



# Khushu' in the Qur'an: Bridging Divine Contemplation and Spiritual Intelligence

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## ABSTRACT

Inner peace is a universal aspiration, enabling individuals to navigate life with a calm and serene heart. One of the key factors influencing a person's sense of peace or anxiety is the quality of their faith. To enhance faith, one needs a heart and mind that are constantly focused on Allah SWT, humbling oneself before Him—what is commonly referred to as solemnity (*khushu'*). This study aims to explore the concept of solemnity in the Qur'an using descriptive and thematic methods. The findings reveal that the meaning of solemnity in the Qur'an encompasses several aspects, including submission, lowering one's voice and heart, as well as focus and obedience in performing good deeds. The research also identifies a connection between solemnity and spiritual intelligence, particularly through the concept of the God Spot, introduced by Ary Ginanjar in Emotional Spiritual Quotient (ESQ). The God Spot refers to the point of awareness within individuals that fosters their spiritual nature and innate urge to seek God. Applying the God Spot concept in daily life can help individuals experience God's real presence, become a source of inner peace, and strengthen their spiritual values. This research contributes to the understanding of how solemnity can enhance one's faith quality and inner calm through a deeper spiritual approach.

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## 1. INTRODUCTION

Peace of mind is every individual's dream in living their life. In today's fast-paced and stressful world, many people try to find calm so they can carry out all activities with a peaceful heart and a clear mind (Dwitanto & Laili, 2022). This calm is not only important in personal life but is also an important factor in maintaining harmony in domestic life, society and social interactions (Fitriani & Setyawan, 2020). Peace of mind, in the context of the Islamic religion, is seen as one of the greatest blessings from Allah SWT which greatly determines a person's quality of life. Without peace of mind, a person will easily get caught up in feelings of anxiety, worry and confusion which can disrupt his physical and mental well-being. Therefore, seeking inner peace through a spiritual approach is fundamental in a Muslim's life.

One important aspect that influences a person's peace of mind is the quality of faith. In Islam, faith is not only understood as mere belief, but also as a force that guides a Muslim in living his life. As Hadir Bagir said in his work, which refers to Aristotle's philosophy, the ultimate goal of every ethical action is to achieve calm and happiness. In Islam, good quality of faith is the main factor that forms inner peace (Hakim & Hambali, 2023). As a religion complete with rules of life, Islam provides various ways to achieve peace, such as through prayer, dhikr, and living

a life full of piety and patience (Wijaya & Utama, 2024). These acts of worship not only function as ritual obligations, but also as a means to achieve true inner peace.

In the context of worship, there is a very important concept in Islam which is the key to achieving peace of mind, namely humility. *Khusyuk* refers to a state where a servant's heart and mind are completely focused on Allah SWT, humble themselves, and completely focused on carrying out their worship of Him. This is very closely related to the quality of a person's worship.

In the Qur'an, Allah SWT says in QS. Al-Mu'minun verses 1-2,

قَدْ أَفْلَحَ الْمُؤْمِنُونَ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ

*"Truly fortunate are the believers, (that is) those who are devoted in their prayers."*

This verse shows how important it is to be diligent in prayer as the main condition for achieving good luck and peace in life. However, even though every Muslim desires to be solemn in his worship, quite a few have difficulty feeling inner peace while carrying out their worship, especially when their minds and hearts are still filled with anxiety and other disturbances.

In Imam Al-Junaid's view, solemnity has a very deep meaning. He explained that *khusyuk* is humility towards Allah SWT, who is All-Knowing of all unseen things. Thus, someone who is solemn in his heart will feel the real presence of God in every step of his life, including in worship (al-Olabi, 2003). This also means that solemnity is not just a formal aspect of worship, but is a spiritual condition that can bring a person to feel as if he is interacting directly with the Creator, Allah SWT. This is what is called *Ihsan*, namely worshiping as if he sees Allah, and if not, he believes that Allah always sees him. Therefore, being solemn in worship can change a person's spiritual experience into something deeper, more meaningful, and closer to God (Walter, 2021).

However, the application of solemnity is not limited to just performing prayers. *Khusyuk* can be applied in all aspects of a Muslim's life, whether in relationships with others, with nature, or with God (Aziz, 2021). This is in accordance with Islamic teachings which emphasize that a Muslim's life must include a spiritual dimension in every action, not only in rituals of worship. By practicing humility in everyday life, a Muslim will be able to maintain inner peace even in the midst of the busyness and challenges of an ever-growing world. When a person can submit his heart to Allah SWT, focus on every action he performs, and maintain the intention to always hope for His approval, then inner peace will be achieved (Majid, 2023). Thus, being solemn is the key to living with peace and blessings.

