Why does a Muslim pray five times a day?

A Muslim follows the teachings of Prophet Muhammad (may Allah's peace and blessings be upon him) and prays in the exact manner the Prophet used to pray.

The Messenger of Allah (may Allah's peace and blessings be upon him) said: "Pray as you have seen me pray." [294] Narrated by Al-Bukhāri.

Through prayer, a Muslim addresses his Lord five times a day to satisfy his strong desire for communicating with Him throughout the day. It is the means that Allah provided us with to address Him, and He commanded us to adhere to it for our own interest.

{Recite [O Prophet] what is revealed to you of the Book, and establish prayer, for indeed prayer restrains one from immoral acts and wickedness. Indeed, the remembrance of Allah is of greater merit. And Allah knows all what you do.} [295] Surat al-'Ankabūt: 45.

As human beings, we almost never stop talking to our spouses and children on the phone on daily basis out of strong love and attachment.

The prayer also plays another important role as it acts as a deterrent on approaching evil acts and as a motivation for performing good acts; that is when one recalls his Creator, fearing His punishment and longing for His pardon and reward.

Moreover, one's deeds must be offered with pure sincerity for the sake of the Lord of the worlds, and since it is difficult for man to constantly remember this or renew his intention; therefore, there had to be certain times for prayer to communicate with the Lord of the worlds and renew one's sincerity towards Him through worship and deeds. The minimum is five times every day and night. Such times reflect the main timings and phenomena of the alternation of the day and night throughout the day: Fajr (morning), Zhuhr (noon), 'Asr (afternoon), Maghrib (sunset), and 'Ishā' (evening).

{So be patient with what they say, and glorify your Lord with praise before

sunrise and before sunset, and glorify Him during the night and at both ends of the day, so that you may be pleased [with the reward].} [296] Surat Taha: 130.

Before sunrise and before sunset: the Fajr and ‘Asr prayers.

During the night: the ‘Ishā’ prayer.

At both ends of the day: the Zhuhr and Maghrib prayers.

They are five prayers to cover all the natural changes that occur during the day and to act as a reminder of its Creator and Originator.

Questions and Answers about Islam
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