

Year 7 RE Islam Booklet 2

Read the booklet.

Makes notes on the booklet.

Answer the questions throughout and at the end of the booklet.

Name.....

RE Teacher.....



What holds up a Muslims life?

Learning outcomes:

To **describe** one of the 5 Pillars

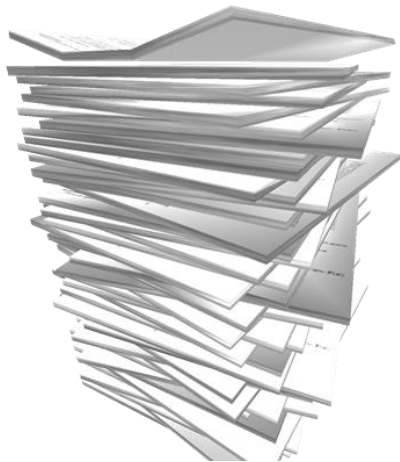
To **explain** the importance of the 5 Pillars
for Muslims

To **evaluate** which of the 5 Pillars is the
most important

Starter:

Why do people need
support in life? Can you
give examples where they
need support?

- You have **5 minutes** to **build a structure** to hold up a **pile of paper**.



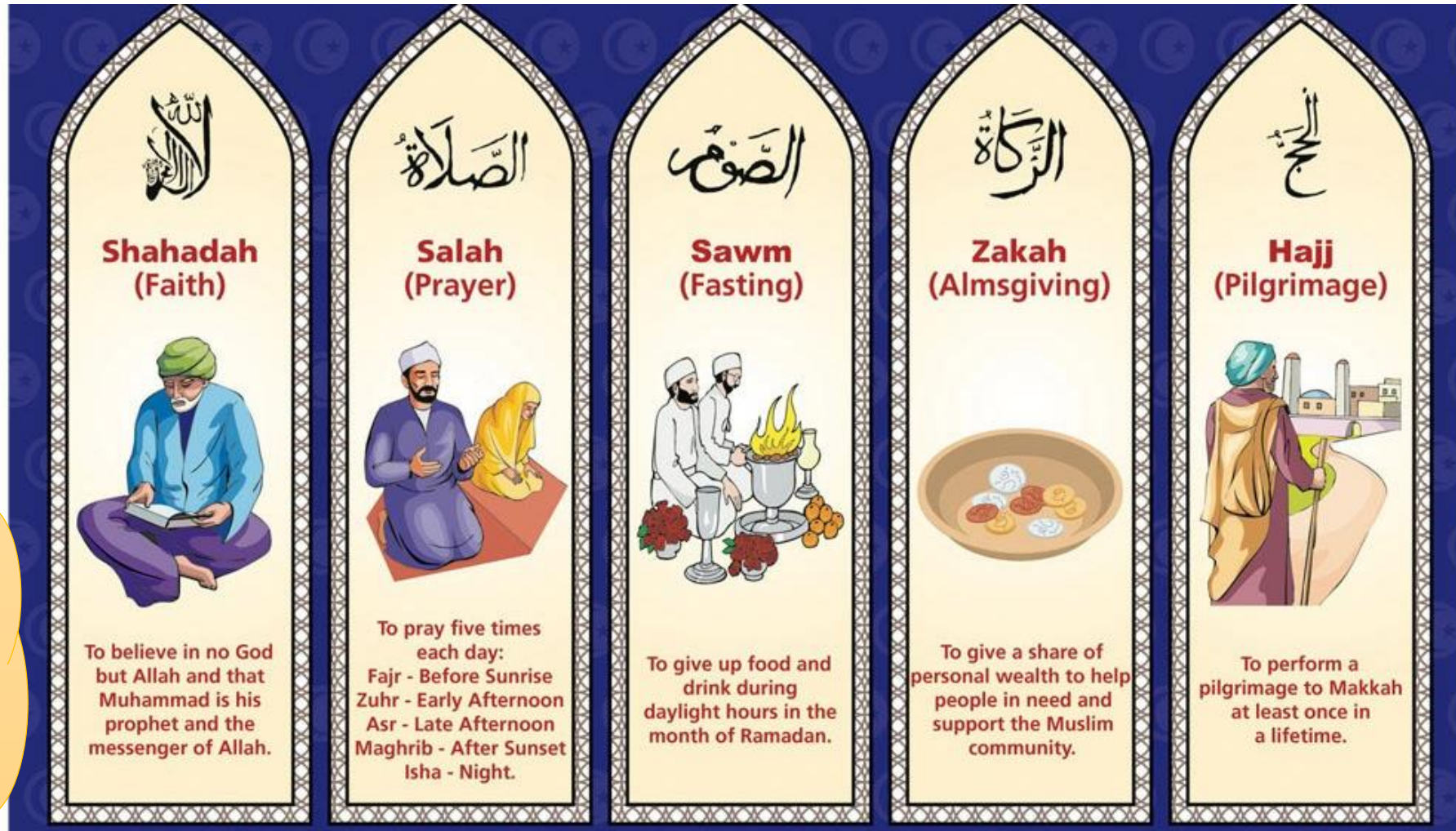
Get creative!

