

PRAYER IN ISLAM

A BRIEF INTRODUCTION

WHAT DO YOU KNOW ABOUT PRAYER IN ISLAM?

SHARE YOUR THOUGHTS

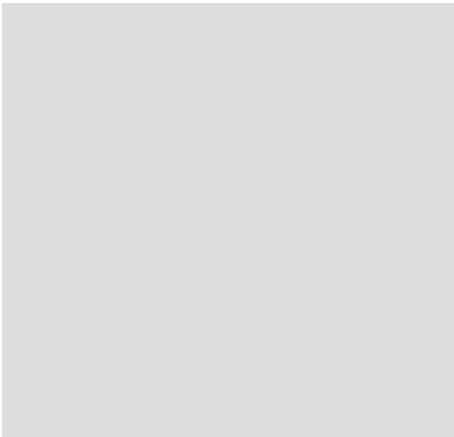
WHO IS GOD?

- One of the fundamental questions humans have always been puzzled by is the question of where we came from, who created us?
- Most people throughout history have believed that we were created by a Divine Being
- But how is it that we can know for sure God exists? Can we see Him? Not really. Feel him? Not exactly.
- Muslims believe that the way to know God is to talk to Him, build a connection through prayer and worship
- But we also believe that the beauty and perfection of the universe and its laws before our eyes is a sign of the Living God



PRAYER IN DIFFERENT FAITHS

- Different faiths have different kinds of worship. Some people meditate, or bow. For others, prayer is not a set ritual but an open communication with God.
- Prayer can also be individual i.e. on your own or collective i.e. in a group
- Some faiths also incorporate sound and speech in their worship while others encourage believers to ponder God in silence
- Some kneel, some stand, some bow but the Muslim form of worship combines elements from all faiths to provide a complete system



PRAYER IN ISLAM

- Islam says that the purpose of our creation is to worship God and seek to draw closer to Him
- Muslims pray five times a day and this worship is called Salat
- Apart from this Muslims are also encouraged to remember God and pray to Him throughout the day
- In Salat, we are told to worship with the mind, body and soul
- Salat has fixed times: at dawn, midday, afternoon, just after sunset and in the evening

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

I have not created the jinn and the men but that they may worship Me (Holy Quran, 51:57)



HOW WE PRAY

- Before offering prayer, we cleanse ourselves with water. This is called Wudhu (ablution) and it serves to purify us.
- In the Salat itself, we begin by standing and then follow a routine of postures which include bowing and prostration
- We also recite certain verses from the Holy Qur'an and prayers in Arabic. These prayers praise God and ask for His Guidance and Help in all our affairs.
- However, Muslims can also speak to God in their own language when they bow down in Sujood (prostration)



