

Benefit of Praying Dhuha, Generous of the Have Done by the Have Not

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Abstract

Praying is one of communication media between human and Allah SWT. Beside, the second of pillar Islam is a practice human to Allah SWT, it is a media to closer with Allah. In a muslim, Shalat in the highest from another. Beside the praying of obligatory the prophet Muhammad also taught us about approaching to Allah by doing praying dhuha. In the encyclopedia of Islam praying dhuha which is done in the morning. The time begins when the sunrise 7 feet high until the sun slips. Regularly praying dhuha will give a psychological effect in generating motivation. Especially learning motivation. In addition, another benefit of Praying Dhuha is able to give intellectual effect, physical, spiritual, and emotional intelligence, and economical. Ulama said 2 rakaat of praying dhuha is equal with alms given to the poor. Praying dhuha is a substitution of generous of the have done by the have not

Keywords : alms, praying, rakaat, have not.

Introduction

The Quranic verses contain hints and a lot of scientific facts, but they are not scientific theories. Reading in the meaning of studying the nature is the first order from the Almighty God to prophet Muhammad. Nature and all creatures are created in balance. Creatures are all in pairs. Nature is prepared and maintained in systematic mechanism (Subandi, 2012). Thinking and studying the nature need a deep concentration or focus of attention and mind. It needs training. And the scholars in the age of Islamic Golden in the middle ages always did the shalat when their need work hard and concentration to work. One of the recommended shalat in daylight is the dhuha shalat.

In the view of Islam the dhuha praying is as sunah muakaddah (highly recommended) because Rasulullah SAW always did it and advised the companions to do it. Therefore, Muslims always do dhuha. "Abu Hurairah r.a. recounted, 'My beloved Rasulullah SAW gave me a testament to three things that I never left to die: fasting for three days a month, two rakaat praying of dhuha and only slept after prayer witr'.Muttafaqun 'Alaihi. (Shahi bin Ghanim bin Abdullah as-sadlani, 2002).. Of course, Rasulullah SAW will not privilege

praying dhuha without reason. Here are some fadhilah or virtues of praying Dhuha that make it so special in the eyes of Rasulullah SAW:

First, praying dhuha is an expression of our grateful to Allah SWT for the healthy in our body. According to Rasulullah Saw in our body which amounts to 360 segments each day should be given alms as food. "In every man is made 360 joints and should the person concerned (the owner of the joint) giving a sadaqah for each joint." Then, the Companions asked, "Ya Rasulullah, who can do it?" Rasulullah SAW. explains, "Clean up the dirt in the mosque or get rid of something (that can harm people) from the highway, if he can not afford then praying dhuha two rakaat can replace it." H.R. Ahmad and Abu Daud. (Abu Shafia, 2003).

Secondly, praying dhuha is a vehicle of our hope for the grace and blessings of Allah SWT throughout the day to be passed, whether in the form of physical and material favors. Rasulullah SAW said, "Allah SWT says, 'The sons of Adam, do not ever lazy to pray four rak'ahs in the morning, is a praying dhuha, I will surely suffice your needs until the afternoon.'" (HR Al-Hakim and At- Tabrani).

Third, praying dhuha as a protector to ward off the torment of hell fire in the day of vengeance (doomsday) later. This is confirmed by the Prophet Muhammad SAW. In his hadith, "Whoever do praying Fajr, then he still sit in the praying place while dzikir until the sun rise and then dopraying dhuha as much as two rakaat, Allah SWT will not forbid the fire of hell to touch or burn his body."H.R. Al-Baihaqi, Abdul Manan bin H. Muhammad Sobari, (2003).

Fourth, for those who pray dhuha, Allah SWT reward him with the reward of heaven. Rasulullah SAW. Said, "In heaven there is a door called Bab Adh-Dhuha (Door of Dhuha) and on the Day of Judgment there will be a call, 'Where is the person who always does dhuha prayer? This is your door, come with the love of God. "(H.R. At-Tabrani).

Fifth, the reward of dhuha is equivalent to the reward of Hajj and Umrah. "From Abu Umamah r.a. That Rasulullah SAW. Said, 'Whoever comes out of his house in purification to perform the obligatory prayers, then the reward is like a man performing the Hajj. Whoever goes out to perform the praying dhuha, then rewards like one who carries out Umrah. "(Saheeh al-Targhib: 673).

Sixth, the fulfillment of the necessities of life. People who like to practice dhuha sincere prayer for Allah SWT will be fulfilled sustenance. This is explained Rasulullah SAW.