- Why do you think it worked well?
- Why do you think it didn't work well?
- What would you do to improve if you had to redo it?

Challenge!

How does this activity relate to the 5 Pillars?

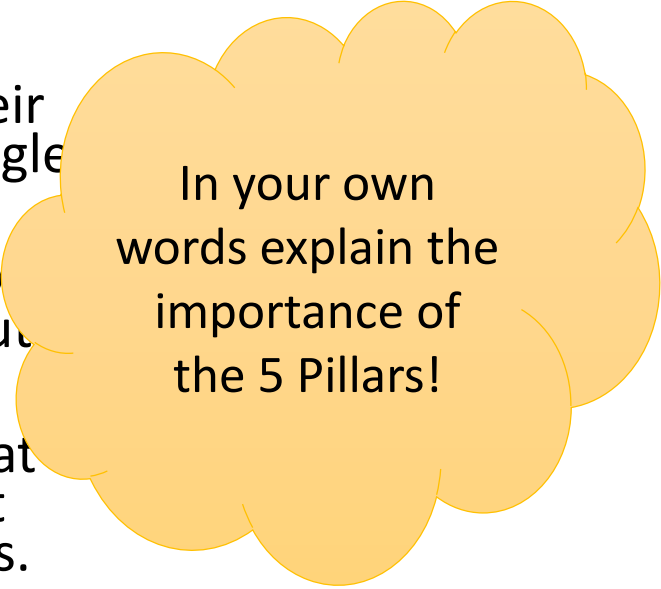
What are the 5 Pillars?



Challenge
!
Why is
Mecca
important
?

Why are the 5 Pillars important?

- The most important Muslim practices are the Five Pillars of Islam.
- The Five Pillars of Islam are the five obligations that every Muslim must satisfy in order to live a good and responsible life according to Islam.
- Carrying out these duties provides the framework of a Muslim's life, and weaves their everyday activities and their beliefs into a single cloth of religious devotion.
- No matter how sincerely a person may believe, Islam regards it as pointless to live life without putting that faith into action and practice.
- Carrying out the Five Pillars demonstrates that the Muslim is putting their faith first, and not just trying to fit it in around their secular lives.



In your own words explain the importance of the 5 Pillars!

How will the 5 Pillars support Muslims in their lives?



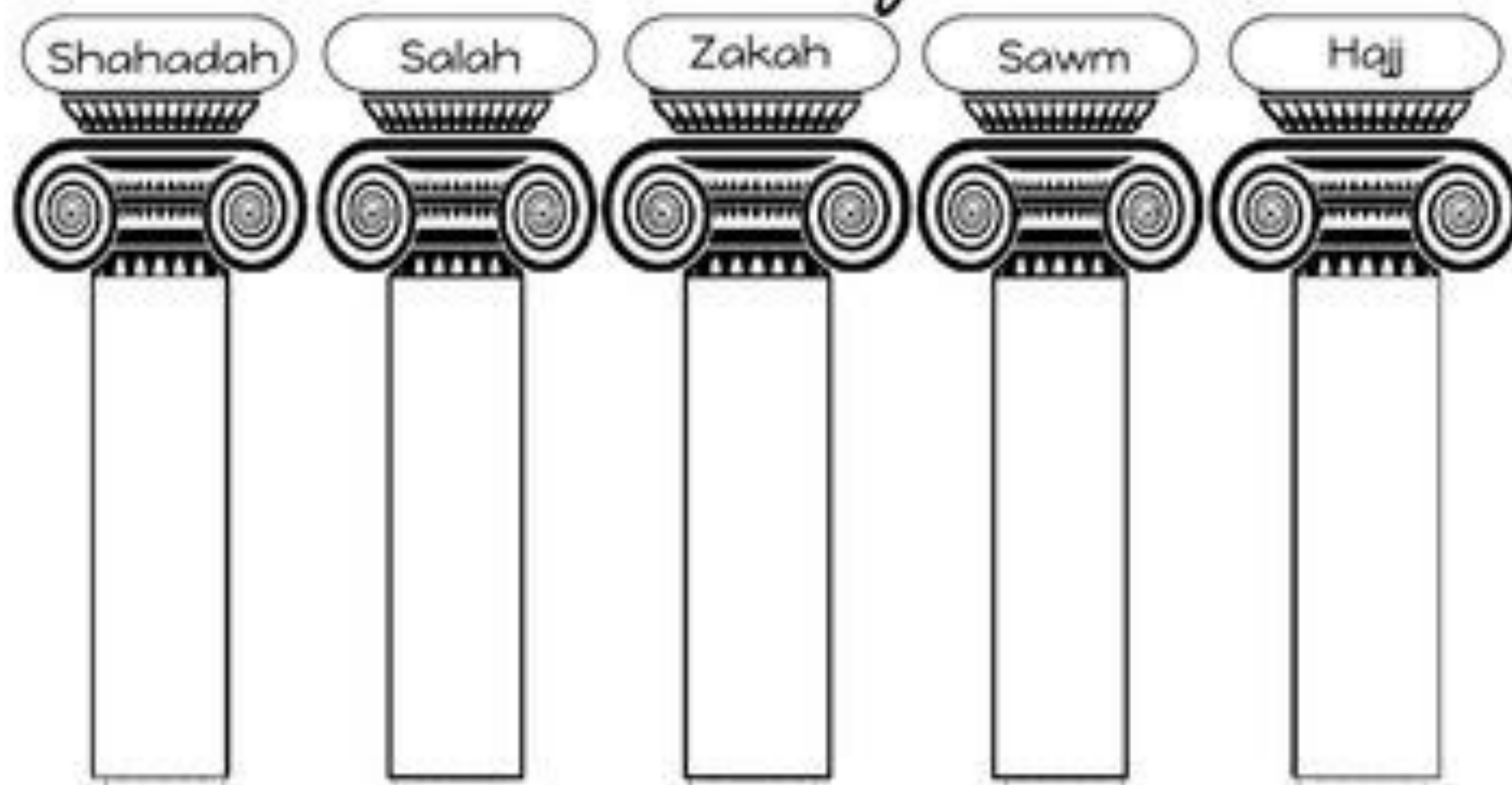
Create your own 5 Pillars!

