



Islam:

What is the best way for a Muslim to show commitment to God?

Topic Overview

- The **five pillars of Islam** are central to Muslim life and worship.
- The **first pillar** of Islam is Shahadah. This is a statement which is repeated many times a day: *There is one God, Allah and Muhammad is his prophet.*
- The **second pillar** of Islam is Salat.
- Muslims believe it is their duty to pray to Allah five times each day to show their belief and be reminded of God so they do not forget about Him.
- Muslims believe they can worship God anywhere.
- Many Muslims choose to go to the Mosque for lunchtime prayers on a Friday, the Muslim holy day.
- The **third pillar** of Islam is Zakah - giving money to charity.
- Muslims think it is their duty to give to charity as everything they own belongs to God.
- The **fourth pillar** of Islam is Sawm.
- During the month of Ramadan every year, Muslims do not eat or drink at all during the hours of daylight.
- Muslims fast because Allah says in the Qur'an that they should. It is a way for Muslims to sympathise and understand what life might be like if they had no clean water or food to eat.
- Fasting is a way of showing that they are living in the way that God wants and remembering people who are hungry.
- Muslims believe it shows that their religion is the most important thing in their lives - more important than eating or drinking.
- The **fifth pillar** of Islam is Hajj.
- Muslims are expected to visit Mecca at least once in their lifetime.

Links with other religions

- **Lent** (Christianity). Christians fast during Lent to remember Jesus' sacrifice when he went into the desert to pray and fast for 40 days.
- **Yom Kippur** (Judaism). Jewish people fast for 25 hours during Yom Kippur so they can reflect and repent (apologise) for their sins.
- **SEWA** (Sikhism). Sikhs share their earnings and give to Charity as part of SEWA (selfless service). Many Sikhs donate one-tenth of their income to charity (daswandh).
- **Rules** (different religions). Many religions have rules which believers try to follow to show their commitment, for example: The 10 Commandments (Christianity/Judaism), The Three Golden Rules (Sikhism) and The Five Precepts (Buddhism).
- **The Mool Mantra** (Sikhism). The Mool Mantra means 'essential teaching' and gives a short description of what God is like. Sikhs frequently recite the Mool Mantra in worship, including their morning prayers. The first line is: 'There is only one God.'
- **The Apostles' Creed/The Nicene Creed** (Christianity). The Creeds are a summary of what the Church teaches and of what Christians together believe. The first line is: 'I believe in God, the father almighty.' One of the Creeds is usually recited during church services.
- **Pilgrimage** (different religions). Going on pilgrimage is a sacred duty for many faiths. For example: Jerusalem (Judaism), Bethlehem and Lourdes (Christianity), The Golden Temple (Sikhism) and Bodhi Gaya (Buddhism). *Pilgrimage is not compulsory for Christians or Sikhs.*
- **Sabbath** (Judaism/Christianity). The Jewish Sabbath is celebrated on Saturday and the Christian Sabbath is celebrated on Sunday.

Key Vocabulary	Definition
Commitment	A willingness to give your time and energy to a job, activity, or something that you believe in.
Allah	The Arabic word for God.
Duty	Something that you have to do because it is part of your job, or something that you feel is the right thing to do.
Qur'an	The holy book for Muslims. The word of Allah in Arabic.
Ramadan	Month of fasting.
Hajj	The pilgrimage to the holy city of Mecca.
Pillars of Islam	The five religious acts that are considered compulsory for all Muslims.
Mecca/ Makkah	The holiest city for Muslims. Mecca is a city in Saudi Arabia. The city was the birthplace of Muhammad (PBUH) who is considered to be the messenger of Islam.

