

# CONCENTRATION IN PRAYER

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COURSE THREE - ANSWERS



**25 WAYS**  
TO BE MORE EFFECTIVE  
AND ATTENTIVE IN YOUR  
**PRAYER**

## CONCENTRATION IN PRAYER – Distance Learning Course

### PART THREE - ANSWERS

- 1) This is like a muscle. Initially, when you try and hold it on something, it may feel that you are using more and more energy and it is fatiguing:
  - A. Thought
  - B. Awareness
  - C. **Attention**
  - D. Inattention
  
- 2) The room you use to say your Prayer should be the one that you don't use regularly, and should be
  - A. Neat and clean
  - B. A comfortable temperature
  - C. Dark
  - D. **All the above**
  
- 3) This organ is filled with thermal receptors that will constantly remind you of any discomfort to your body:
  - A. **Human skin**
  - B. Heart
  - C. Brain
  - D. None of the above
  
- 4) If the room you use to say your Prayer is slightly dark, this sense brings into us fear and awe, increasing one's concentration by further limiting eyesight:
  - A. Darkness
  - B. Light
  - C. Dimness
  - D. **A & C**
  
- 5) This might attract your attention or stimulate a memory or thought during Prayer:
  - A. Wall with pictures
  - B. Prayer mat with pictures other than the Ka'bah
  - C. Wearing clothes with bright pictures
  - D. **All the above**

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### PART THREE - ANSWERS

- 6) To perfume your Prayer room, you should burn:
- A. Incense
  - B. Olive Oil
  - C. Scented Candles
  - D. **A & C**
- 7) Oils you may use to apply on the skin or burn to release fumes can significantly
- A. Reduce stress in the brain
  - B. Lower muscle activity
  - C. Decrease the train of thoughts
  - D. **All the above**
- 8) Essential oil aromas stimulate the part of the brain that affects:
- A. **Emotion**
  - B. Anger
  - C. Passion
  - D. Love
- 9) This hormone released from smelling scented oils counteracts anxiety, and stimulates the release of endorphins reduce pain:
- A. Thyroid Stimulating Hormone
  - B. Progesterone
  - C. **Serotonin**
  - D. Estrogen
- 10) Diffusing the following relaxing oils like can significantly reduce over-load in the brain, thus allowing you to be attentive in your Prayer:
- A. Chamomile
  - B. Rose
  - C. Sandalwood
  - D. **All the above**

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**PART THREE - ANSWERS**

- 11) This is one of the most effective ways to prepare the scene for your daily Prayer:
- A. Combing your hair
  - B. Ghusl
  - C. **Wudho**
  - D. Wearing loose clothes
- 12) Performing Wudhu in the following manner is recommended and would help you a great deal to think about your life, death and the Creator whom you will be standing in front of soon:
- A. Fast
  - B. **Slowly and contemplating on the words in the invocation**
  - C. In your sink
  - D. With clean water
- 13) To establish the link of concentration between Wudhu and Prayer, you should:
- A. Make the interval in-between as short as possible
  - B. Refrain from talking
  - C. Avoid discussing trivial matters
  - D. **All the above**
- 14) At the beginning of Wudhu, you start in the Name of Allah (SWT) and praise Him for making the water a:
- A. Pure drink
  - B. **Pure element**
  - C. Thirst quencher
  - D. None of the above
- 15) At the time of washing your hands, you request Allah (SWT) to place you among those who seek His forgiveness and those who are:
- A. **Pure**
  - B. Pious
  - C. Chosen
  - D. Muslims

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**PART THREE - ANSWERS**

- 16) At the time of washing the right forearm, you plead to Allah (SWT) to:
- A. **Place the scroll of your deeds in your right hand**
  - B. Place the scroll of your deeds in your left hand
  - C. Place the scroll of your deeds in your memory
  - D. Place the scroll of your deeds with an angel
- 17) At the time of wiping the head, you request Allah (SWT) to cover you with His
- A. **Mercy**
  - B. Blessings
  - C. Pardon
  - D. All the above
- 18) One should try and create, as well as maintain such quality whilst performing Wudhu:
- A. Anxiety
  - B. Concern
  - C. Unease
  - D. **Fear**
- 19) Appreciating Allah's presence is one way of
- A. Bringing humility into your heart in Prayer
  - B. Humbling yourself in Prayer
  - C. Increasing your attention and concentration in Prayer
  - D. **All the above**
- 20) The following does not overtake Allah:
- A. Slumber
  - B. Sleep
  - C. Lethargy
  - D. **All the above**

