



In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

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## Contact Prayers (*Salat*)

*[2:277] Those who believe and lead a righteous life, and observe the Contact Prayers (Salat), and give the obligatory charity (Zakat), they receive their recompense from their Lord; they will have nothing to fear, nor will they grieve.*

What are the Contact Prayers (Salat)? Why do Muslims (Submitters) pray 5 times a day? What are some of the benefits of the Contact Prayers? Why is it important to do them correctly? In this article we will be reflecting on these questions.

*What are the Contact Prayers (Salat)?*

The Contact Prayers consist of specific words that allow us to establish contact with God. These are the words of Sura 1 of the Quran, The Key, recited in Arabic.

*[Sura 1:1-7] In the name of GOD, Most Gracious, Most Merciful. Praise be to GOD, Lord of the universe. Most Gracious, Most Merciful. Master of the Day of Judgment. You alone we worship; You alone we ask for help. Guide us in the right path; the path of those whom You blessed; not of those who have deserved wrath, nor of the strayers.*

The Key (Al-Fatehah) is recited in Arabic as it contains words that have

been specifically composed to open the door to contact our Creator. For example, this Sura is composed in such a way that our lips touch 19 times when we recite it. In fact, Sura 1 contains a mathematical composition that is part of the miracle of Quran based on the number 19.

We acknowledge some of God's attributes, praise Him and ask for guidance in the Contact Prayers. We also glorify God as we bow and prostrate and bear witness to the Oneness of God. Detailed instructions on how to perform the Salat can be found at <http://masjiduntucson.org/salat/perform.php>

*Why do Muslims (Submitters) pray 5 times a day?*

Like other religious duties, the Contact Prayers are a gift from God (Appendix 15: Religious Duties: A Gift from God). Our souls need nourishment just like our bodies need food. Without nourishment, our souls will not grow and develop. As Dr. Rashad Khalifa discusses in Appendix 15, the five Contact Prayers are meals for our souls. They are spread throughout the day (like the meals for our bodies) and consist of Dawn, Noon, Afternoon, Sunset and Night Contact Prayers. There is a specific span of time to ob-

serve each Salat (4:103). On Fridays, the Congregational Prayer (Salat Al-Jumu'ah) takes the place of the Noon Prayer (62:9-10).

*[30:44] Whoever disbelieves, disbelieves to the detriment of his own soul, while those who lead a righteous life, do so to strengthen and develop their own souls.*

Nourishing our soul is especially important since our soul is the real person. Our body is just a garment for our soul. Our soul needs nourishment and development to be able to stand God's energy and be close to Him in the Hereafter. This state of closeness to God is described as Paradise or Heaven (56:88-89, 83:22-28, 29:58, 19:60-63, 13:35).

*[56:7-12] You will be stratified into three kinds. Those who deserved bliss will be in bliss. Those who deserved misery will be in misery. Then there is the elite of the elite. They are those who will be closest (to God). In the gardens of bliss.*

The more we grow and strengthen our soul, the closer we can be to God and the better our abode will be in the Hereafter. Those who do not develop their soul cannot be close to God because they will not be able to stand His

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immense energy. Thus, they will end up in Hell, away from God (footnote for verse 32:13, verses 19:71-72 and footnote for verse 19:71).

In addition to nourishing and strengthening our soul, righteous works including the Contact Prayers help purify our soul. Just as showering cleans our body, doing righteous works purifies our soul. This purification is also important for our acceptance into Paradise.

*[11:114] You shall observe the Contact Prayers (Salat) at both ends of the day, and during the night. The righteous works wipe out the evil works. This is a reminder for those who would take heed.*

*[20:76] The gardens of Eden, beneath which rivers flow, will be their abode forever. Such is the reward for those who purify themselves.*

We also learn from the Quran that the Contact Prayers help us remember God and stay away from evil. Salat **reminds us of God's presence, the Day of Judgment and our accountability.** Thus, the Contact Prayers also help maintain the purity of our soul by helping us avoid evil.

*[29:45] You shall recite what is revealed to you of the scripture, and observe the Contact Prayers (Salat), for the Contact Prayers prohibit evil and vice. But the remembrance of GOD (through Salat) is the most important objective. GOD knows everything you do.*

*[20:14] "I am GOD; there is no other god beside Me. You shall worship Me alone, and observe the Contact Prayers (Salat) to remember Me.*

Remembering God is very important as it is a part of worshiping and loving Him. We remember and think about those we love. When we get to know God and His awesome qualities, we realize that He is the only one worthy of worship. God is Most Powerful (59:23) and yet Compassionate (6:103, 57:9), Most Kind (22:65, 85:14), Most Gracious (17:110), the Peace (59:23), Most Wise (3:6, 3:18, 4:26) and the

best Provider (23:72) and Supporter (3:150).

