

# LESSON 7: Salat

- GOALS:** - to introduce the concept of prayer in Islam
- address differences between prayer in other faiths
  - timings of prayers; how to make prayer part of your daily routine
  - Review Arabic and English Translation & postures

**RESOURCES:**

- <https://lajna.org.uk/learning-the-prayers/>
- Nasirat Syllabus

The format for approx. 30-40 min session.

TIME	ACTIVITY	SUGGESTIONS	RESOURCES
5 min	Icebreaker. Use this time to check in with the convert, see how things are going, address any concerns.	A strong connection is key to a successful relationship with the convert. Ask about: <ul style="list-style-type: none"> <li>- School / University</li> <li>- How children are doing</li> <li>- Other family members</li> <li>-show concern for her own family that may or may not be Ahmadi</li> </ul>	Nasirat Syllabus
10-15 min	-The concept of Prayer (connection to God), Names of prayer times -Wuzu (personal cleanliness) - Unity in Islam	Talk about the connection to God. The emphasis that prayer can also be in your own language. Islam has a unique teaching on unity and brotherhood. Talk about why we have no gaps in the lines for prayer, and that we all pray together to increase that love and good feelings between us.	Page 59
15-20 min	Teaching Salat	Emphasis on learning English translation as you learned Arabic. It is important that the convert feels connected to whatever she is learning.	Page 61-66

# LESSON 7: **Salat**