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**PART THREE - ANSWERS**

- 21) The following are effective ingredients in developing and maintaining your attention in Prayer:
- A. Piety
  - B. Perseverance
  - C. Appreciation of The Lord and His Mightiness
  - D. **All the above**
- 22) For this many years The Prophet of Allah (S) stood on his toes (in his Prayer) until his blessed feet became swollen and his face turned pale:
- A. Twelve
  - B. Five
  - C. **Ten**
  - D. Three
- 23) During Prayer, as-Sadiq (AS) has recommended that you should fix your gaze on the:
- A. Area in-between your feet
  - B. **Point of your prostration**
  - C. Sky
  - D. Your eyes should be closed
- 24) One of the reasons why this has been much emphasized before Prayer is to establish a strong link between the worshipper and Allah:
- A. Adhan
  - B. Reciting Chapter of an-Naas
  - C. Iqamah
  - D. **A & C**
- 25) In this Chapter in The Qur'an, Verses 90-91, Allah reminds us that in the creation of the heavens and the earth and (in) the difference of night and day are tokens (of His sovereignty) for men of understanding.
- A. **Three**
  - B. Four
  - C. Seven
  - D. Twenty-seven

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**PART THREE - ANSWERS**

- 26) According to al-Mutahhari (AS), this practice banishes inattention:
- A. Reciting Adhan before Prayer
  - B. Reciting Chapter of an-Naas ten times daily
  - C. **Remembrance of Allah**
  - D. Reading any seven verses from The Qur'an
- 27) According to Allah (Most High, Most Sublime), the happy way of living is that in which:
- A. The person does not ignore My rights (on him)
  - B. The person is not tired of remembering Me
  - C. The person does not forget My bounties
  - D. **All the above**
- 28) These two angels will question you in your grave:
- A. **Munkar and Nakeer**
  - B. Ateed and Raqeeb
  - C. Ridhwan and Israfeel
  - D. Mikaeel and Gibraeel
- 29) This state of mind is one of the many vital ingredients of Prayer:
- A. Exhausted
  - B. **Alert and relaxed**
  - C. Lethargic
  - D. Worn-out
- 30) When is it considered better to say your Prayer a few minutes late?
- A. Eating with your family
  - B. Attending to your job
  - C. Reading The Qur'an
  - D. **Tired and exhausted**

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- 31) The reward a devotee derives from Prayer is equal to the extent of it that he offers with this state of the heart:
- A. Sluggish
  - B. Exhausted
  - C. Lethargic
  - D. **Attentive**
- 32) When you want to perform the Prayer, do not go to it:
- A. Lazily
  - B. Sleepy
  - C. Hurriedly
  - D. **All the above**
- 33) When you want to perform the Prayer, approach it
- A. Calmly
  - B. Solemnly
  - C. Slowly
  - D. **All the above**
- 34) During Prayer, you are required to stand in front of Allah in this manner:
- A. **Sinful slave**
  - B. Confident
  - C. Proud
  - D. Convinced
- 35) In Prayer, this allows you to be relaxed, aware, and prevents distress:
- A. **Erect posture**
  - B. Wearing loose clothes
  - C. Bending your neck
  - D. Standing on your toes



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**PART THREE - ANSWERS**

- 36) Upon completion of your Prayer, most often you will feel:
- A. Relaxed
  - B. Renewed
  - C. Alert
  - D. **All the above**
- 37) This is the state of mind you should strive to achieve after completion of Prayer:
- A. **Heightened sense of awareness**
  - B. Tired
  - C. Less energy
  - D. None of the above
- 38) One who offers two units of Prayer with this end-result, he does not finish the prayer without God forgiving him every sin that there is between him and God:
- A. With the knowledge of what he says therein
  - B. With the understanding of what he says therein
  - C. **A & B**
  - D. None of the above
- 39) To maintain your concentration in Prayer, every word of what you recite in Prayer must be:
- A. Understood
  - B. Comprehended
  - C. **A & B**
  - D. None of the above
- 40) According to The Prophet (S), two light units of Prayer offered in this state are better than a whole night spent in worship:
- A. Contemplation
  - B. Concentration
  - C. **A & B**
  - D. Piety

