




Work booklet

Islam – Practice



Checklist: Paper 1, Islam 'Practices'

1. 10 obligatory acts, 5 pillars and Pillar 1: Shahadah
2. Pillar 2: Salah
3. Pillar 3: Sawm
4. Pillar 4: Zakah
5. Pillar 5: Hajj
6. Jihad
7. Eifestivals: Eid-ul-Fitr and Id-ul-Adha
8. Festivals: Ashura

Specification Bullet/ Key Knowledge	  
The Five Pillars	
The importance of the Five Pillars	
The Ten Obligatory Acts in Shi'a Islam	
Shahadah for Sunnis and in Shi'a Islam	
Salah: the daily prayers	
Times of prayer	
How Muslims prepare for prayer	
The direction pf prayer	
Prayer inside a mosque	
The rak'ah	
Jummah prayer	
Prayer at home	
The significance of prayer	
Sawm: fasting during Ramadan	
Charity	
The night of power	
Zakah: almsgiving	
What is zakah? (what percentage, when is it paid?)	
Why is zakah important?	
How zakah is given and who receives it	
Teachings from the Qur'an	
Khums	
Hajj: pilgrimage	
What is Hajj?	
The origins of Hajj (how it started)	
How Hajj is performed	
Circling the Ka'aba	
Travelling to Arafat	
Standing at Arafat	
Throwing pebbles at Mina	
Returning to Makkah	
The significance of Hajj – why is it so important to Muslims?	
Jihad	
What is jihad?	
Greater jihad	
Lesser jihad	
The festivals of Eid-ul-Fitr and Eid-ul Adha	
Why are they important?	

We have learnt about the beliefs in Islam and there will be a lot recall and links with the beliefs in Islam during the next topic which is on Islamic practice. This topic looks at the different practices that Muslims undertake based on their beliefs.

There are many similarities within the denominations of the faith but there are a few differences too so it is important to ensure you recognise which practices are associated with Sunni/Shi'a Muslims.

Let's start at the beginning – what can you remember?

Fact	True	False	Correction
Islam is the second largest religion in the world.			
Islam is monotheistic.			
The main holy book is the Bible.			
Prophet Adam is the founder of Islam.			
A follower of Muslim is called Islam.			
Islam began in Makkah,			
Shi'a is the largest group within Islam.			

So what are the Five Pillars?

Watch the video and answer the questions.

1. What is Ramadan? What do Muslims do during it, when is it, why does it change every year and why is it celebrated?

2. What is a pillar?

3. Pillar 1 – Shahadah (What is it and why is it important?)

4. Pillar 2 – Salah (What is it? What does it involve? Bullet point ideas)

5. Pillar 3 – Zakah (What is it and what does it involve?)

6. Pillar 4 – Sawm (What is it? What does he say it is like? How does it make Muslims feel?)

7. Pillar 5 – Hajj (What is it? What different things are involved?)

Review your learning – Match the top with the tail.

How does someone become a Muslim?	...the Messenger of Allah
Worship is only for...	They declare their faith in Islam
The declaration of faith is called...	...the things he taught, the Qur'an and the example he set for us
The Shahadah is	Allah

There is no God except Allah...	...who is deserving of worship
Allah is...	God, the creator of the heaven and the earth
Muhammad is...	...the slave of Allah, the worshiper of Allah
Muslims accept the message he was given...	The Shahadah
Muslims You testify that Muhammad was the...	The first Pillar of Islam

It should be noted that though the Five Pillars are obligatory, Muslims are not expected to carry them out if it is impossible for them to do so. The Qur'an states *that 'Allah does not burden any human being with more than he is well able to bear' (Qur'an 2: 286)* so Muslims should only perform those pillars that they can. It would not, for example, be expected that a poor person would pay Zakah or that a severely disabled person would have to make the difficult Hajj pilgrimage (though in both cases they may wish to do it).