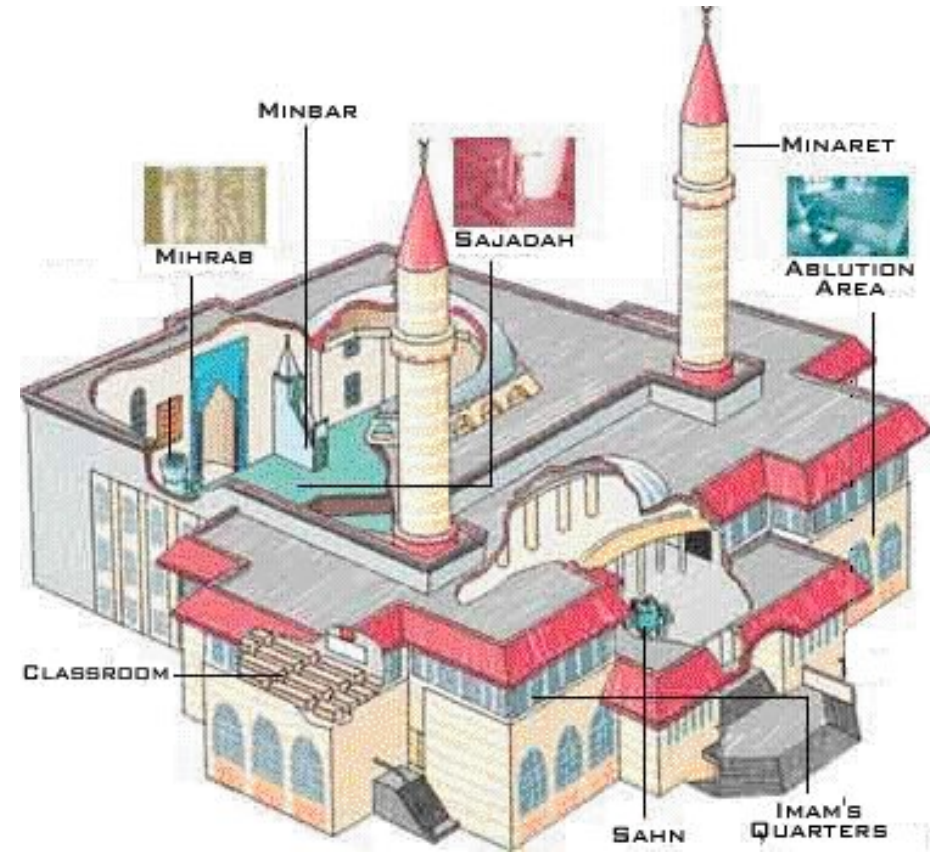
HEALTH BENEFITS OF SALAT

According to a Hadith (narration) the Prophet of Islam (peace be upon him) is reported to have said, inna fissanalati shifa'a " verily there is cure in salat ". Here are some health benefits of salat.

- **Regular exercise** reduces cholesterol in the body. Cholesterol causes heart failures, strokes, diabetes and many other ailments. It is a known fact that people in professions where exercise is required have less amount of cholesterol in their bodies.
- Salat is an excellent form of exercise to **prevent indigestion**. In the morning when stomach is empty, a Muslim is required to offer fewer number of Rak'aat whereas in the evening after the dinner we offer an extra number of Rak'aat.
- By offering Takbir at the beginning of salat, we move hand and shoulder muscles thereby **increasing the flow of blood** towards torso. Akamat performs a similar function.
- In tashah'hud position, our hip, elbow, knee joints, backbone, wrist joints move in a way that it provides a form of relaxation to our entire body. Pressure is applied on the body parts as if it was a kind of **massage which releases tension**.
- The heart is the most important organ in the body. It supplies fresh blood to all body tissues. These body movements performed during salat are an excellent source of **exercise for our heart** as well. According to a Hadith of the Holy Prophet, "There is an organ in the body, when it is healthy, the whole body is healthy, and when this is sick, the entire body becomes sick". It is the heart.

THE MOSQUE

- A mosque is the Muslim house of worship
- It is a place where Muslims gather five times a day to pray in congregation behind an Imam
- Key features of a mosque include the minaret from which the call to prayer or the Adhan is resounded
- Islam also respects the places of worships of other faiths as sacred houses of God



THE CALL TO PRAYER

Allahu Akbar (four times)
Allah is the Greatest (Recited four times)

اَللّٰهُ اَكْبَرُ

Ash-hadu alla ilaha illallah (twice)
I bear witness that there is none worthy of worship except Allah (Recited twice)

اَشْهَدُ اَنْ لَا اِلَهَ اِلَّا اللّٰهُ

Ash-hadu anna Muhammadar Rasulullah (twice)
I bear witness that Muhammad is the Messenger of Allah. (Recited twice)

اَشْهَدُ اَنَّ مُحَمَّدًا رَّسُوْلُ اللّٰهِ

Hayya alassalah (twice)
Come to Prayer (Recited twice)

حَيَّ عَلَى الصَّلَاةِ

Hayya alal-Falah (twice)
Come to success. (Recited twice)

حَيَّ عَلَى الْفَلَاحِ

Allahu Akbar (twice)
Allah is the Greatest. (Recited twice)

اَللّٰهُ اَكْبَرُ،

La ilaha illallah
There is none worthy of worship except Allah.

لَا اِلَهَ اِلَّا اللّٰهُ

MOSQUES AROUND THE WORLD

See if you can identify where in the world this mosque is!