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- 41) The third verse in the Chapter of al-Hamd means:
- A. Lord of the Day of Judgment
  - B. Special Praise be to Allah, the Sustainer of the creation
  - C. **The Compassionate, the Merciful**
  - D. You alone we worship, and to You alone we pray for help
- 42) Reciting Prayer in the following proper manner will win your attention and make your efforts in maintaining attention a lot easier:
- A. Proper Pronunciation
  - B. Following the Rules of the Arabic Language
  - C. After taking a shower
  - D. **A & B**
- 43) The following is necessary in a person who wants to achieve the highest level of concentration in Prayer:
- A. **Confidence**
  - B. Wearing white clothes
  - C. The Prayer-mat should be white
  - D. Praying in congregation
- 44) This quality in you reflects your assessment of your own self-worth:
- A. Trust
  - B. Elation
  - C. **Self-confidence**
  - D. Joy
- 45) This is probably the most effective way of building self-confidence:
- A. **Goal-setting**
  - B. Assessment
  - C. Trust
  - D. Saying your Prayer in congregation

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**PART THREE - ANSWERS**

- 46) With alternate recitations and by reciting different chapters of The Qur'an, different supplications and different forms of glorification in your Prayer, your brain will avoid these hurdles that lead to inattention:
- A. Becoming accustomed to recitation
  - B. Becoming habituated to recitation
  - C. **A & B**
  - D. None of the above
- 47) This means to be ritually pure at all times and is recommended to build one's concentration in Prayer:
- A. Piety
  - B. Reading at least 5 chapters in The Qur'an
  - C. **Cleanliness**
  - D. None of the above
- 48) This is a weapon of a believer:
- A. Piety
  - B. Fasting 60 days in a year besides Ramadhan al-Mubarak
  - C. **Cleanliness**
  - D. None of the above
- 49) This color uniform is highly recommended in Prayer:
- A. **White**
  - B. Green
  - C. Brown
  - D. Black
- 50) This is highly recommended before every Prayer:
- A. **Brushing teeth**
  - B. Reading 10 verses from The Qur'an
  - C. Taking a shower
  - D. Performing ghusl

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**PART THREE - ANSWERS**

- 51) This will create in you desire to perform even better in Prayer:
- A. Taking a shower
  - B. Stress-free life
  - C. Pride
  - D. **Accepting faults and limitations**
- 52) ‘Ali (AS) has compared Prayer to:
- A. **Trust**
  - B. Piety
  - C. Paradise
  - D. Achieving mental clarity
- 53) According to al-Qur’an, Chapter 33, Verse 72, Allah (Most High, Most Sublime) offered this to the Heavens, the earth and the mountains, but they refused to bear it, and were afraid thereof, and man undertook it:
- A. Leadership
  - B. Piety
  - C. **Trust**
  - D. World
- 54) The following reason made ‘Ali, son of Al-Husayn (AS)’s color change whenever he stood for the Prayer:
- A. Prayer was compulsory
  - B. **He knew before whom he was standing**
  - C. If he did not pray well, he would displease Allah
  - D. None of the above
- 55) The imploring moaning of Ibrahim (AS) used to be heard from this distance:
- A. **Mile**
  - B. Two miles
  - C. Four Miles
  - D. Half a mile

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**PART THREE - ANSWERS**

- 56) Tranquility in Prayer means:
- A. Tranquility of the mind
  - B. Quietude of the heart
  - C. Stress-free performance
  - D. **All the above**
- 57) This hormone surges when you're in stress:
- A. **Adrenaline**
  - B. DHT
  - C. TSH
  - D. None of the above
- 58) Stress
- A. Increases your heart-beat
  - B. Raises your blood sugar
  - C. Increases your blood pressure
  - D. **All the above**
- 59) This will bring much more vigilance in your Prayer:
- A. Eating before Prayer
  - B. **Less stress**
  - C. Taking a shower before Prayer
  - D. Reciting al-Qur'an before Prayer
- 60) Your life is bound to become stressful if you have:
- A. Insecurities in life
  - B. Deep-seated anxieties
  - C. Less control over your events in life
  - D. **All the above**

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**PART THREE - ANSWERS**

- 61) Stress can be dissipated through an effective:
- A. Meditation exercise
  - B. Visualization exercise
  - C. Relaxation exercise
  - D. **All the above**
- 62) To improve your concentration in Prayer, this is recommended daily in the morning and evening:
- A. **Deep breathing exercises**
  - B. Fasting for a few hours
  - C. Listening to calming music
  - D. All the above
- 63) The following will increase your stress:
- A. Nicotine
  - B. Caffeine
  - C. High sugar foods
  - D. **All the above**
- 64) According to The Prophet (S), there is no worship superior than:
- A. Fasting on every Thursday
  - B. **Silence**
  - C. Praying 52 units of Prayer everyday
  - D. Obedience to parents
- 65) This is part of wisdom; a sign of every virtue; the way of the devotees of Allah (SWT), because Allah (SWT) likes it. It is the style of The Prophets (AS), and the habit of the chosen people.
- A. Fasting on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every month
  - B. **Silence**
  - C. Praying 72 units of Prayer everyday
  - D. Giving alms to the poor every Friday