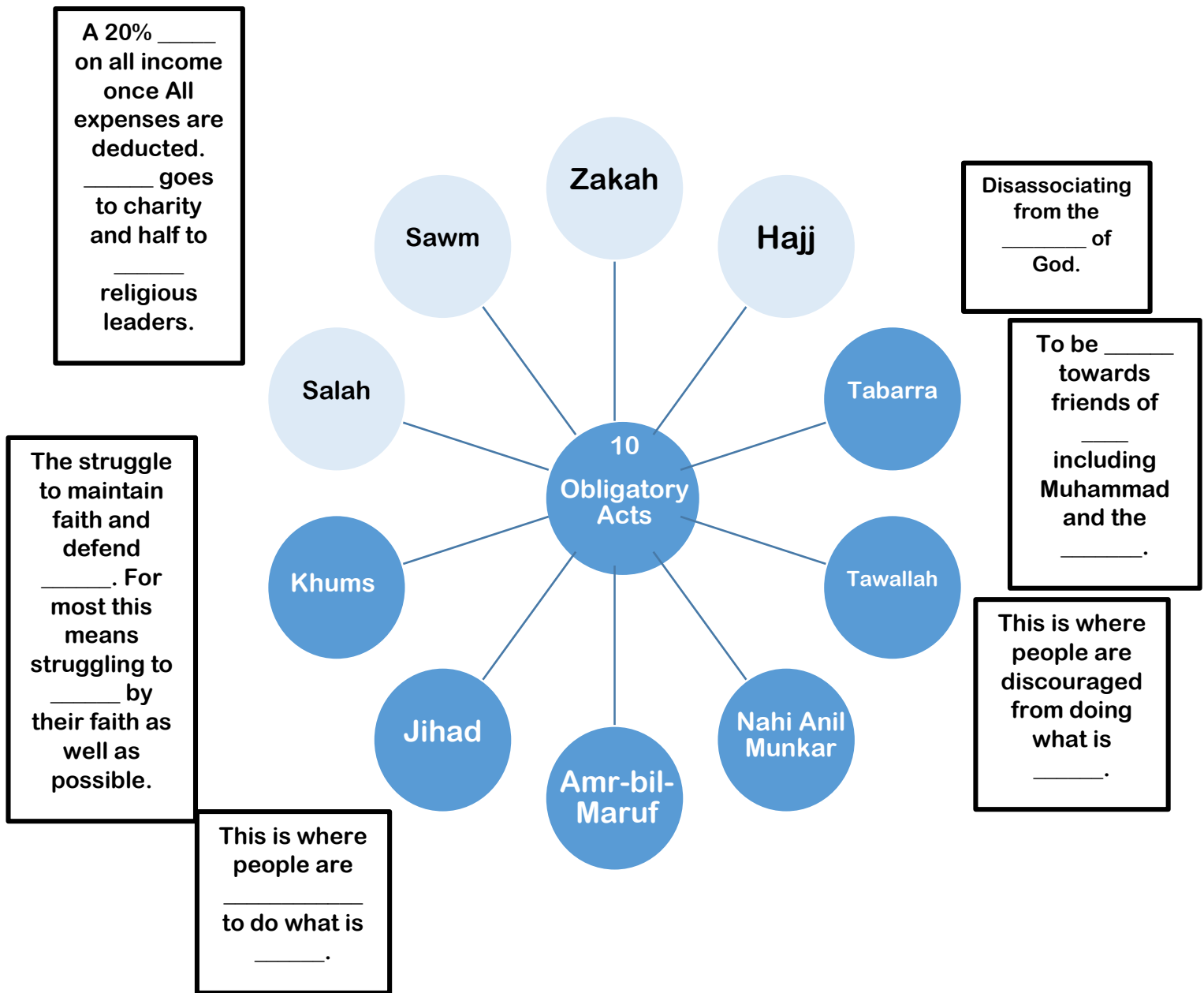
The Ten Obligatory Acts in Shi'a Islam

For Muslims that follow Twelver Shi'a Islam, there are 10 duties that they must follow which are called the 'Ten Obligatory acts'. Each of the Five Pillars is in there (Shahadah is not mentioned specifically but it within many of them) and then others are added.

The Ten Obligatory Acts

For Muslims who follow Twelver Shi'a Islam, there are ten duties called the Ten Obligatory Acts. These include all the Five Pillars except the Shahadah (which is covered by some of the additional acts).

You need to work out what each of the additional acts mean by filling in the blanks within each of the boxes.



How do the Five Pillars and Ten Acts differ?

The First Pillar – The Shahahda – The declaration of faith

<https://youtu.be/wAdxDNt-KfE>



"La ilaha illa Allah wa-Muhammad rasul Allah" which means,

"There is no God but Allah, and Muhammad is his messenger."