1. Draw your own version of the 5 Pillars
2. Add **5 things for your life to guide** you and support you in your life
3. Compare your 5 Pillars to the **5 Pillars in Islam.**
4. Are they **similar or different? Why?**

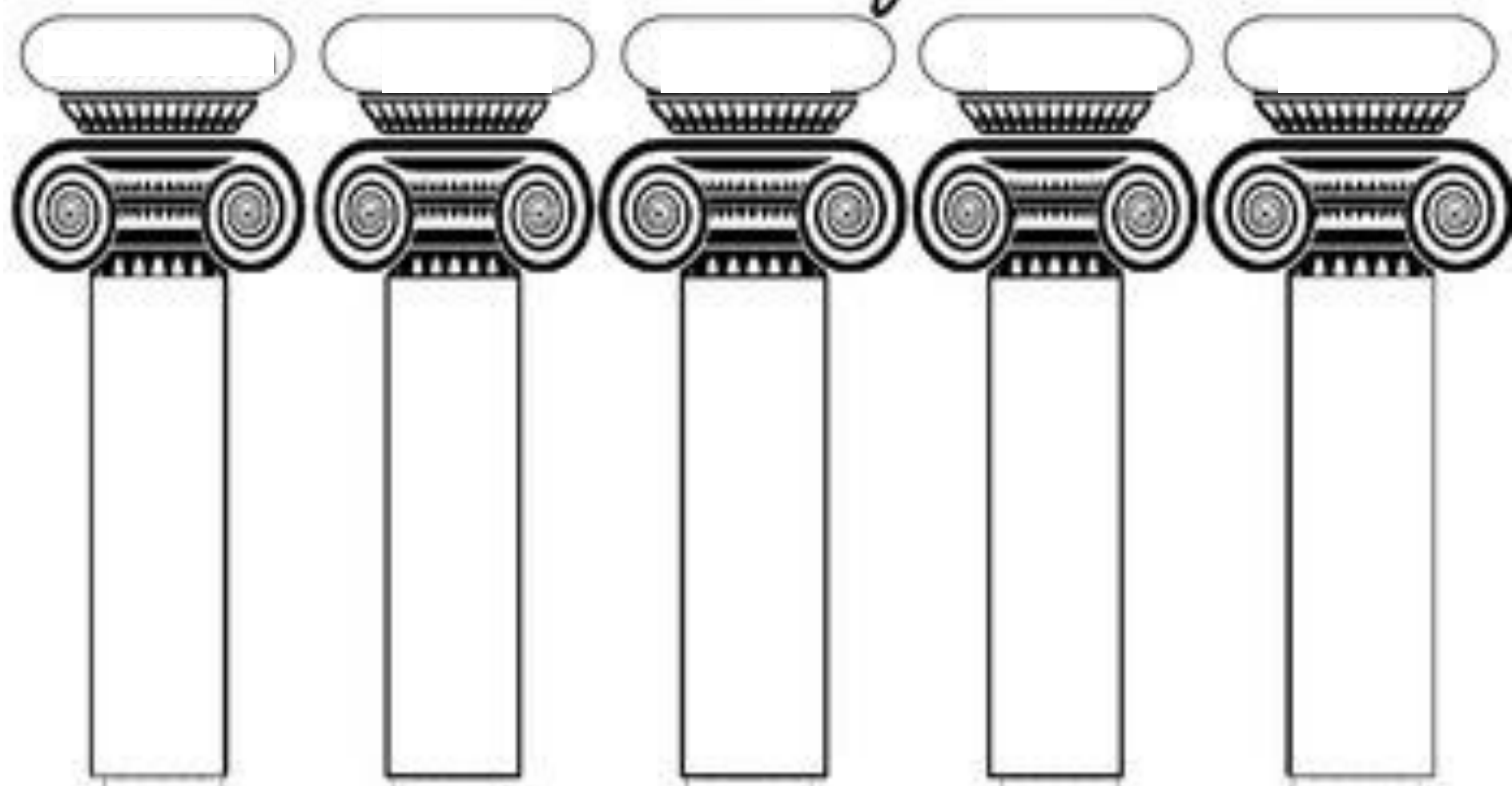
Challenge!