In the qudsi hadith from Abu Darda. His Word, "O Son of Adam, bow (shalatlah) because I am in the early afternoon (Dhuha prayer) four rak'ah, then I will suffice (your needs) until the afternoon." H.R.Tirmidzi..

Seventh, ghanimah (profit) is great. Narrated, Rasulullah sent Muslim forces fight against the enemy of Allah SWT. At the will of Allah SWT, the battle was won and the troops got an abundance of spoils. People are busy talking about the shortness of wars won and the amount of spoils obtained war. Then Rasulullah SAW explains that there is a more main and better than easy to gain victory and spoils a lot of prayer dhuha.

Subandi and Abdelwahab (2014) said The world acknowledges that middle centuries were the Muslim Golden Ages. During these centuries Muslim scholars had laid foundation of the development of science and technology. The *Dār al-Hukamā* (House of Wisdom) founded by Ma'mun in 830 at Bagdad was the first institution of higher learning in the Islamic world. Beside. It was reported that ulama at that time was begun their writing activity by praying. The world acknowledges that middle centuries were the Muslim Golden Ages. During these centuries Muslim scholars had laid foundation of the development of science and technology. The *Dār al-Hukamā* (House of Wisdom) founded by Ma'mun in 830 at Bagdad was the first institution of higher learning in the Islamic world.

Methods.

Review of hadits or the saying of the prophet and the translation and explanation of the ulema are the basic of this study. Descriptive and think creative of the author are through out of this review reports. Critices of the previous and the interpretation of the ulama thought of the shalat.

Someone who often perform prayers, especially prayer must be more inclined to carry out the things that are useful, let alone coupled with the sunnah prayers.

Usually someone who commits praying dhuha, in the learning process looks more spirit than someone who does not perform dhuha prayer before starting the lesson. Tips to pray diligently dhuha.

1. Intentions of Allah. In any matter we must intend it only for God alone.

2. Understand. We must first understand the Understanding, Benefits, and Rewards and the virtues gained from duha prayer.
3. Feel the loss. Feel the loss if you can not perform the prayer duha because so many benefits.
4. Do not feel burdened. Everything if done with pleasure will surely feel lightly done. Let's say that praying dhuha as our way of seducing God, there must be something we expect from seducing it. If we are diligent to seduce God, surely we will be given what we ask.
5. Make the most of the time. After we leave for work or college around 06:45, that time can be used to perform praying dhuha. Resting time is probably around 10 o'clock, it just rushed to the mosque or the nearest mosque from the location. For students or students can wait while the lecturer with prayers duha and tadarus.
6. Eliminate feeling lazy. Lazy must be resisted because it brings a negative aura.

Discussion

The benefits of praying duha viewed from intelligencies aspect.

1. The Benefits of Praying Dhuha for Intelectual Intelligency.

The impact of intellectual intelligence from Dhuha Prayers will make the mind clear and give a positive influence in the activities in the learning process of students. With a clear mind and a calm heart, can optimize its potential to take advantage of opportunities and be successful (Syafi'ie, 2009: 150). (Abdul Manan bin H. Muhammad Sobari, (2003)

2. The Benefits of Praying Dhuha for Phycical Intelligency.

Praying dhuha can boost immunity and physical fitness because it is done in the morning when morning sunshine is still good for health

3. The Benefits of Praying Dhuha Spiritual Intelligency.

Usually ourselves in performing the praying dhuha makes one feel close to God. This gives its own strength to the person to always seek and tawakal in face life.

4. The Benefits of Praying Dhuha Emotional Intelligency.

Praying dhuha, will improve the person, especially with regard to the self-motivation dimension. In his life, people are often confronted with difficult problems. As a result stress and easy to complain in the face. However, by familiarizing yourself with praying dhuha, one will be able to become personally not easily discouraged because of the inner motivation to find a way out of his problem.

Therefore will grow a high desire to overcome the problems that exist and get used to achieve success in the study undertaken. Some of the above theories provide the assumption that there is influence to implement Dhuha Prayers on learning motivation. In addition dhuha prayer also has the privilege as a door opener sustenance for those who implement it.

Conclusion and Suggestion

Conclusion

Praying dhuha is a sunnah praying which is done by a muslim in the morning. The time begins when the sunrise 7 feet high until the sun slips. Dhuha give benefits for us. Such as; healty, intellectual effect, physical, spiritual, and emotional intelligence. Ulama said 2 rakaat of praying dhuha is equal with alms given to the poor. Praying dhuha is a substitution of generous of the have done by the have not.

Suggestion

Praying dhuha which we can do it and never leave. Because praying dhuha is suggested by Prophet Muhammad SAW for better life of the doer.

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