Muslims agree that Allah is the only God, and that Muhammad is his prophet, that they personally accept this as true, and that they will obey all the commitments of Islam in their life.

It is recited many times in a lifetime; when a baby is born, it is included in daily prayers; and, if possible, it is said before death...

Many Shi'a Muslims add an extra phrase to Shahadah: 'and Ali is the friend of God'.

This demonstrates their belief that Ali, Muhammad's cousin and son-in-law, was the true successor of Muhammad, and that only he and his descendants know the true meaning of the revelation given to Muhammad.

THINK (and write!)

Write a statement about the most important belief that you think sums up your whole life.

Why is it the most important belief of yours?

How do you show that you live by this belief at all times?

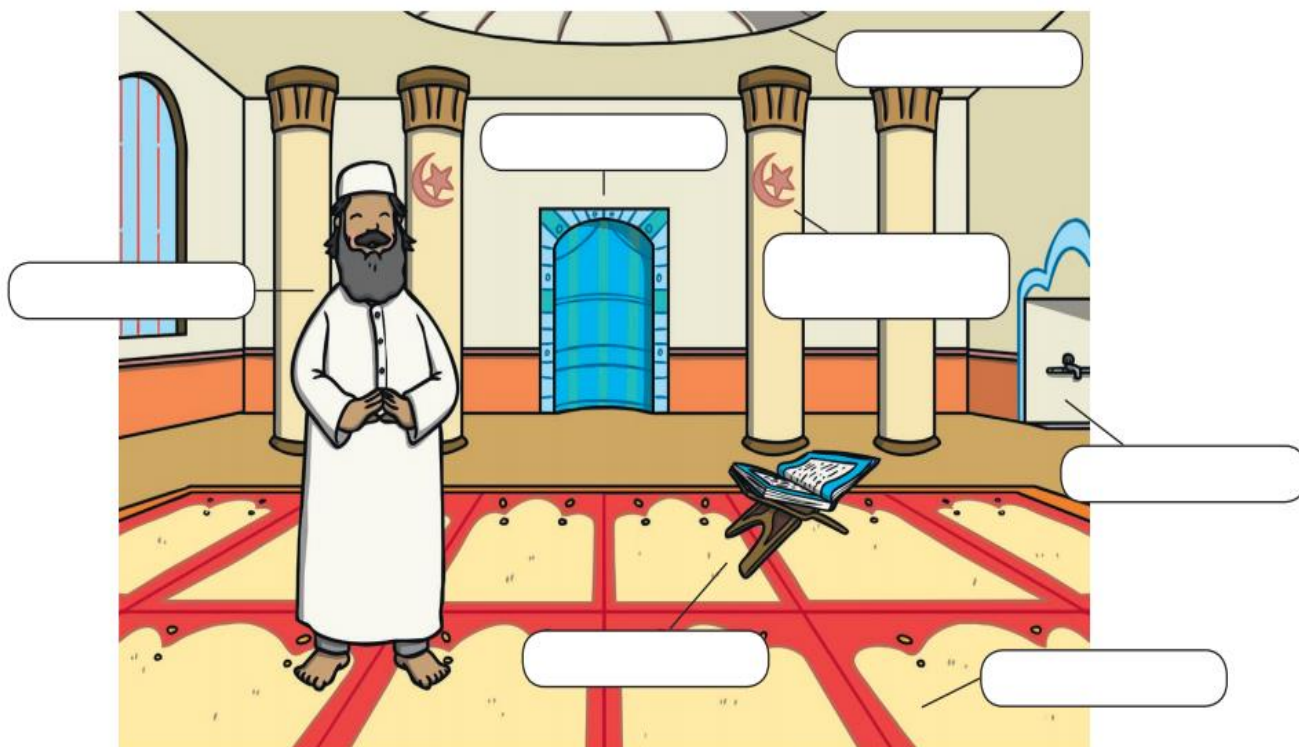
How do you show obedience?

How do you think obedience/submission is shown Allah?

The Second Pillar – Salah – Prayer

Why do people pray?

Prayer mat	Qubba (Dome structure)	Mihrab (recess to indicate the direction of Mecca)	Wash room	Crescent moon and star	A Qur'an (Holy Book)	Imam
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Mosques Imam Voice Mihrab
Separate Space Carpet Lead

Many _____ have special _____ that look like separate rows of prayer mats, facing the _____. This gives every person a suitable _____ to carry out their prayers. The prayers are led by an _____ who is positioned in front of the congregation but also facing the mihrab. Men and women pray at the same time but in _____ spaces; they are either separated by a partition or curtain or they pray in separate rooms. The _____ of the imam in the men's prayer room is broadcast in the women's prayer room at the same time, so he can _____ their prayers as well as the men's.