What advice can you give a Muslim to help them fulfil the 5 Pillars?

The 5 Pillars of Islam



The 5 Pillars of Islam





Which 5 Pillar do you think is the
most important? Why do you
think that?

What can you learn from the 5 Pillars?

Create a 40 second speech
explaining what you can learn
from the 5 Pillars!



Challenge!
What would Muhammad
(PBUH) say to your
speech? Would
Muhammad (PBUH) agree
or disagree?

What do Muslims believe about Allah?

Learning outcomes:

To **describe** Tawhid

To **explain** what the aya reveals about Allah

To **evaluate** beliefs about Allah as shown by the mosque



Starter:

How can we understand
something that is
impossible to explain?
Can you give examples?

How can we understand something that is impossible to explain? Can you give examples?

- My example of impossible is quantum physics.
- My example of unknowable is: the edge of the universe.

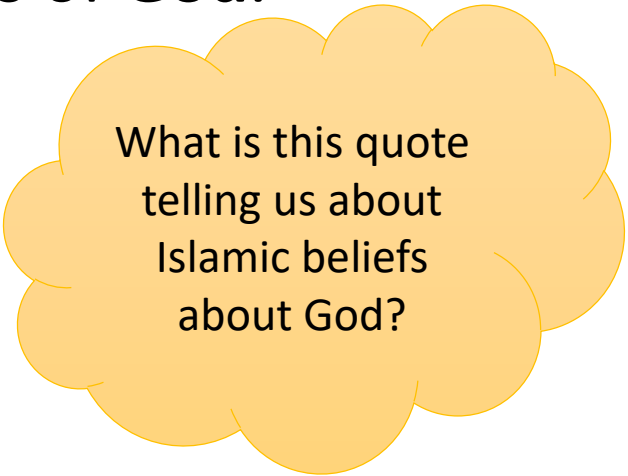


What do Muslims believe about God?

The most famous aya (part of a Surah, like a verse) of the Qur'an says:

“Say: He is Allah, the One and Only; Allah, the Eternal, Absolute; None is born of Him, nor is He born; And there is none like Him.”

- **1** of the **5 Pillars** is **Shahadah**, which is to **believe** in **no God but Allah** and that **Muhammad** is his **prophet** and the messenger of Allah.
- In Islam, **Tawhid** is the **belief** in the **oneness** of **God**.




What is this quote
telling us about
Islamic beliefs
about God?

Tawhid

This is the most important belief about Allah.

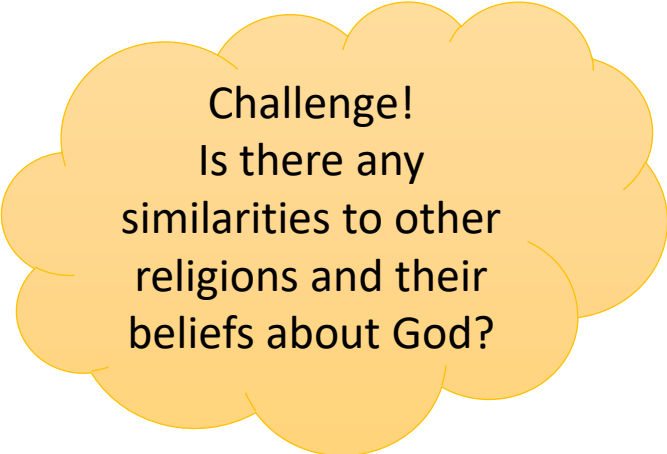
Tawhid begins with the idea that there is **one God (monotheism)**, and teaches that **oneness** is **central** to the **nature** of **Allah**. So according to Muslims, Allah:

- Has **no partners**
- Is **omniscient**
- Is omnipotent
- Is the **one God** of **all time** and **all humankind**



In your own words
describe what Tawhid
is!

Challenge!
Add examples to
support your point!



Challenge!
Is there any
similarities to other
religions and their
beliefs about God?

What do the 99 names of Allah show us about the nature of God?