When we worship God, we are blessed with His love and support.

*[19:96] Surely, those who believe and lead a righteous life, the Most Gracious will shower them with love.*

*[61:13] Additionally, you get something you truly love: support from GOD and guaranteed victory. Give good news to the believers.*

*What are some of the other benefits of observing the Contact Prayers (Salat)?*

In the Quran we find that glorifying God, which we do as part of our Salat, helps us be happy.

*[20:130] Therefore, be patient in the face of their utterances, and praise and glorify your Lord before sunrise and before sunset. And during the night glorify Him, as well as at both ends of the day, that you may be happy.*

The Contact Prayers also provide an opportunity to ask the Lord of the Universe for help. It is indeed a blessing to be able to directly contact God, the Most Powerful, the Most Kind for help with anything.

*[2:153] O you who believe, seek help through steadfastness and the Contact Prayers (Salat). GOD is with those who steadfastly persevere.*

*[2:186] When My servants ask you about Me, I am always near. I answer their prayers when they pray to Me. The people shall respond to Me and believe in Me, in order to be guided.*

Furthermore, the Contact Prayers provide refreshing breaks during our day and help bring our worldly affairs into perspective. *Salat* can serve as a reassuring reminder that this life is a temporary illusion (6:32, 35:5, 17:52, 40:39, 57:20) and can help us avoid preoccupation with this worldly life, leading to happiness in this life and the eternal Hereafter (16:97, 32:17).

*Why is it important to do the Contact Prayers correctly?*

When we are contacting someone, we need to dial the right number to con-

nect to them. Similarly, to contact God and benefit from this gift, we need to do the Salat correctly. Doing the Contact Prayers correctly includes devoting them to God alone (20:14). This means that we do not mention anyone beside God in our Salat (39:2, 39:11, 40:65, 72:18).

*[6:162] Say, "My Contact Prayers (Salat), my worship practices, my life and my death, are all devoted absolutely to GOD alone, the Lord of the universe.*

*[16:52] To Him belongs everything in the heavens and the earth and therefore, the religion shall be devoted absolutely to Him alone. Would you worship other than GOD?*

*[39:17] As for those who discard the worship of all idols, and devote themselves totally to GOD alone, they have deserved happiness. Give good news to My servants.*

In addition, mentioning the name of a prophet or messenger in our Contact Prayers violates the commandment to not make a distinction among God's messengers (2:136, 2:285, 4:150-152).

*[3:84] Say, "We believe in GOD, and in what was sent down to us, and in what was sent down to Abraham, Ismail, Isaac, Jacob, and the Patriarchs, and in what was given to Moses, Jesus, and the prophets from their Lord. We make no distinction among any of them. To Him alone we are submitters."*

As we can see from its many benefits, the Contact Prayers are a great gift and blessing for our souls. May God guide us to take advantage of this precious gift.

*[14:40] "My Lord, make me one who consistently observes the Contact Prayers (Salat), and also my children. Our Lord, please answer my prayers.*

*[87:14-15] Successful indeed is the one who redeems his soul. By remembering the name of his Lord, and observing the contact prayers (Salat).*

*[7:170] Those who uphold the scripture, and observe the Contact Prayers (Salat), we never fail to recompense the pious.*

*Farinaz*

## Who Are We?

The first issue of the *Submitters Perspective* newsletter was published in February 1985. Dr. Rashad Khalifa was the editor of the newsletter. He was the one who established Masjid Tucson and the United Submitters International organization. The newsletter was then called the "Muslim Perspective." Dr. Khalifa gave it the current title "Submitters Perspective" with the December 1989 issue. This newsletter has been in continuous publication for 30 years, praise God. We have had many distracting events happen over the years. However, we are persevering in the face of adversity and against Satan's schemes. God willing, we are determined to continue the work Dr. Khalifa has left for us to the best of our ability. We hope to spread the same message all the messengers and prophets came with. This message has been specified for all humanity since the days of Adam: There is no god but GOD. Worship Him alone.

A Submitter can be defined as a person who submits to the will of God. The state of Submission, which can only take place between the person and God Almighty, is considered to be the only acceptable form of worship by God. (3:19, 85). Therefore, Submission is not a name of a religion; rather it describes one's devotion to God alone.