1. Explain what the Qiblah is.

2. How does the mihrab help Muslims to pray?

3. Why do mosques have a wash area?

Prayer in Scripture

'Celebrate the glory of your Lord and be among those who bow down to Him: worship your Lord until what is certain comes to you.' (Qur'an 15: 98-99)

'Keep up the prayer: prayer restrains outrageous and unacceptable behaviour. Remember God is greater: God knows everything you are doing.' (Qur'an 29: 45)

'Your Lord says, call on me and I will answer you.' (Qur'an 40:60)

'Believers! When the call to prayer is made on the day of congregation, hurry towards the reminder of God and leave off your trading.' Qur'an 62:9)

Check your understanding

Can you...?

1. Explain when Muslims are supposed to pray?

2. Explain how they know when to pray?

3. Explain why wudu is important?

4. Explain why Muslims face Makkah when they pray?

Salah is the Islamic term for _____ prayer. Salah was started by _____ who is known as the seal of the prophets.

It says in the Qur'an 'Set up _____ prayers; for such prayers are enjoined on believers at stated times.'

Salah takes place _____ times a day. _____ takes place between dawn and sunrise. _____ takes place after midday until afternoon. _____ is between late afternoon and sunset. _____ is between sunset and the end of daylight. Finally, Isha is between _____ and _____.

Before Muslims pray they perform _____ which is ritual _____. Salah is _____ because it is the time Muslims face God so they should be as _____ as possible.

When praying Muslims should face the Qibla facing the _____. The _____ is in every mosque, and it is important because it shows the direction of the Ka'aba.

Worshippers would stand behind the _____ when performing Salah.

Jummah is a special type of salah, it takes places on _____. The imam will lead the first two rak'ah (set action of prayer) and then deliver a _____ (sermon).

Salah is commanded in the _____. It is also a way for _____ to be forgiven by facing God and asking for forgiveness.

Christian and Muslim worship is similar because they both have a _____ worship session.

However, Muslims must face _____ when praying, there is no set direction for Christians. Also, Muslims tend to pray in _____ whereas Christians can pray in any _____.

Washing	Maghrib	Weekly	Language	Fajr
Five	Khutba	Asur	Ritual	Zuhr
Mihrab	Muhammad	Wudu	Sunset	Clean
Arabic	Qur'an	Regular	Friday	Ka'aba
Sins	Dawn	Imam	Sacred	Makkah

The Third Pillar – Zakat – Charity

Watch the video to find some answers – use your own knowledge for some of the others.

1. What is zakah?
2. How often is it paid? And what %?
3. What does it translate as? Cleansing/purify
4. What is Sadaqah?
5. How much is the minimum?
6. Who has commanded Muslims to do it?
7. Why is it important?
8. How many times does the word appear in the Qur'an?
9. What is the objective of Zakah?
10. What does the giver receive?



Zakat in a pandemic

[VIDEO: The importance of Zakat ahead of a second Ramadan in lockdown - NZF](#)

Make some notes about how zakat has helped the Muslim community whilst facing the pandemic.



Allah's Apostle said, There is no Zakat either on
a horse or a slave belonging to a Muslim

(Muhammad)

What is it?	
Where did it come from?	
How is it given?	
Who gets it?	
Why is it important?	

Khums	
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Almsgiving

Muslims believe charity is important for several reasons:

1. They are instructed to in the _____:

"They ask you (Prophet) what they should give. Say, 'Whatever you give should be for parents, close relatives, orphans, the needy, and travellers. God is well aware of whatever good you do.'" (Qur'an 2: 215)

2. By paying Zakah they are acknowledging that everything they own comes from _____ and belongs to him. They believe they should use their wealth to remember God and give to those in need.

3. It is supposed to free people from desire for material possessions and teach _____ and honesty.

4. It literally means '_____'. Muslims believe that giving zakah purifies the soul, removing selfishness and greed.

How is Zakah calculated?

- You have to pay Zakah if you have savings above a certain amount, known as the _____. The nisab is worked out as the value of either:
- 87 grams of gold. In April 2021 this is calculated as £3529.13.