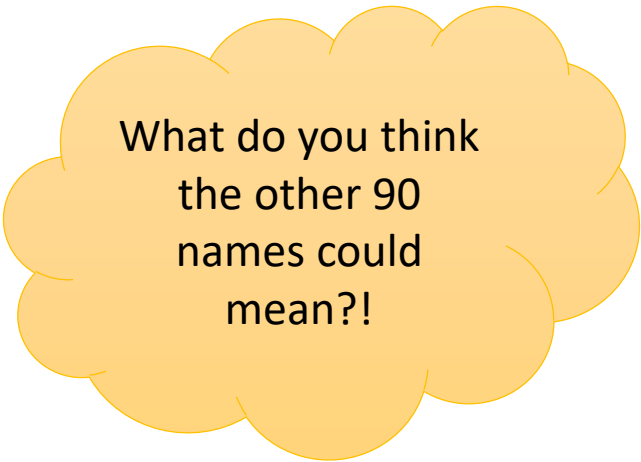
Many **different names** are used to describe **Allah** in the **Qur'an** and the Hadith (a collection of authenticated reports of what **Prophet Muhammad** said, did or approved). These are sometimes referred to as 'the 99 names of Allah', although more than this number of names can be found.

- Abu Huraira reported the Prophet Muhammad as saying:
- There are 99 names of Allah; he who commits them to memory would get into paradise.
- Allah cannot be described by any or all of these names but they help Muslims to think about Allah's **unknowable nature**.
- Many Muslims recite the names as one of the forms of dhikr (remembrance) to **develop their awareness of Allah**. Some Muslims use prayer beads (subha) to help them remember as they recite.
- Some examples of the 99 names:
- **Al-Rahman**, the All-beneficent (the Compassionate)
- **Al-Rahim**, the Most Merciful
- **Al-Aziz**, the Almighty (the Victorious)
- **Al-Hakam**, the Judge



What do the 99 names of Allah show us about the nature of God?

1. Allah - Allah
2. Ar-Rahman - The All-Compassionate
3. Ar-Rahim - The All-Merciful
4. Al-Malik - The Absolute Ruler
5. Al-Quddus - The Pure One
6. As-Salaam - The Source of Peace
7. Al-Mu'min - The Inspirer of Faith
8. Al-Muhaimin - The Guardian
9. Al-'Aziz - The Victorious



What do you think
the other 90
names could
mean?!

Can you match these names in English and Arabic?

Allah •

The All-Compassionate •

The Inspirer of Faith •

The Pure One •

The All-Merciful •

⚙️ Ar-Rahman

⚙️ Al-Quddus

⚙️ Al-Mu'min

⚙️ Ar-Rahiim

⚙️ Allah

Why is it important to have self-discipline?

Learning outcomes:

To **describe** what self-discipline is

To **explain** why praying is important for Muslims

To **evaluate** if we can develop self-discipline



Starter:

Imagine you have an important exam tomorrow. Would you:

- a) Started revising a few weeks ago
- b) Spend all night revising
- c) Do no revision at all and spend all night binge watching netflix

Why would you choose that option?

Do you have good self-discipline? Why?



Challenge!

How can you improve your self-discipline?

Why might self-discipline be important for Muslims?

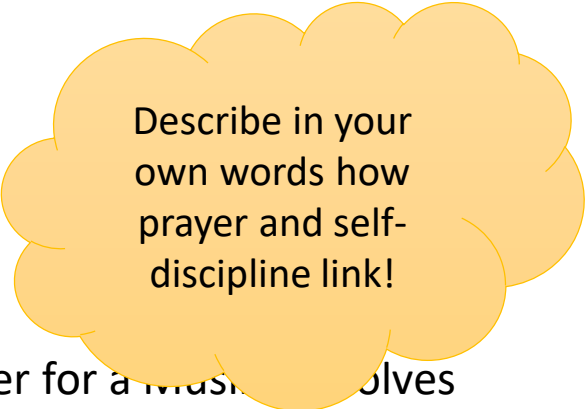


How does
self-discipline
link to Islam?

How does self-discipline link into prayer in Islam?

The 5 Pillars are extremely important to all Muslims. Prayer and Fasting are both part of having good self-discipline. A Muslim has to pray at five set times of day:

- *Salat al-fajr*: dawn, before sunrise
- *Salat al-zuhr*: midday, after the sun passes its highest
- *Salat al-'asr*: the late part of the afternoon
- *Salat al-maghrib*: just after sunset
- *Salat al-'isha*: between sunset and midnight