Apart from that, in the context of human intelligence, the concept of solemnity is closely related to spiritual intelligence. This spiritual intelligence is an individual's ability to manage relationships with God, fellow humans and the surrounding environment based on the values of faith (Mumtaazah & Qamariah, 2024). One theory that is relevant to this is the concept of spiritual intelligence put forward by Ary Ginanjar in the book *Emotional Spiritual Quotient (ESQ)*. According to Ginanjar, spiritual intelligence (SQ) is the ability to interpret all actions as worship and to continue to remember God in every aspect of life (Hartini et al., 2024). In this case, *khusyuk* is a real manifestation of spiritual intelligence, where a person is able to maintain his heart and mind to always be connected to Allah SWT in every activity, including prayer and daily life. Ginanjar also introduced the concept of God Spot, which is a point of awareness in humans that encourages them to always seek God and feel His presence in their lives (Dewi & Tujuh, 2024). This concept is very relevant to Islamic teachings, where every individual who is devout in his life will feel calm and inner peace that comes from a strong relationship with Allah SWT.

The application of devotion and spiritual intelligence not only has a positive impact on spiritual life, but also on a person's emotional and psychological life. Research conducted by Khoiriyah & Setiawan (2024) revealed that spiritual intelligence has a positive influence on individual psychological well-being, especially in dealing with stressful situations (Khoiriyah & Setiawan, 2024). This shows that by having high spiritual intelligence, a person will be better able to face life's problems with calm and patience, and will be better able to maintain emotional and mental balance. Thus, being solemn in every aspect of life is an important factor in maintaining mental peace and a better quality of life.

This research uses descriptive and thematic methods to examine the concept of solemnity in the Al-Qur'an and its relationship with spiritual intelligence. The descriptive method is used to describe the general understanding of *khusyuk* as a concept contained in the texts of the Al-Qur'an, while the thematic method is used to explore themes related to *khusyuk*, such as inner peace, relationship with Allah SWT, and its influence on the spiritual life of a Muslim. Researchers will analyze verses from the Koran that discuss solemnity as well as recent studies on the relationship between spiritual intelligence and mental peace (Ummi Kalsum Hasibuan et al., 2020). This

research, using a structured and systematic approach, is expected to provide an important contribution to the understanding of solemnity and spiritual intelligence, and how the two can support each other to achieve a life full of peace and blessings.

## 2. RESULTS AND DISCUSSION

### • The meaning of solemn in the Qur'an

Khusyuk is a situation where the heart is calm, focused, and full of self-surrender when carrying out worship or other activities that bring oneself closer to Allah SWT, without being distracted by other thoughts. In Islam, the concept of solemnity has a deep meaning and is not only limited to the performance of prayers, but also covers all aspects of a Muslim's life (Rahmanto et al., 2024). The word solemn comes from Arabic with the basic word Submissive (khasya'a), which means submission, calm, and humbling oneself. In various Arabic dictionaries, this word has various meanings (Zikri & Nurhikma, 2024). For example, in the Maqayis Lughah dictionary, khasya'a is defined as submitting by nodding the head (Zakariyya, 2016). Apart from that, the term khusyuk is also often associated with khudu', although the two have differences in their use. Khusyuk is more often used to describe the state of sight and sound, while khudu' is more associated with body movements.

In the book Mu'jam Mufrodat Li Alfadzi Al-Qur'an, the meaning of solemnity is similar to the word dara'ah. The difference lies in its application, where the word khusyuk is used to describe something that is visible through the body parts, while the word dara'ah refers more to something that is stored in the heart (Yasin, 2019). This shows that solemnity is not just a physical expression, but also reflects a person's inner condition. Therefore, someone who is truly solemn will show calmness, sincerity and submission which are born from a deep belief in the greatness of Allah SWT. This belief is the main factor that determines a person's level of devotion, both in prayer and in other activities (Sari, 2018).

