In the Name of Allah^{azwj} the Beneficent, the Merciful. The Praise is for Allah^{azwj} Lord^{azwj} of the Worlds, and Blessing be upon our Chief Muhammad^{saww} and his^{saww} Purified Progeny^{asws}, and greetings with abundant greetings.

The Intention in Salat - the Niyah:

Prior to offering Salat one should have an intention (Niyah) in one's own mind for the Salat which is considered sufficient; see for example the following traditions:

قَالَ قَالَ أَبُو جَعْفَرٍ (عليه السلام) وَ إِنْ كُنْتَ قَدْ صَلَّيْتَ الظُّهْرَ وَ قَدْ فَاتَتْكَ الْغَدَاهُ فَذَكَرْتَهَا فَصَلِّ الْغَدَاةُ أَيَّ سَاعَةٍ ذَكَرْتَهَا وَ لَوْ بَعْدَ الْعَصْرِ وَ مَتَى مَا ذَكَرْتَهَا وَ أَنْتَ فِي الصَّلَاةِ أَوْ بَعْدَ الْعَصْرِ وَ مَتَى مَا ذَكَرْتَهَا وَ أَنْتَ فِي الصَّلَاةِ أَوْ بَعْدَ الْعَصْرِ وَ مَتَى مَا ذَكَرْتَهَا وَ أَنْتَ فِي الصَّلَاةِ أَوْ بَعْدَ الْعَصْرِ وَ مَتَى مَا ذَكُرْتَهَا وَ أَنْتَ فِي الصَّلَاةِ أَوْ بَعْدَ فَرَاغِكَ فَانْوِهَا الْأُولَى ثُمُّ صَلِّ الْعَصْرَ

Abu Ja'far^{asws} has said, 'If you forget to perform al-Zohr until you perform al-Asr, then remember in the middle of Salat or after you complete a Salat consider it to be the first one (al-Zohr which was missed) and then recite the al-Asr Salat.¹

(Amir-ul-Momineen assus says) Do not turn away your attention in Salat. Allah will Say to the servant who turns his attention away in Salat: 'Be with Me, My servant, I am certainly better for you than that which you are turning to'. 2

وأيما عبد التفت في صلاته، قال الله تعالى: يا عبدي إلى أين تقصد؟ ومن تطلب؟ أربا غيري تريد؟ أو رقيبا سواي تطلب؟ أو جوادا خلاي تبتغي؟ أناأكرم الاكرمين وأجود الاجودين، وأفضل المعطين، اثيبك ثوابا لا يحصى قدره، فأقبل علي، فاني عليك مقبل، وملائكتي عليك مقبلون. فان أقبل زال عنه إثم ماكان منه، وإن التفت بعد أعاد الله. له . مقالته، فان أقبل زال عنه أعرض الله ماكان منه، وإن التفت ثالثة أعاد الله له مقالته، فان أقبل على صلاته غفر . الله . له ماتقدم من ذنبه. وإن التفت رابعة أعرض الله عنه، وأعرضت الملائكة عنه، ويقول: وليتك يا عبدى ما توليت.

And when the servant diverts his attention from the Salat, Allah^{azwj} Says to him: 'O My^{azwj} servant! Where is your purpose? And from Whom do you seek? Do you want another Lord^{azwj}? Or want a Protector other than Me^{azwj}? Or some other Forgiver? I^{azwj} am the Most Forgiving, and the Most Gracious, and the Best Giver. I^{azwj} will Give to you Rewards which are beyond your imagination, so pay attention towards Me^{azwj} and I^{azwj} will Give you My^{azwj} Attention, and the Angels will also turn their attention towards you'.

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¹ See hadith in section 'The One who Goes to Sleep Before Offering Salat or Forgets'

² http://www.hubeali.com/khutbat/Sermon%20of%20Glorification.pdf

If he pays attention, then his sins that were committed due to negligence pass away from him, and if he diverts away again, then Allah^{azwj} Speaks to him again, and then his sins of negligence pass away from him again. When he turns away for the third time, Allah^{azwj} Speaks to him again, and Accepts his Salat from him, and Forgives his previous sins. When he diverts his attention away for the fourth time, Allah^{azwj} Turns away from him and the Angels turn away from him and Says: 'Due to your turning away, O servant of Mine^{azwj}, I^{azwj} have Turned away'.³

What is the Meanings of Praying Regularly?

و عنه: عن أبي عبد الله (عليه السلام)، قال: «حدثني أبي، عن آبائه (عليهم السلام)، عن أمير المؤمنين (عليه السلام)، قال: لا يصلي الرجل نافلة في وقت فريضة إلا من عذر، و لكن يقضي بعد ذلك إذا أمكنه القضاء، قال الله تعالى: الله ين هُمْ على صَلاتِهِمْ دائِمُونَ الذين يقضون ما فاتهم من الليل بالنهار، و ما فاتهم من النهار بالليل، لا تقضي نافلة في وقت فريضة، ابدأ بالفريضة ثم صل ما بدا لك».

And from him, the following:

'Abu Abdullah^{asws} has said: 'My^{asws} father^{asws} narrated to me^{asws}, from his^{asws} forefathers^{asws}, from Amir-ul-Momineen^{asws} having said: 'The man should not Pray the optional during the time of the Obligatory except from an excuse. But, he should fulfil it after that if possible, the Qaza (القضاء). Allah^{azwj} the High Said *[70:23] Those who are constant at their Prayer* the ones which have been missed from the night, by the day, and what have been missed from the day, by the night. Do not fulfil the option during the times of the obligatory. Begin by the obligatory, then Pray whatever you feel like'.⁴

⁴ Tafseer Al Burhan – H 11081 (.10 /628 الخصال

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³ Ibid, H. 320