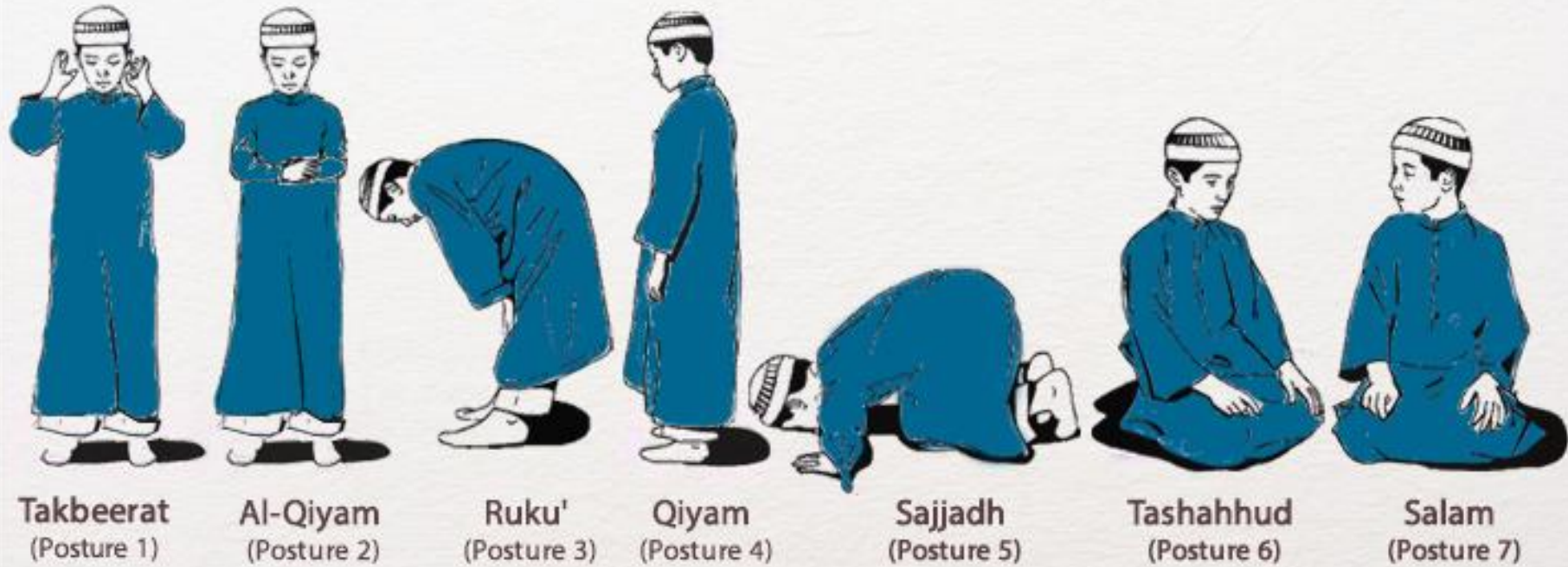
Describe in your own words how prayer and self-discipline link!

The prayer timetable gives Muslims the pattern of their day. Prayer for a Muslim involves uniting mind, soul, and body in worship; so a Muslim carrying out these prayers will perform a whole series of set movements that go with the words of the prayer.

Muslims make sure that they are in the right frame of mind before they pray; they put aside all everyday cares and thoughts so that they can concentrate exclusively on God.

If a Muslim prays without the right attitude of mind, it as if they hadn't bothered to pray at all.

Method Of Offering Salah



Why is praying important to Muslims?

I think praying is important to Muslims because....

Another reason it is important to Muslims is.....because....



Challenge!
Can you include the
5 Pillars to your
answer?

<https://www.youtube.com/watch?v=9QEK7cv9cfg>

What is fasting?

Fasting is 1 of the 5 Pillars: Sawm

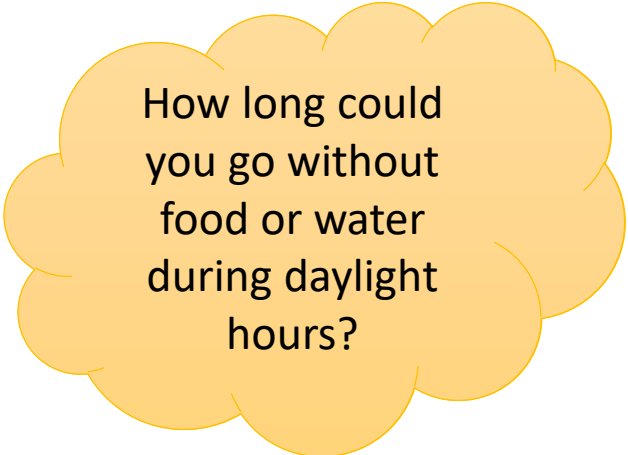
Muslims are required to fast during **Ramadan**, the **ninth month** of the **Islamic calendar**.