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**PART THREE - ANSWERS**

- 66) According to traditions, all the organs in your body are safeguarded when this is protected:
- A. **Tongue**
  - B. Brain
  - C. Eyes
  - D. Pride
- 67) Having this quality would hardly commit you to speculation, backbiting, pride, mockery, lying, etc. This way, you have less to think about and less thoughts to interrupt you in your Daily Prayer:
- A. Piety
  - B. Fasting on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every month
  - C. Invoking Allah for forgiveness every few hours
  - D. **Silence**
- 68) Allamah Tabai (AS) says that he has witnessed its most precious effects after practicing this quality for forty days and nights, until attaining purity and enlightenment,
- A. Meditation and relaxation exercises
  - B. Fasting on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every month
  - C. Invoking Allah for forgiveness every few minutes
  - D. **Silence**
- 69) The following is one of those matters with regard to which people go to extremes and, of course, mostly towards excess:
- A. Eating
  - B. Drinking
  - C. Music
  - D. **A & B**
- 70) This is a major cause of inattention in Prayer:
- A. Arguing before Prayer
  - B. Talking about worldly matters before Prayer
  - C. Wearing colorful clothes during Prayer
  - D. **Over-eating**

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### PART THREE - ANSWERS

- 71) When this organ is not taken care of, your faculty of thinking goes to sleep, and your tongue of wisdom becomes dumb and your limbs fail to worship Allah (SWT):
- A. **Stomach**
  - B. Liver
  - C. Brain
  - D. Skin
- 72) The following are essential pre-requisites for a seeker of truth who is battling with his self.
- A. Self-conditioning
  - B. Contemplation
  - C. Self-examination
  - D. **All the above**
- 73) The following is important after your daily Prayer:
- A. Reviewing your performance
  - B. Checking
  - C. Inspection
  - D. **All the above**
- 74) These may haunt your continued meditation in Prayer if you don't write them down:
- A. Ideas
  - B. Thoughts
  - C. Un-solved arguments
  - D. **All the above**
- 75) This is recommended before Prayer:
- A. **Relieve your hunger and thirst**
  - B. Over-eating
  - C. Reading 7 verses from al-Qur'an
  - D. Drink 3 glasses of water



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**PART THREE - ANSWERS**

- 76) This is recommended before Prayer:
- A. **Relieve yourself by going to the bathroom**
  - B. Listening to calming music
  - C. Giving out alms to the poor
  - D. Reading the Chapter al-Naas from al-Qur'an
- 77) All brain activity is neurological and is a chemical activity which doesn't function without:
- A. Carbohydrate foods
  - B. Protein foods
  - C. **Water**
  - D. Fats
- 78) According to Luqman Hakim, when your stomach is full, this faculty of yours goes to sleep:
- A. **Thinking**
  - B. Desire
  - C. Aspiration
  - D. Argument
- 79) Sadness brings about:
- A. Reminding one of previous sad events
  - B. **Revolution of the soul**
  - C. A & B
  - D. None of the above
- 80) This state of mind is more attuned towards an objective (Allah (SWT), in this case) and more capable of maintaining a high level of attention and concentration:
- A. **Sad**
  - B. Happy
  - C. Content and satisfied
  - D. Greedy

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**PART THREE - ANSWERS**

- 81) One who bears patiently with affliction, resisting it with a fair consolation, Allah (SWT) uplifts him this many degrees, the elevation of one degree over another being like the distance between earth and heavens:
- A. **300**
  - B. 200
  - C. 100
  - D. None of the above
- 82) One who is patient in regard to obedience, Allah (SWT) uplifts him this many degrees, the elevation of one degree over another being like the distance between the earth's depths and the Throne:
- A. 300
  - B. **600**
  - C. 100
  - D. None of the above
- 83) One who is patient in regard to disobedience, Allah (SWT) uplifts him this many degrees, the elevation of one degree over another being like the distance between the earth's depths and the furthest frontiers of the Throne:
- A. 300
  - B. 200
  - C. **900**
  - D. None of the above
- 84) According to Allah (Most High, Most Sublime), this is a better food:
- A. **Hunger**
  - B. Grapes
  - C. Watermelon
  - D. Olive