Or

- 612 grams of silver. It is £356.15.
- Muslims can choose which figure they use, therefore how much they pay. Using the gold nisab is more common.

Debate Time!

'The world would be a better place if everybody paid zakah'

For	Against

The Fourth Pillar – Sawm – Fasting

Ramadan is known as the month of _____ because Muslims fast during _____ hours for the whole month, going without food or _____. They get up every day before _____ in order to eat or drink enough to keep them going until sunset. Then the fast is _____ and Muslims are allowed to eat until sunrise the next day. The evening meal is often shared with family and _____, then followed with extra _____ and readings from the Qur'an. The command to fast is in the _____ and it has been obligatory for Muslims to fast during Ramadan since the seventh century.

It is not just about giving up food and drink; _____ and sex are forbidden during daylight hours. The whole focus during the month of Ramadan is on _____. Purity of thought is required in order to cleanse the _____ and free it from harm. Muslims are showing that they can sacrifice their physical needs as evidence of their _____ to God.

Daylight	Prayers	Submission	Sunrise	Soul	Drink
Friends	Fasting	Smoking	God	Broken	Qur'an



Ramadan begins with the sighting of the **new moon** that marks the start of the **ninth month** of the **Islamic calendar** and ends with the next new moon.

A Muslim imam spots the new moon, which marks the beginning of Ramadan.

Baghdad, Iraq.

Why might it be harder for Muslims in non-Muslim countries to fast?

Not all Muslims have to fast... who might be exempt from fasting?



So why do Muslims fast during Ramadan? What's the point?

When they fast, Muslims are reminded to feel empathy with the poor and starving who feel this way all the time. This inspires many Muslims to help the poor. This might include, for example, inviting people who cannot afford a good meal to share the meal that breaks the fast at sunset. Many Muslims choose to pay Zakah during Ramadan.

The Night of Power – I know you know this – explain what it is...

Explain the importance of Ramadan for a Muslim?

Use these key words – fasting, refrain, Qur'an, Ramadan, Allah, spiritual, poor, prayer.

Try to include these too – Ummah, jihad.

Eid-ul-Fitr



Fitr means to break the fast – Eid-ul -fitr means the festival of breaking fast. It is also known as Lesser Eid, even though it is seen to be celebrating more so than Eid-ul-Adha.

It marks the end of Ramadan.

Muslims are celebrating the end of a whole month of fasting and also thanking God for the strength he has given them to fast for the whole month.

They are also thanking God for giving them the Qur'an, this happened on the Night of Power in Ramadan.

Watch the clip and answer the questions

[Eid ul-Fitr - TrueTube](#)

1. How do Muslims usually say Happy Eid?
2. When does Eid-ul-Fitr start?
3. What is fasting?
4. When do Muslims break their fast?
5. Why does the girl say that Ramadan is 'so beautiful'?
6. What is the first even of Eid-ul-Fitr?
7. Complete Danya's sentence 'Now is a whole day of celebration and!'
8. What sort of things do Muslims do on the day?
9. What is an Eidi? (or Eidiya?)
10. Why do you think that Muslims remember the less fortunate at Eid-ul-Fitr?

The origins of Eid-ul-Fitr

It is said that when _____ arrived in Madinah, he noticed that some people were celebrating two specific days with entertainment & festivities. When he asked about this he was told that before _____ came to their city, they had celebrated two grand carnivals each year. Muhammad replied that _____ had appointed two other days that are better to celebrate, the days of Eid-ul-Fitr & Eid-ul-Adha.

Why is Eid-ul-Fitr important?

Eid-ul-Fitr (also written as Id-ul-Fitr) means the 'festival of breaking of the ____'. It has several other names including the ____ Feast, the Sweet Festival or Lesser Eid. The festival marks the end of the month of _____. Muslims are not only celebrating the end of a whole month of fasting, but are thanking God for the _____ & help he has given them to fast for a month. Muslims also give thanks to God for providing his guidance & wisdom in the _____, the first revelation of which was made during the month of Ramadan.

How is Eid-ul-Fitr celebrated?