Khusyuk in the Qur'an is mentioned in various verses that emphasize the importance of this attitude in worshiping God. One of them is found in Surah Al-Mu'minun verses 1-2, which reads: *"Surely fortunate are those who believe, (namely) those who are diligent in their prayers."* This verse emphasizes that devotion to prayer is an indicator of a believer's luck. In this context, khusyuk is not just about being silent or bowing your head, but also involves full awareness of what is being done, namely dialogue with Allah SWT through prayer (Hidayah, 2021). Thus, prayer performed fervently will have a positive impact on a person's life, both in spiritual and moral aspects.

In addition, in Surah Al-Baqarah verse 45, Allah SWT says: *"Make patience and prayer your helper. And indeed it is heavy, except for those who are humble."* This verse shows that humility has an important role in forming a person's spiritual resilience. People who are sincere will find it easier to find calm in facing life's trials because they have strong faith and full confidence in Allah's help (Damayanti & Ghafur, 2024). Therefore, solemnity is not just a requirement in worship, but also a foundation in living a life full of challenges and trials.

Khusyuk also has a big impact on the quality of a person's worship. In prayer, for example, being solemn makes the worship more meaningful and not just limited to meaningless physical movements. A person who is devoted to his prayers will feel a deeper closeness to Allah SWT, and will find peace and happiness in his soul (Van Cappellen & Edwards, 2021). This is in accordance with the word of Allah in Surah Ar-Ra'd verse 28: *"Remember, only by remembering God the heart becomes peaceful."* This verse emphasizes that solemnity in worship, especially in prayer and dhikr, has a direct impact on a person's peace of mind and life (Farokh, 2022).

However, achieving solemnity is not an easy matter. Many factors can prevent a person from being solemn in their worship, such as mental disorders, an environment that is not conducive, and a lack of understanding of the reading and meaning of prayer (Azzahra & Pohan, 2025). Therefore, a person needs to make various efforts to increase his devotion. One way that can be done is to understand the meaning of each reading in prayer, so that the worship performed is not just a ritual, but also has deep spiritual value. In addition, avoiding external distractions, such as noise or haste in prayer, can also help increase devotion (Frishkopf, 2021).

Ibnu Kathir interprets the word solemn in QS. Al-Baqarah verse 45 explains that Al-Khaasyi'in are people who humble their hearts with complete calm in carrying out the commands of Allah SWT and feel humiliated because they are afraid of His torment. This meaning emphasizes that solemnity is not just a physical attitude, but also an inner condition that reflects submission and surrender to Allah (Katsir & Ismail, 1980). A similar meaning was put forward by M. Quraish Shihab who stated that humility is an inner attitude that prevents a person from being tempted to commit disobedience (Shihab, 2002). Thus, solemnity can be interpreted as an attitude of the soul that distances itself from actions that are contrary to religious teachings and fosters calm and fear of Allah in every action.

In the Qur'an, the word solemn and its derivations are mentioned 17 times in 16 different verses. Sheikh Muhammad Fuad Abdul Baqi in the book *Al-Mu'jam Al-Mufahras Lialfazhi Al-Qur'an Al-Karim* recorded these verses as follows:

Table 1.1

No	Surahs and Verses	No	Surahs and Verses
1	QS. Thaha verse 108	9	QS. Al-Ahzab verse 35
2	QS. Al-Hadid verse 16	10	QS. Ash-Shura verse 45
3	QS. Al-Isra' verse 109	11	QS. Al-Qamar verse 7
4	QS. Al-Hasir verse 21	12	QS. Fushshilat verse 39
5	QS. Al-Mu'minun verses 2	13	QS. Al-Qalam verse 43
6	QS. Al-Baqarah verse 45	14	QS. Al-Ma'arij verse 44
7	QS. Ali Imran verse 199	15	QS. An-Nazi'at verse 9
8	QS. Al-Anbiya' verse 90	16	QS. Al-Ghasyiyah verse 2

These verses show that solemnity has a broad meaning that includes aspects of daily worship and attitudes. One of the verses most often associated with the concept of solemnity is QS. Al-Mu'minun verse 2, which states that believers are those who are solemn in their prayers. This emphasizes that solemnity is not just a feeling, but a spiritual condition that must be manifested in worship. Ibnu Katsir also added that being solemn in prayer includes physical and mental calm, as well as full awareness of the majesty of Allah in every rak'ah performed (Katsir & Ismail, 1980).