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**PART THREE - ANSWERS**

- 85) Wisdom, heart's tranquility, nearness to Allah, continuous grief, righteous talks, thriftiness, indifference at the time of ease, and hardships, are the characteristics acquired by Allah's servant as a result of:
- A. Hunger
  - B. Silence
  - C. Seclusion
  - D. **All the above**
- 86) This is the primal source of mental alertness:
- A. Listening to calming music
  - B. **Fasting**
  - C. Drinking 6-8 glasses of water daily
  - D. Reciting the Chapter al-Jinn
- 87) During this process, your body will decompose and burn those cells and tissues which are diseased, damaged or dead and responsible for accumulating toxins in our body and brain:
- A. Listening to calming music
  - B. **Fasting**
  - C. Drinking 6-8 glasses of water daily
  - D. Eating fresh green vegetables daily
- 88) During this process, the cleansing capacity of the eliminative organs - lungs, liver, kidneys and the skin - is greatly increased, and masses of accumulated metabolic wastes and toxins are quickly expelled:
- A. **Fasting**
  - B. Listening to calming music
  - C. Drinking 6-8 glasses of water daily
  - D. Eating fresh green vegetables daily
- 89) This will drive Allah's love out of your heart and make it dark until you forget Him:
- A. Adultery
  - B. Over-eating
  - C. **Love of the world**
  - D. Divorcing your wife

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**PART THREE - ANSWERS**

- 90) One's attraction to this causes the worshipper's attention to these transient things during Prayer:
- A. **Love of the world**
  - B. Love of women
  - C. Love of food
  - D. Love of music
- 91) This world is cursed.
- A. Approved world
  - B. World of Jinn
  - C. World of Angels
  - D. **Disapproved world**
- 92) According to The Prophet (S) pious people take the earth of Allah (SWT) as a carpet, its soil as a pillow and this as perfume:
- A. **Water**
  - B. Sea water
  - C. Jasmine
  - D. Musk
- 93) The Approved World is:
- A. The abode of truth for him who appreciates its truthfulness
  - B. A place of safety for him who understands it,
  - C. A mine of treasures for him who collects provisions from it (for the next world),
  - D. **All the above**
- 94) The Approved World is:
- A. The shrine of worship for those who love Allah (SWT)
  - B. The house of Prayer for His Angels
  - C. The place where the revelations of Allah (SWT) descend
  - D. **All the above**

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**PART THREE - ANSWERS**

- 95) This command may be used sub-consciously in Prayer to arrest incoming thoughts:
- A. **Stop**
  - B. Go
  - C. It's okay
  - D. I am in control
- 96) This thought is productive in Prayer:
- A. Your sufferings that make you sad
  - B. Deep breathing exercises
  - C. Allah's creations
  - D. **None**
- 97) Arresting your thoughts requires this kind of motivation:
- A. Consistent
  - B. Unswerving
  - C. Constant
  - D. **All the above**
- 98) According to al-Khumeini (AR), the principal way of taming it (evil desires) is to:
- A. **Act to its contrary**
  - B. Avoid thinking about it
  - C. Argue with the evil thoughts
  - D. None of the above
- 99) The daily practice of this remembrance will help you in your prayer:
- A. Punishment in hereafter
  - B. **Death**
  - C. Prayer not being accepted
  - D. Your achievements

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**PART THREE - ANSWERS**

- 100) Remembrance of death prevents you from:
- A. Chaos
  - B. Heedlessness
  - C. Committing evil acts of disobedience
  - D. **All the above**
- 101) Remembering death:
- A. Suppresses inordinate desires
  - B. Uproots the very foundation of negligence and apathy
  - C. Strengthens a man's heart
  - D. **All the above**
- 102) Remembering death:
- A. Softens the hard mentality of a man
  - B. Demolishes the banners of inordinate desires and transgression
  - C. Suppresses the evil of greediness
  - D. **All the above**
- 103) When the son of Adam comes to his last day in this world and the first of the next, the following flash before him:
- A. His property
  - B. His children
  - C. His actions
  - D. **All the above**
- 104) Only this will be your companion in your grave as well as on the Day of Gathering:
- A. Property
  - B. Children
  - C. **Actions**
  - D. Wife