Eid-ul-Fitr may be celebrated for one, two gather together in mosques or large special _____. The imam's sermon Muslims that they should _____ & differences or disputes that have year, & focus instead on helping the _____. Everyone wears their _____ clothes or new occasion, & homes are decorated. Women hands and feet with Henna patterns. Special _____ take place through the streets. There is a festive atmosphere, & cards & _____ are exchanged.



or three days. Muslims outdoor areas to say usually reminds forget any occurred during the _____. clothes for the often decorate their foods are eaten & _____

Although Id-ul-Fitr is not a recognised national public holiday in Britain, in areas where many Muslims live they may be granted the day off to attend morning prayers & enjoy the festival. Many also go to their local _____ to remember family members who have died & pray for them.

Prayers	God	processions	fast	Muhammad	Qur'an
Poor	cemetery	Islam	Ramadan	forgive	strength
		Presents	best	sugar	

Explain two ways in which Muslims celebrate the festival of Eid-ul-Fitr.

Refer to scripture or sacred writing as part of your answer [5]

The Fifth Pillar – Hajj – Pilgrimage

How is Hajj performed?

1. The flight to Jeddah	2. Ihram	3. Tawaf	4. Running between the 2 hills
5. Mount of Mercy	6. Stone Collecting	7. Stoning at Mina	8. Eid-ul-Adha

The Significance of Hajj

Hajj has great significance for Muslims. Even though it is a requirement to go on Hajj once in a lifetime, many Muslims go a number of times, especially if they live close to Makkah. Once someone has completed Hajj, they can be referred to as a Hajji.

Hajj is so important to Muslims for a number of different reasons:

1. It can bring about a deep spiritual transformation that makes the Hajji a better person. Their consciousness of God grows, and they become more aware that God is with them and watching them.
2. It teaches sincerity and humility in a person's relationship with God.
3. It produces inner peace, which is shown in the values of justice, honesty, respect, kindness, mercy and forgiveness.
4. It shoes self-discipline. The physical and mental demands it imposes are great. Not all are able to complete it.
5. It emphasises unity and equality. The ihram clothing ensures there are no distinction between rich and poor, and the thousands of tents that pilgrims stay in at Mina strengthen the feeling of the brotherhood and sisterhood (ummah).
6. It reminds Muslims of their faith and examples set by Ibrahim, Hajira and Ishmael.
7. It can lead to forgiveness for sins.

Eid-ul-Adha

(11) [Christian American converted to Islam and the performing Hajj , CNN News - YouTube](#)

Why is Id-ul-Adha important?

Id-ul-Adha (also written as Eid-ul-Adha) is the festival of _____ or Greater Eid. It is celebrated on the 10th day of the month of Dhul-Hijjah, & lasts for _____ days.

This festival remembers & honours the prophet _____, who was willing to sacrifice his son _____ on God's command. The Qur'an 37:100-112 records how Ibrahim had a recurring dream in which God told him to sacrifice his son. Ibrahim loved his son dearly, but decided he must _____ God's command, provided his son agreed with him. Ibrahim informed his son & his son replied that he must do as God _____.

However, as Ibrahim was about to carry out the sacrifice, God _____ it & gave Ibrahim a _____ to sacrifice instead. He had passed the test of being willing to carry out God's _____.

How is Id-ul-Adha celebrated?

This festival forms part of the _____, but it is celebrated by _____ all over the world. In Britain, it is a time of celebration when people visit family & friends, & enjoy festive _____. It begins with prayers in the mosque, where the _____ preaches a sermon about sacrifice & reminds those who attend why the festival is celebrated.

During Id-ul-Adha animals are _____ to remember Ibrahim's sacrifice. On Hajj, many pilgrims sacrifice an animal, but this



is not _____ in Britain. Instead some British Muslims buy an animal from their local slaughterhouse. This animal will have been killed in a certain way, following Islamic _____. The family usually keeps a _____ of the meat, gives another third to relatives, friends & neighbours, & the remaining third is given to the poor. However, many in Britain prefer to give _____ instead of meat to support those in need.

Cards & presents are given & _____ celebrations are often organised. Those living on their own receive invitations to share meals with their neighbours. Those in _____ receive lots of visitors as every effort is made to ensure that no one is left out.

Slaughtered	hospital	Ishmael	money	Hajj
ram				
Ibrahim	commands	community	allowed	prevented
Sacrifice	obey	instructed	meals	Imam
	Law	third	four	

Give two actions that Muslims perform during Hajj (2 marks)

- 1.
- 2.

