order	أَمْر	مَأْمُور	أَمِر	أْمُرْ	يَأْمُرُ	أَمَرَ	أ م ر ز	199
to use reason	عَقْل	مَعْقُول	عَاقِل	إِعْقِلْ	يَعْقِلُ	عَقَلَ	ع ق ل ض	49
to be humble	خُشُوع	-	خَاشِع	إِخْشَعْ	يَخْشَعُ	خَشَعَ	خ ش ع ف	17
to return	رُجُوع	-	رَاجِع	ارْجِعْ	يَرْجِعُ	رَجَعَ	ر ج ع ض	86
to forget	نِسْيَان	مَنْسِي	نَاسٍ	انْسِ	يَنْسِي	نَسِيَ	ن س ي رض	36
to recite	تِلَاوَة	مَتْلُوء	تَالٍ	اتْلُ	يَتْلُو	تَلَا	ت ل و دع	62
to believe	ظَن	مَظْنُون	ظَان	ظُنْ	يَظُنُّ	ظَنَّ	ظ ن ن ظن	69

Nouns		
Meaning	Plural	Singular
soul	أَنْفُس	نَفْس
book	كُتُب	كِتَاب
big × small	كَبِيرَة × صَغِيرَة	