During the 29/30 days of Ramadan **all adult Muslims** must give up the following things during the **hours of daylight**:

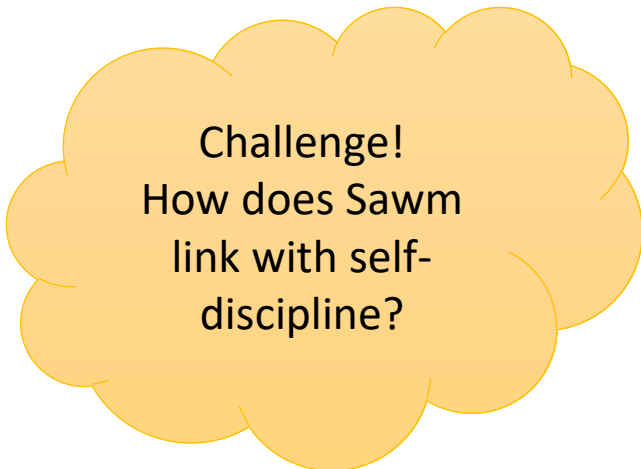
- **Food** or **drink** of any sort, **smoking** or sexual activity

Muslims who are physically or mentally unwell may be **excused** some of these, as may those who are **under 12 years old**, the very **old**, those who are **pregnant, menstruating, or travelling**.

If an adult does not fast for the reasons above they should try to make up the fast at a later date, or make a donation to the poor instead.



How long could you go without food or water during daylight hours?



Challenge!
How does Sawm link with self-discipline?


Task!

Create a guide aimed at developing a person's self-discipline.

You need to encourage their self-discipline and create strategies that will help them with this. You need to link it to the lesson learning!

To include:

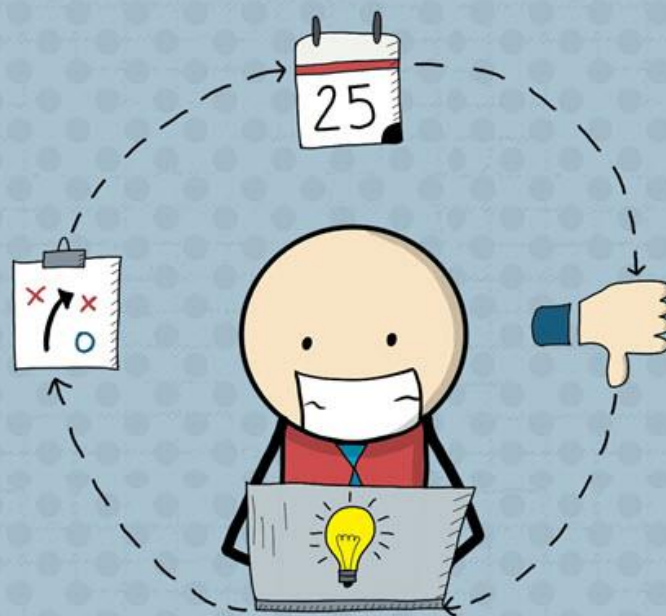
1. A step by step plan on developing self-discipline
2. Reference to Islam
3. 5 Pillars – Swam (fasting) and Shahadah
4. Why would a Muslim want to have better self-discipline? How will this help?
5. Can the 5 Pillars encourage self-discipline?
6. Does self-discipline help with completing the 5 Pillars?
7. A slogan
8. It needs to be **eye catching!!!!**



Challenge!
Can you include
some quotes from
Islam to support
your guide?

DEVELOPING SELF-DISCIPLINE

SELF-DISCIPLINE IS ABOUT YOUR ABILITY TO CONTROL YOUR DESIRES AND IMPULSES FOR LONG ENOUGH TO STAY FOCUSED ON WHAT NEEDS TO GET DONE TO SUCCESSFULLY ACHIEVE YOUR GOAL. IT'S ABOUT TAKING SMALL CONSISTENT DAILY ACTIONS THAT HELP YOU FORM CRITICAL HABITS THAT SUPPORT YOUR OBJECTIVES.



ACTIONABLE IDEAS:

- 💡 GET CLEAR ABOUT WHAT IT IS YOU WANT TO ACCOMPLISH.
- 💡 EVALUATE WHY YOU WANT TO ACCOMPLISH THIS GOAL.
- 💡 ELIMINATE ALL DISTRACTIONS.
- 💡 PRIORITIZE YOUR HIGHEST VALUE TASKS AND ACTIVITIES.
- 💡 TRACK YOUR PROGRESS.
- 💡 KEEP YOURSELF ACCOUNTABLE.

DEVELOPING SELF-DISCIPLINE

STEP 1:

Define What You Want

The first step of this process involves getting very clear about what it is you want to achieve. Self-discipline can only exist if it is channelled toward something specific; and that something specific in this instance is a desired outcome you have in mind that can come in the form of a goal, habit, or a change of some sort.



Ask yourself:

- What is it that I want to do, be, have or achieve?
- What new habit would I like to develop?
- What behavior would I like to change?
- What is the one thing that I want to focus on in this moment?

Quotes!