The meaning of solemnity in other verses shows that this concept does not only apply in ritual worship, but also in social life and interactions with others. For example, in QS. Al-Hasyr verse 21, Allah describes that if the Qur'an was sent down to a mountain, the mountain would bow in complete submission (Santika, 2024). This confirms that solemnity is a form of total submission to God's power. In QS. Al-Isra' verse 109, it is stated that people who receive guidance will fall down solemnly and cry, showing that solemnity is also an emotional expression that appears in response to the greatness and guidance of Allah (Indonesia, 2016).

From a psychological perspective, solemnity can be linked to the concept of mindfulness, namely full awareness of the activity being carried out without being distracted by external things (Syamila & Mansoer, 2023). In the context of prayer, *khushyuk* means presenting oneself fully in worship, not only physically but also mentally and emotionally (Chen, 2023). This is in line with the understanding of the ulama who state that being diligent in prayer can shape a person's character to be calmer, more patient and have better self-control in facing various life challenges.

Some commentators interpret the word solemn in their books with various meanings, as in the Book of Tafsir *Ruh Al-Ma'ani* Al-Alusi's work, he interprets solemn *lafadz* with various interpretations of its meaning, including: *First*, Submissive. According to Al-Alusi, submission in solemn verses can have two meanings, namely submission of views and submission of behavior. *Second*, lowered his voice in awe of the power and greatness of Allah. *Third*, Barren. As stated in QS. Fushillat verse 39, that Allah has revived the barren earth. *Fourth*, focus on carrying out worship, as was done by the Prophet Zakaria who was solemn when praying. *Fifth*, Humility (Akbar, 2013).

Likewise in the Book of Tafsir *Al-Munir* the work of Wahbah Az-Zuhaili, he gives meaning to the solemn words with various meanings, among them *First*, bow down. The meaning of prostration is divided into several meanings, namely prostrating with a despondent view accompanied by sadness and regret and prostrating while crying because of fear of Allah SWT. *Second*, submit. Just like Al-Alusi, the meaning of submission is interpreted into two meanings, namely submission to views and behavior. *Third*, barren. As proof that with the power of Allah SWT resurrects dead people and barren plants. *Fourth*, obedient in deeds to be closer to Allah SWT. *Fifth*, humble yourself with fear and shyness (Zuhaili, 2005).

Of the 16 verses in the Qur'an that discuss *khushyuk*, Musthafa Muslim places special emphasis on this concept as a fundamental element in the life of a Muslim. One of the most important forms of solemnity is prayer, as explained in the QS. Al-Mu'minun verses 1-2:

قَدْ أَفْلَحَ الْمُؤْمِنُونَ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ

" Truly fortunate are the believers. (namely) those who are devoted in their prayers."

This verse shows that a believer's luck lies in his devotion to prayer. Being solemn in prayer is not just a form of physical movement, but also reflects deep heart submission to Allah SWT. Andini emphasized that being solemn



is an indicator of true faith, so that someone who is solemn in his worship means he has deep faith and a strong spiritual connection with Allah SWT (Andini et al., 2021).

Furthermore, being solemn in worship, especially in prayer, reflects a person's level of faith. People who truly believe will feel calm and peaceful in their worship because they understand the essence of prayer as a form of direct communication with Allah SWT. Prayer performed solemnly is not just a daily routine, but a spiritual experience that brings a Muslim closer to God (Rasyid, 2024). This is also the difference between worship that is carried out with full awareness and worship that merely fulfills obligations. By maintaining solemnity in every worship, whether through focusing in prayer, understanding the meaning of reading, or presenting the heart in every movement of worship, a Muslim can achieve a higher quality of worship (Nurdin & Ud, 2020).

Prayer as the main act of worship in Islam connects a servant with his God, and in prayer, devotion is an element that determines the quality of worship. Mustafa Muslim emphasized that *khushyuk* involves three main aspects, namely heart, mind and movement. Being humble in the heart means that someone feels deep submission to Allah SWT with full awareness of His existence, full of fear and hope, and love for Him (Muslim, 2000a). When someone realizes that he is standing before Allah in prayer, his heart will submit and feel calm. Apart from that, being solemn in thought requires a person to remain focused on Allah and the meaning of the reading being spoken, so that his mind does not drift to worldly matters. Meanwhile, solemnity in the movement ensures that every bowing, prostration and sitting is done with full awareness and appreciation as a form of true devotion to Allah SWT (Muslim, 2000b).

