

Ramadan Daily Quran Studies, compiled by Dr Zahid Aziz, 2026

Derived largely from the writings of Maulana Muhammad Ali

Produced by:

Ahmadiyya Anjuman Ishaat Islam Lahore (UK)

Study 8: Prayer — humility in prayer

- The feeling of humility before God in prayer is emphasised in the Quran. We have already seen the verse:

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾

“Successful (*aflaha*) indeed are the believers,
who are **humble** in their prayers”. — 23:1–2

- Near the beginning of the Quran, the following is stated as a teaching for the Israelites (i.e., Jews), and of course the same teaching applies to Muslims also:

وَاقِيْمُوا الصَّلٰوةَ وَآتُوا الزَّكٰوةَ وَارْكَعُوْا مَعَ الرَّاكِعِيْنَ ﴿٣٣﴾
اَتَاْمُرُوْنَ النَّاسَ بِالْبِرِّ وَتَنْسَوْنَ اَنْفُسَكُمْ وَاَنْتُمْ تَتْلُوْنَ الْكِتٰبَ ؕ اَفَلَا تَعْقِلُوْنَ ﴿٣٤﴾
وَاسْتَعِيْنُوْا بِالصَّبْرِ وَالصَّلٰوةِ ؕ وَاِنَّهَا لَكَبِيْرَةٌ اِلَّا عَلَى الْخٰشِعِيْنَ ﴿٣٥﴾
الَّذِيْنَ يَظُنُّوْنَ اَنْهُمْ مُّلْقُوْا رَبِّهِمْ وَاَنْهُمْ اِلَيْهِ رٰجِعُوْنَ ؕ ﴿٣٦﴾

“And keep up prayer and give the due charity and **bow down with those who bow down. Do you tell people to be good and neglect your own souls while you read the Book? Have you then no sense?**

And seek assistance through patience and prayer, and this is hard except for the *humble ones*, who know that they will meet their Lord and that to Him they will return.” – 2:43–46

- The words “bow down with those who bow down” indicate congregational prayer, that you are praying within a group.
- The *outward* acts of praying and of giving in charity are not sufficient. Sincerity is required.
- To “tell people to do good”, portraying yourself as religious, but neglect to do good yourself, is strongly condemned here.
- Prayer is the means of seeking the assistance of God. A person must persist with *patience* in his efforts to achieve self-improvement, and turn to prayer.

- Prayer feels a hard thing and is unproductive of results, **unless** a person assumes an attitude of humility and takes prayer to be the way of meeting God.
- “Humility” means that when praying we think of ourselves as entirely powerless before God, and totally reliant on Him to achieve anything. And we think of ourselves before God, not as holy, or high and mighty, but as ordinary sinners and mortals.
- Praying with humility is mentioned elsewhere in the Quran as well:

أَدْعُوا رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً

“Call on your Lord **humbly and in secret.**” – 7:55

وَاذْكُرْ رَبَّكَ فِي نَفْسِكَ تَضَرُّعًا وَخُفْيَةً وَأَدْوَانَ الْجَهْرِ مِنَ الْقَوْلِ بِالْغُدُوِّ وَالْآصَالِ

وَلَا تَكُنْ مِنَ الْغَافِلِينَ ﴿٢٠٥﴾

﴿٢٠٦﴾ إِنَّ الَّذِينَ عِنْدَ رَبِّكَ لَا يَسْتَكْبِرُونَ عَنْ عِبَادَتِهِ وَيُسَبِّحُونَهُ وَلَهُ يَسْجُدُونَ

“And remember your Lord **within yourself humbly and fearing,**
and in a voice not loud, in the morning and the evening,
and do not be one of the heedless.

Surely those who are with your Lord are not too proud to serve Him, and they glorify Him and prostrate themselves before Him.” – 7:205–206

- “Within yourself” – in your soul – means that the remembrance of the Lord, in prayer or outside prayer, must firstly be from the heart. It must be accompanied by feelings of humility for yourself and awe for God. And, except for the loud recitation by the imam in congregational prayer, any other prayer must be in a low voice at the most.

- The Quran also warns Muslims:

الْمَرِيَّانِ لِلَّذِينَ آمَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ ۗ وَلَا يَكُونُوا كَالَّذِينَ أُوتُوا
الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ قُلُوبُهُمْ ۗ وَكَثِيرٌ مِنْهُمْ فَاسِقُونَ ﴿١٦﴾

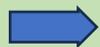
“Has not the time yet come for the believers that **their hearts should be humble for the remembrance of Allah** and the Truth that is revealed, and that they should not be like those who were given the Book before, **but time was prolonged for them,** so their hearts hardened. And most of them are transgressors.” — 57:16

- This verse warns Muslims not to become like the followers of earlier religions sent by God.
- Due to the passage of time they became “hard hearted”, i.e., their hearts did not melt with humility before God.
- It indicates that Muslims too, with the passage of a long time after the coming of Islam, would lose humility of heart and consider themselves as God’s chosen ones regardless of their misdeeds.

- Hazrat Mirza Ghulam Ahmad writes as follows about how to pray, whether within the prescribed daily prayers or outside them:

“God Almighty has set forth two factors that create fervour and enthusiasm in the heart during prayer. One is His greatness and mercy, and the other is that His servants calling upon Him are showing humility and helplessness. These are the two motivations which those who pray must keep in mind during prayer.

Those people who are familiar with the true nature prayer know that, without the presence of these two factors, there can be no prayer, and that without these the fire of the love of God does not burn brightly in the heart during prayer.



➡ It is clearly obvious that the person who does not bear in mind the greatness, mercy and the all-reaching power of God, he cannot turn to God at all.

And the one who does not even admit his humility, helplessness and destitution, his soul cannot bow to the Generous Lord.

This is a truth — to understand which you don't need to know any deep philosophy.”

(Barahin Ahmadiyya, footnote 11, p. 479-80)

END OF STUDY 8