"Woe to those who pray, but are unmindful of their prayer, or who pray only to be seen by people"

Qur'an 107:4-6

O YE WHO BELIEVE! FASTING IS
PRESCRIBED TO YOU AS IT WAS
PRESCRIBED TO THOSE BEFORE YOU, THAT
YE MAY (LEARN) SELF-RESTRAINT 2:183

*"A strong person is not the
person who overpowers his
adversaries to the ground.
But, a strong person is the
one who contains himself
when he is angry."*

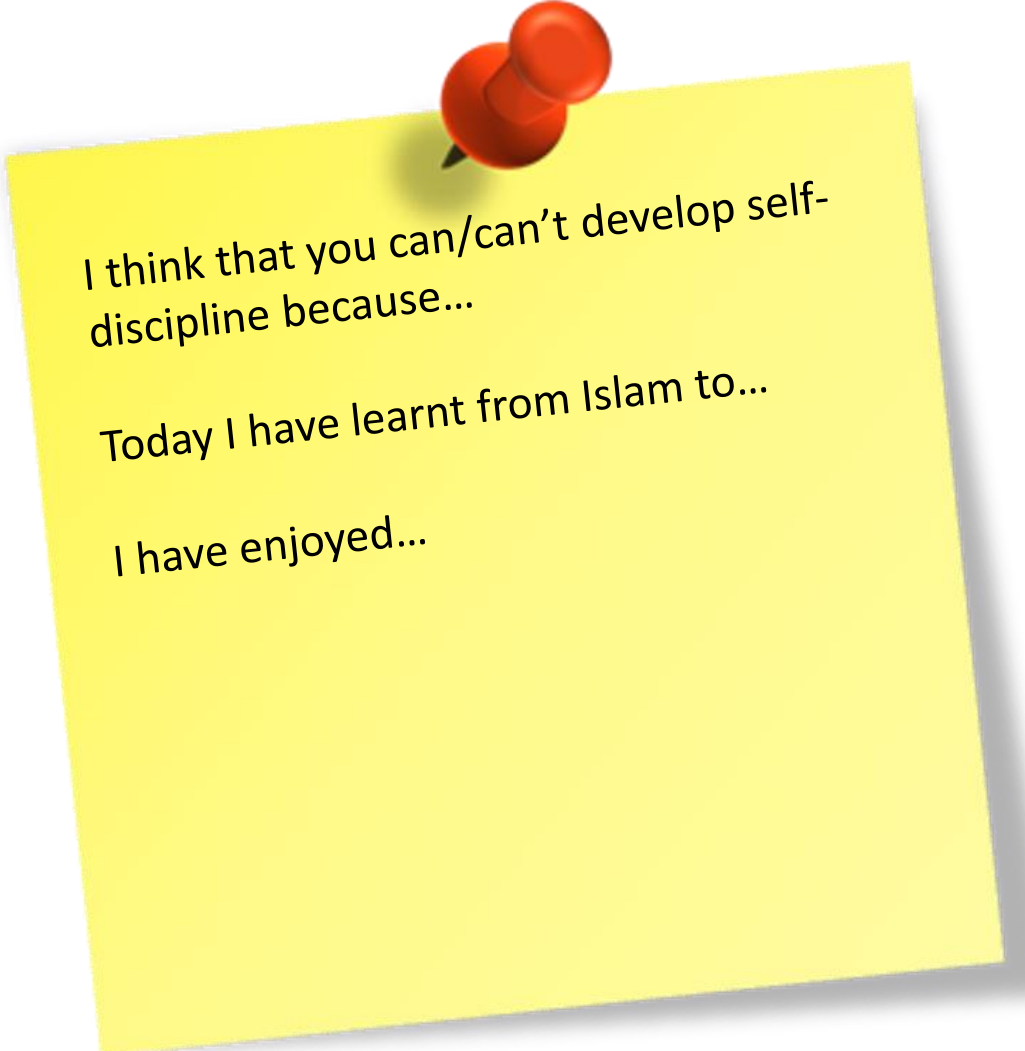
Prophet Muhammad

"The month of
Ramadan in which was
revealed the Qur'an, a
guidance for mankind
and clear proofs for
the guidance and the
criterion (between
right and wrong)"
[al-Baqarah 2:185]

**Prophet Muhammad
(PBUH) said: "The strong
man is not the one who
wrestles well but the
strong man is one who
controls himself when
he is a fit or rage."**

Sahi Muslim Book 032, 6313

Can you develop self-discipline?
What have you learnt today?



I think that you can/can't develop self-discipline because...

Today I have learnt from Islam to...

I have enjoyed...

How long can you go without your phone?

How long can you go without watching TV?



How good is
your self-
discipline?!

Questions on Islam

1. What are the five pillars of Islam?
2. Why are the five pillars of Islam so important to Muslims?
3. Why is giving to the poor seen as a central part of a Muslim's faith?
4. What do Muslims believe God is like?
5. What do the 99 Names of Allah (God) mean?
6. Why is self discipline so important for Muslims in their life of faith?

‘The Five Pillars of Islam are the most important part of a Muslim’s faith.’

Evaluate this statement. Writing four mini-paragraphs.

F-For

A-Against

R-Religious Teaching/Argument

C-Conclusion