Watch the video and take notes on Eid-ul-Adha

[\(11\) CBeebies | Eid al-Adha | The Let's Go Club - YouTube](#)

Who was Imam Husayn and why do Shi'a Muslims believe he was so important?

[illegible]

Greater Jihad – struggle against oneself to avoid temptation and sin.

Lesser Jihad – armed struggle or holy war.

We all know that it is not right to steal from others. You are walking around school and come across a £5 note on the floor.	Do you take it?
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<p>Your best mate introduces you to his new girlfriend. You get talking to her and you realise that you really like her. You think that you and her would make a much better couple than her and your best mate.</p>	<p>What would you do?</p>
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It's a Friday night, you are at a party. Someone your friend knows has just offered you drugs. Your friend has taken them, and says that they are amazing.	Do you take them?
You are on the bus, and some guys you don't like start having a go at you. They accuse you of all sorts of things, and threaten your family...	This one is a bit different – why? What might you do in this scenario?

How did jihad begin?

The origins of jihad go back as far as Muhammad. The concept appears many times in the Qur'an and the Hadith (the sayings of Muhammad).

- The Arabic word Jihad is often wrongly translated as HOLY WAR.
- Jihad actually means 'to struggle in the way of Allah'.
- It is the personal effort made by every Muslim to devote his or her life to carrying out Allah's will and also means the fight against evil.
- A person that performs Jihad is called Mujahid
- Although jihad does not mean war, many Muslims believe that the fight against evil and the preservation of Islam may justify going into battle. This is then described as Harb-al-Muqadis, which is technically a Holy War.

Watch the video and answer the questions.

[What is Jihad? - TrueTube](#)

How is jihad portrayed in the media and what are some of the stereotypical opinions about it? Are any of these views correct? How do you know that?	
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In what ways is greater jihad seen to be about injustice? What struggles do Muslims have on a daily basis? Give some examples. How do Muslims work to reduce these struggles?	
Lesser jihad is seen as an outward struggle and is sometimes linked to the concept of holy war. Is it just about holy war? Can wars ever be okay in Islam? If so, what do the circumstances have to be?	



Ashura

Britain has an estimated Muslim population of about 2.8 million. Of these some 5% are Shia, the rest are Sunni. The historical split occurred 1400 years ago, following the death of Muhammad in Medina, in modern day Saudi Arabia. Muslims who wanted to select his successor, or Caliph, by following the traditional Arab custom (Sunnah) formed into a group known as Sunnis. Others insisted the Prophet had designated his

cousin and son-in-law Ali as his legitimate heir. This group was called Shia Ali, or 'Party of Ali', from which comes the word Shia.

Can you explain the difference between Sunni and Shi'a Muslims in 20 words?

Revision

<p>type of actions and words does it</p> <p>to Muslims?</p>	<p>Travelling to Arafat</p> <p>Standing at Arafat</p>	<p>What are the origins of Ashura?</p> <p>How is Ashura celebrated?</p>
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Islam Practices questions

4 mark questions

- Explain two contrasting ways in which Muslims carry out prayer.
- Explain two contrasting ways in which Muslims celebrate the festival of Eid al Adha.

- Explain two contrasting ways in which Muslims give alms.
- Explain two ways in which Sawm is important to Muslims.
- Explain two contrasting understandings of charity.
- Explain two contrasting ways in which Muslims celebrate Ashura.
- Explain two contrasting ways in which Muslims celebrate Eid ul Fitr.
- Explain two ways in which Hajj is important to Muslims..
- Explain two reasons why the Shahadah is important to Muslims.
- Explain two ways in which Sawm is important to Muslims.

5 mark questions

Will always ask you to 'Refer to scripture or sacred writings in your answer.'

- Explain two ways in which Jumma prayer is important to Muslims.
- Explain two reasons why the Night of Power is important for Muslims.
- Explain two ways in which A Muslim celebrates Ashura.
- Explain two ways in which pilgrimage is important to a Muslim.
- Explain two ways in which a Muslim celebrates Eid ul Fitr.
- Explain two ways in which a Muslim can give to charity.
- Explain two ways in which Muslims view the Salah (prayer) as important.
- Explain two ways in which a Muslim celebrates Eid ul Adha.
- Explain two Muslim beliefs about angels.
- Explain two ways in which Muslims believe festivals are important.
- Explain two ways in which the Ka'aba is important in the Muslim Hajj (pilgrimage).