In order for someone to achieve a higher level of devotion in their worship, there are several factors that can be applied. One of them is understanding the meaning of the reading in prayer, because not understanding the reading is often the cause of a lack of devotion (Maksum, 2013). By understanding the meaning of the letters and prayers that are read, a person will better feel the depth of his worship. Apart from that, creating an environment that is conducive to prayer, such as choosing a quiet and comfortable place, is also very influential in helping to increase devotion (Syafe'i & Akmansyah, 2024). Another factor that is also determining is bringing fear and hope to Allah, because understanding His greatness and His mercy will help someone be more submissive in their worship (Khalili, 2004). No less important, improving the quality of faith through religious learning, *dhikr*, and pious deeds will also strengthen a person's sincerity in carrying out worship.

More than just the aspect of worship, *khushyuk* also impacts all aspects of a Muslim's life. One of the positive impacts of being solemn is increasing inner calm. A person who is sincere in his worship will feel greater calm, because prayer performed solemnly will be a means of releasing stress and anxiety (Kirana & Sulidar, 2024). Apart from that, devotion to worship also has an impact on improving moral quality, because someone who is devoted to his prayer will be more aware of his relationship with God and fellow humans. This will be reflected in his attitude of being more patient, honest, and being kind to others. Apart from that, prayer performed with full devotion is not only an obligation, but also a source of spiritual strength that helps a person face various life tests more strongly and optimistically. In QS. Al-Hadid verse 16:

أَلَمْ يَأْنِ لِلَّذِينَ ءَامَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ وَلَا يَكُونُوا كَالَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ قُلُوبُهُمْ وَكَثِيرٌ مِّنْهُمْ فَاسِقُونَ

This verse shows that *khushyuk* is a state of heart that is submissive, calm, and focused on Allah SWT. This situation does not only appear in worship but also in full awareness of His majesty in everyday life. In spiritual life, a person who has a devoted heart will more easily feel the presence of God in every aspect of his life. *Khushyuk* is not just a feeling that appears during worship, but is an inner condition that is constantly present in the heart of a believer. With reverence, a person can live life in peace, because his heart is always connected to Allah SWT (Yusuff et al., 2021). This makes every charity that is done not just a routine, but a form of sincere devotion. In QS. Al-Baqarah verse 45 mentions:

وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

This verse emphasizes that prayer is a difficult act of worship except for people who are devout. Prayer without devotion becomes a ritual that loses its spiritual meaning, turning it into just a physical movement without a spirit. Therefore, people who have a solemn heart will carry out their worship with full sincerity and obedience. They not only perform prayer as an obligation, but also as a means of deep communication with Allah. In this way,

worship no longer feels burdensome, but instead becomes a spiritual need that is always longed for. People who are devoted to their prayers will feel peace and tranquility, because every verse they read, every movement they make, is truly understood and appreciated (Damayanti & Ghafur, 2024). Furthermore, solemnity is not only limited to ritual worship, but must also be reflected in daily life. In QS. Al-Baqarah verse 45 also states:

وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

This verse teaches that patience and prayer are the main helpers in the life of a Muslim. A solemn attitude in daily life can be realized through patience in facing trials, sincerity in doing good deeds, and sincerity in carrying out God's commands (Khotimah, 2022). A believer who has a sincere heart will always be humble, not easily tempted by lust, and always prioritize Allah's pleasure in every step he takes. In other words, *khushyuk* shapes the character of a Muslim into a person who is calmer, less easily anxious, and able to face various life challenges with full confidence in Allah (Rosyidah, 2003).

Furthermore, the importance of being solemn in spiritual life is also emphasized in the QS. Thaha verse

يَوْمَئِذٍ يَتَّبِعُونَ الدَّاعِيَ لَا عِوَجَ لَهُ وَخَشَعَتِ الْأَصْوَاتُ لِلرَّحْمَنِ فَلَا تَسْمَعُ إِلَّا هَمْسًا: 108

Without devotion, worship loses its spirit. *Khushyuk* is the path to achieving inner peace and spiritual success. A Muslim who always maintains humility in his life will more easily achieve true happiness and closeness to Allah SWT. Apart from that, being humble is also the key to *istiqamah* in carrying out your worship and protecting yourself from all forms of disobedience. A person who has a solemn heart will be more careful in speaking, acting and interacting with others, because he always feels he is under the supervision of Allah (Dianto, 2019). Thus, *khushyuk* is not just a condition of the heart in prayer, but a principle of life that shapes a Muslim's personality to be better and closer to Allah.