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**PART THREE - ANSWERS**

- 105) The good visitor, the most sweet-scented of all people, of most beautiful appearance and wearing the most adorned apparel in your grave will be your:
- A. **Good actions**
  - B. Heavenly wife
  - C. An angel named Ridhwan
  - D. Daily Prayer
- 106) In your grave, the questions asked are:
- A. Who is your Lord?
  - B. What is your Religion?
  - C. Who is your Prophet?
  - D. **All the above**
- 107) It is recommended that a worshipper should think of this before every Prayer:
- A. The Day of Judgment
  - B. You previous sins
  - C. Your level of piety
  - D. **Death**
- 108) According to al-Khumeini (AR), this is the main source of happiness in the Hereafter:
- A. Piety
  - B. Goodness to neighbors
  - C. **Prayer**
  - D. Fasting
- 109) While a person is in this position during Prayer, he must be looking down fixing his gaze to the point where he places his forehead while in prostration:
- A. **Standing**
  - B. Sitting
  - C. Bending
  - D. Prostrating

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**PART THREE - ANSWERS**

- 110) While in Ruku' (bending position) the gaze of the person who says his Prayer should be:
- A. On his right hand
  - B. Between his two knees
  - C. On his left hand
  - D. **Between his two feet**
- 111) According to The Prophet (S), while in the final sitting position the gaze of the person who says his Prayer should be towards his:
- A. Place of prostration
  - B. **Armpits**
  - C. On his left hand
  - D. Between his thighs
- 112) Attention and concentration problems are directly related to:
- A. **Eye movements**
  - B. Your financial status
  - C. What you ate before your Prayer
  - D. Your knowledge of The Qur'an
- 113) According to researchers, attention is greatly enhanced during Prayer when the eyes align themselves on:
- A. **A Fixed point of prostration**
  - B. Your left hand during Prayer
  - C. Your right hand during Prayer
  - D. And around your prayer mat
- 114) This term used in Optometry to define the ability to point (fixate), focus and move the eyes to the same place at the same time:
- A. Stationery eyes
  - B. Attention
  - C. **Eye teaming**
  - D. Unwavering eye



CONCENTRATION IN PRAYER – Distance Learning Course

**PART THREE - ANSWERS**

- 115) This vision is necessary to maintain concentration:
- A. Bipolar
  - B. Extraordinary
  - C. **Singular**
  - D. Odd
- 116) Symptoms when having problem with singular vision:
- A. Headache
  - B. Drwosy
  - C. Fatigue
  - D. **All the above**
- 117) The main cause of inattention during Prayer is:
- A. Listening to music
  - B. Drinking alcohol
  - C. **Shaytan**
  - D. Praying alone
- 118) During Prayer, you should not let the evil one (Shaytan) get accustomed to haunting you by:
- A. Listening to music
  - B. **Breaking your Prayer**
  - C. Overeating
  - D. Praying alone
- 119) The following are caused by divine inspiration and angelic suggestions, you ought to pray to the Almighty for His divine deliverance and assistance during Prayer:
- A. Certainty of the heart
  - B. Conviction of the heart
  - C. Sincerity of the heart
  - D. **All the above**

CONCENTRATION IN PRAYER – Distance Learning Course

**PART THREE - ANSWERS**

- 120) When you enter the state of Prayer, The Prophet (S) has advised you to strike your left thigh with this part of your right hand, then say: *“In the Name of Allah and by Allah, I put my trust in God, I seek refuge in God, the All-hearing, the All-knowing from Shaytan, the Stoned One.”* You will exorcise him (Shaytan) and drive him away’.”
- A. **Forefinger**
  - B. Middle finger
  - C. Palm
  - D. Thumb
- 121) This is one effective way to enhance alertness in Prayer:
- A. **Meditation**
  - B. Consuming a carbohydrate meal before Prayer
  - C. Consuming candies
  - D. Drinking milk for strength
- 122) A deeper state of meditation:
- A. Concentrating on one’s silence
  - B. Concentrating on one’s self
  - C. Concentrating on higher truth
  - D. **All the above**
- 123) Do not do this whilst in meditation:
- A. Respond to nature’s call
  - B. Respond to outside call
  - C. **Judge your meditation**
  - D. None of the above
- 124) During meditation this must be silent, slow, continuous and easy
- A. Inhalation
  - B. Thinking about incoming distractive thoughts
  - C. Exhalation
  - D. **A & C**

CONCENTRATION IN PRAYER – Distance Learning Course  
**PART THREE - ANSWERS**

125) This plays a vital role in respiratory and circulatory system:

- A. **Oxygen**
- B. Nitrogen
- C. Carbon dioxide
- D. Water