Submission is the path whereby one recognizes God's absolute authority, and reaches a conviction that only God possesses all power; no other entity possesses any power that is independent of Him. The natural result of such a realization is to devote one's life and one's worship absolutely to God alone. This is the First Commandment in all the scriptures, including the Old Testament, the New Testament and the Final Testament (the Quran).

While every religion has been corrupted by innovations, traditions, and false, idolatrous doctrines, there may be "Submitters" within every religion. There may be Submitters who call themselves Christian, Jewish, Muslim, Hindu, Buddhist, or anything else.

*Surely, those who believe, those who are Jewish, the Christians, and the converts; anyone who (1) believes in GOD, and (2) believes in the Last Day, and (3) leads a righteous life, will receive their recompense from their Lord. They have nothing to fear, nor will they grieve.*

[Quran 2:62, 5:69]

To join our organization, you do not need any membership, nor do you have to pay any dues. If you are a Submitter, then you are our brother or sister. Submitters are members of one family (49:9-13). They are allies of one another (9:71). They help and support each other as God and His angels help and support them. They are united in one column when striving in the cause of God (61:4). They are kind and humble (52:26, 2:263, 48:29, 90:17); tolerant (7:199, 24:22); patient (10:109, 16:127, 20:130); and forgiving (42:37, 42:43, 45:14). These are traits of a submitter.

If you have been searching for a way to worship God alone, then God is guiding you to Submission. He is the Guide, and His scripture, the Quran, is enlightenment, and healing and mercy for the believers. During the past fourteen centuries, traditions, customs, and myths have crept into Islam (Submission). Gradually, they have become dogma or ritual, to such an extent that anyone who questions them in the light of the Quran finds himself or herself regarded as a dangerous innovator and heretic.

Submission (Islam) today is like a precious jewel that is buried under piles upon piles of man-made innovations. Our aim is to purge these innovations by upholding the Quran and nothing but the Quran, and present the jewel of true Submission to the world.

For more information, visit our website at <http://www.masjiduntucson.org/> or email us at [info@masjiduntucson.org](mailto:info@masjiduntucson.org)

Masjid Tucson

## CAPA: Cultivating a Practice of Appreciation

Recently, I have been thinking about the importance of appreciation and what it means to be appreciative of God's blessings. I realized appreciation is our "offering" back to God. From there, the concept of CAPA (cultivating a practice of appreciation), grew by God's will. I coined it CAPA to remember easily.

Some of the ways I found to develop my own practice started with

- Thanking GOD for my worship practices and worldly things. Since there are so many things to be appreciative for, it helps to separate them. For example, thanking GOD for the Noon Prayer and the great diagnosis you got at the doctor's office that morning, or for giving zakat and not getting that parking ticket!
- Seizing every chance to be appreciative. Since we are blessed with observing 5 Contact Prayers, God willing, we have 5 chances to thank GOD for those prayers and all material things we received in the previous time window.
- Thanking God for guiding us TO the worship practices, and for things we see and don't see.

*[7:43] ... and they will say, "GOD be praised for guiding us. We could not possibly be guided, if it were not that GOD has guided us. The messengers of our Lord did bring the truth."*

*[31:20] Do you not see that GOD has committed in your service everything in the heavens and the earth, and has showered you with His blessings— obvious and hidden? Yet, some people argue about GOD without knowledge, without guidance, and without the enlightening scripture.*

- Realizing that everything we receive is a tool to be more appreciative and grow our soul. If we buy a car, we can thank GOD for creating this item and subduing it for us. It's not easy to create a car from scratch, but all we need to do to have a car is pay

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money, not build it ourselves—melting the metal, sewing the seats, etc. It would take years to “earn” that car, but instead we can instantaneously get one in exchange for an affordable price given to us by GOD.

*[22:36-37] ... Once they are offered for sacrifice, you shall eat therefrom and feed the poor and the needy. This is why we subdued them for you, that you may show your appreciation. Neither their meat, nor their blood reaches GOD ... He has subdued them for you, that you may show your appreciation by glorifying GOD for guiding you ...*

- Remembering the awesome rewards of being appreciative vs. the severe consequences of turning unappreciative [14:7] *Your Lord has decreed: “The more you thank Me, the more I give you.” But if you turn unappreciative, then My retribution is severe.*

The reason we are here is because we were unappreciative of our Lord's blessings, [17:27] *The extravagant are brethren of the devils, and the devil is unappreciative of his Lord. [100:6] The human being is unappreciative of his Lord.*

**Let's not stay stuck in that error, instead actively develop our appreciation practices, and strive to thank GOD daily for all things seen and unseen, [2:152] ... remember Me, that I may remember you, and be thankful to Me: do not be unappreciative.**

Abeer