To achieve a sense of reverence in life, especially in worship, there are several factors that can help a person achieve it. One of the main factors is knowing Allah SWT more deeply. In the Qur'an, Allah SWT is mentioned with many holy names, such as All-Hearing, All-Seeing, All-Willing, All-Living, All-Giving, and All-Death. His majesty is also described in terms that are easily accessible to the human mind, such as "The hand (power) of God on the hand of man." By understanding and knowing the attributes of God, humans will be encouraged to emulate those attributes in accordance with their position and ability as His servants (Salamun & Ab Rahman, 2022). This understanding can give birth to an attitude of optimism in life, because of the awareness that everything in this world is in His grasp. A sense of reverence will also grow along with the belief that people will meet God and return to Him (Fahim & Qadir, 2023).

In addition to knowing God, having a strong faith and believing in the truth of His promises is also an important factor in achieving sincerity. In QS. Al-Mu'minun verses 1 and 2, Allah SWT explains that those who believe will find happiness and good luck. On the other hand, those who do not believe will lose, because the good they do is not based on faith in God. Happiness itself is divided into two aspects, namely worldly and spiritual happiness (Kamaruding & Ali, 2021a). Worldly happiness includes well-being and glory in life, while *ukhrawi* happiness includes four things: eternal existence without extinction, glory without humiliation, knowledge without ignorance, and unlimited enjoyment (Kamaruding & Ali, 2021b). By understanding the meaning of this happiness, a person will be more confident in God's promises and more easily feel the sincerity in his worship.

Furthermore, a calm and focused heart also has a crucial role in achieving solemnity. When a person's heart is full of calm and his mind is free from worldly distractions, it will be easier for him to concentrate in worship (Black, 2023). On the other hand, empty gaps in the mind can become an entrance for the devil to tempt humans. The devil himself has sworn to Allah to always tempt His servants, especially those who are on the path of truth and goodness (Masoumbeigi et al., 2021). Therefore, Muslims must try to always focus and keep their hearts calm. This calm can be achieved in various ways, such as increasing *dhikr*, drawing closer to Allah through *sunnah* worship, and avoiding things that can disturb concentration in worship.

Another factor that is no less important in achieving a sense of solemnity is taking the messages that Allah SWT conveys in the Al-Qur'an (Saiin & Karuok, 2023). Allah has directed His servants to reflect on the meanings contained in His book. There is no reason for a Muslim not to understand these messages, because the Qur'an itself has extraordinary power. Allah even emphasized that if the Koran was sent down to a mountain, the mountain would surely bow down, fall down and fear Him. This shows how powerful God's word is in providing guidance to humans (Saiin et al., 2022). Therefore, someone who wants to achieve solemnity must always read, understand and practice the contents of the Koran in everyday life.

- **Solemn Relationship and Spiritual Intelligence**

Khusyuk is the attitude of the heart before Allah SWT with a very serious and focused attention. Imam Al-Junaid thinks that the meaning of khusyuk is humility to Allah SWT Who Knows the Unseen (Munandar et al., 2021). In this case, khusyuk is not just an external aspect of worship, but also a deep inner condition. This situation makes a person closer to Allah, feel His presence, and perform worship with full awareness and sincerity (Maryana et al., 2021). Therefore, khusyuk has an important role in developing a more meaningful spiritual experience.

If examined further, solemnity is closely related to spiritual intelligence. Islam teaches that spiritual intelligence is a person's ability to understand the meaning of life, find answers to existential questions, and build a close relationship with God (Handoko et al., 2023). Someone who has high spiritual intelligence will be better able to feel the greatness of God and connect every aspect of life with the values of faith. In Islam, spiritual intelligence is not only oriented towards intellectual understanding, but also involves sincerity, honesty and sacrifice based on noble values (Skrzypińska, 2021). Thus, spiritual intelligence can help someone find the deeper meaning of worship, making it a form of direct communication with the Creator.

As previously mentioned, Ary Ginanjar Agustian with the concept of ESQ (Emotional Spiritual Quotient). According to him, ESQ is a character development method that combines intellectual intelligence (IQ), emotional intelligence (EQ), and spiritual intelligence (SQ) in one harmonious unity. The aim of this concept is to form individuals with strong character, integrity, and leadership that is oriented towards noble values (Sumbula & Pahlawati, 2022). By developing ESQ, a person can achieve a deeper understanding of life, strengthen their spiritual connection, and use religious values as a guide in every aspect of life (Hartini et al., 2024).

