



FIVE DAILY PRAYERS

**A Running River in Which You
Cleanses Yourself Five Times a Day**

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- *Salah* is obligatory upon every **mature**, sane Muslim man and woman.
- Obligatory *Salah* is performed five times per day and night (each 24-hour period).
- Explaining the purifying and uplifting effect of the five daily prayers, Prophet Muhammad (peace and blessings be upon him) said to his Companions, **“Tell me, if there was a river by the door of one of you in which he bathed five times a day, would any dirt remain on him?”** They answered, “None of it would remain.” He (peace and blessings be upon him) said, **“That is exactly like the five daily prayers with which Allah wipes out misdeeds.”** (Narrated by Al-Bukhari and Muslim)
- *Salah* is very similar in its cleansing action to repeated bathing and washing with pure water, which cleanses one’s body and clothes of impurities or dirt. The five daily prayers work in a similar way; they work like plentiful water, by which Allah (the Gracious) washes away sins.

Imagine the effect of Daily Prayers:

The river is right at your door, not far
or hard to get to.

The dirt on your body is harming you.

Feel yourself bathing in the river,
getting rid of all the dirt on your body
and having your energy renewed.

You step back to life with a purified
soul,

a calmer mind,

and a relieved, unburdened, and
rejuvenated heart.