Being solemn in worship can be an indicator of a person's level of spiritual intelligence. When someone is able to achieve solemnity in prayer, for example, then he not only carries out ritual obligations, but also feels the presence of God within him (Karim, 2021). This strengthens spiritual awareness and deepens one's relationship with God. Apart from that, high spiritual intelligence will encourage a person not only to worship mechanically, but also with full awareness and deep meaning. Thus, solemnity and spiritual intelligence are closely interconnected in shaping the quality of a person's worship and life as a whole (Lubis, 2024).

Ary Ginanjar explained that ESQ has three main concepts that he applies, namely applying the 7 main virtues or character values that are the basis of ESQ, applying The ESQ Way 165, and applying God Spot. In the ESQ concept, God Spot is the center of spiritual intelligence (SQ), which when combined with emotional intelligence (EQ) and intellectual intelligence (IQ) will form superior character and strong leadership (Rahmawati et al., 2022). This concept shows that someone who has a balance between these three intelligences will be better able to face life's challenges, manage their emotions well, and make decisions that are not only based on logic, but also take into account higher spiritual values (Islam & Wahyudi, 2024).

The God Spot itself acts as a center of spiritual awareness that makes a person more aware and connected to God. When the God Spot is activated, individuals will more easily feel the presence of God, so that the worship they perform becomes more wise and full of meaning (Islam & Wahyudi, 2024). This spiritual awareness is in line with the concept of solemnity in worship, where a person is truly in a state of focus, is totally present, and feels a deep connection with God (Rahmawati et al., 2022). In other words, the God Spot functions as the main factor that allows a person to reach a solemn state because he is able to eliminate worldly distractions and direct all his attention and thoughts to Allah.

Furthermore, being solemn in worship can also be seen as evidence that the God Spot within a person is active. When the heart and mind are truly focused on Allah without being distracted by worldly things, a person will feel deep calm and stronger spiritual closeness (Karim, 2021). On the other hand, if the God Spot is not yet active, a person will tend to find it difficult to achieve a solemn state because his mind is easily distracted by various worldly problems. Therefore, the existence and activation of the God Spot within a person is very important in building a strong spiritual awareness, which will ultimately affect the quality of his worship (Lubis, 2024).

The important role of the God Spot in human life can also be seen from how this concept is linked to character formation and leadership. A leader who has high spiritual awareness will be better able to carry out leadership based on the values of goodness and wisdom (Alam et al., 2022). God Spot helps someone to not only prioritize intellectual and emotional aspects in their leadership, but also consider spiritual aspects, which will ultimately create leaders who are not only intelligent and empathetic, but also have high morality (Kambey, 2021).

Apart from that, the God Spot concept can also be applied in various other aspects of life, such as in decision making, social interactions, and in facing various life challenges and tests (Bryndin, 2022). Someone who has an active God Spot will be better able to see problems from a wider and deeper perspective, because he does not

only rely on rational and emotional thinking, but also considers spiritual aspects (Wahab, 2022). In this way, the God Spot can be a source of inner strength that helps a person live life more calmly, meaningfully and in harmony with divine values.

### 3. CONCLUSION

Thus, based on the description above, *khushyuk* is a situation where the heart is calm, focused and full of self-surrender when performing worship or other activities that bring oneself closer to Allah SWT, without being distracted by other thoughts. Meanwhile, spiritual intelligence is an individual's ability to appreciate life, find solutions to life's problems, and implement their spiritual potential. If someone has spiritual intelligence and applies it well, then he will be able to feel a spiritual connection with God. According to Ary Ginanjar, in his study of ESQ, he explains that he applies three main concepts of the ESQ concept, one of which is the God Spot, which is the center of spiritual intelligence (SQ), which when combined with emotional intelligence (EQ) and intellectual intelligence (IQ) will form superior character and strong leadership. By applying the God Spot within a person, it will help him to become solemn in worship because he becomes more aware and connected to Allah. To achieve a sense of solemnity in a person, there are several factors that can help him, including knowing more deeply about Allah SWT, having strong faith and believing in the truth of Allah SWT's promises, a calm and focused heart and taking in the message that Allah conveys in the Qur'an.

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