

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?



What is self-discipline?

I show Self-Discipline
when I accept that
things do not always go
my way.



Do you have good self-discipline? Why?



Challenge!
How can you improve
your self-discipline?
Why might self-
discipline be important
for Muslims?

1

SHAHAADAH

(Testimony)

Declaration of Faith

Muslims declare their faith by saying:
"Ash hadu anlaa ilaaha illallaahu wa
ash hadu anna muhammadar
rasulallah"

Which means "I bear witness that
there is no god except Allaah and I
bear witness that Muhammad is the
Messenger of Allaah."

The religion of Islam requires accepting some
main Articles of Faith. These are the core
beliefs - without any one of these, one would
not be accepted as a believer. The acceptance
of these Articles leads to the practical five
Pillars of Islam.

The Five Pillars of Islam are the
Fundamental duties in a Muslims life, which
lead to living a good and responsible life
according to Islam.

2

SALAAH

(Prayer)

**Five Compulsory Daily
Prayers**

A physical and mental means of
worship prescribed five times a day.
These are to remember God and to
seek forgiveness throughout the day.
We face towards the Holy Kaa'bah in
Makkah. Salaat (Prayer) is performed
at set times: before sunrise, at midday,
in the afternoon, in the evening after
the sunsets and at nightfall.

3

ZAKAAT

(Purity or Charity)

Almsgiving

The Arabic word Zakaat means to
purify. Muslims give 2.5% of their
surplus wealth to charity every year.
This shows obedience to God and
prevents greed. Zakaat is given to
the poor and those that are less
fortunate than ourselves. It is
believed that by giving charity, the
possessions you keep are made pure.

4

SAWM

(Fasting)

**Fasting During the
Month of Ramadhaan**

For one month of the Year, Muslims
refrain from food, drink and keep
away from things that distract us
from worship. This is done during
the day from dawn till dusk.
Although fasting is beneficial to
health, fasting is a form of worship.
Additionally it helps us to remember
others who are less fortunate and do not
have much food or water.

5

HAJJ

(Pilgrimage)

**Pilgrimage to the
Holy Sites in Makkah**

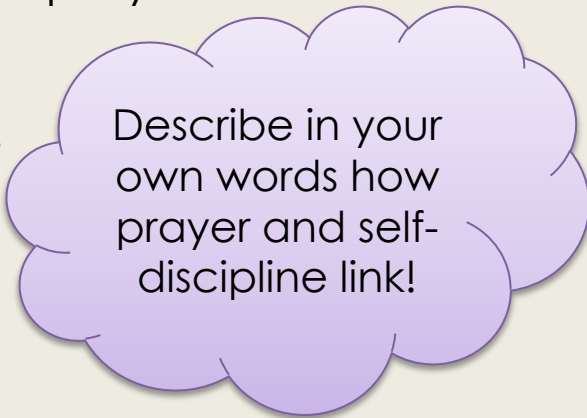
Hajj is the journey to the holy sites in
Makkah to perform various rituals. It
is only obligatory once in a life time
upon those who have the financial
means and are physically able. The
pilgrims adorn simple garment that
strip away any distinctions of class
and culture, so they all stand equal
before Allah (God). The final part of
the pilgrimage is at the Holy Ka'bah
(cube) in the centre of the Great
Mosque in Makkaah.

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



Takbeerat
(Posture 1)



Al-Qiyam
(Posture 2)



Ruku'
(Posture 3)



Qiyam
(Posture 4)



Sajjadh
(Posture 5)



Tashahhud
(Posture 6)



Salam
(Posture 7)

Why is praying important to Muslims?



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>

Challenge!
How could this
link in with
prayer and self-
discipline?

What is fasting?



What is fasting?

Fasting is 1 of the 5 Pillars: Sawm

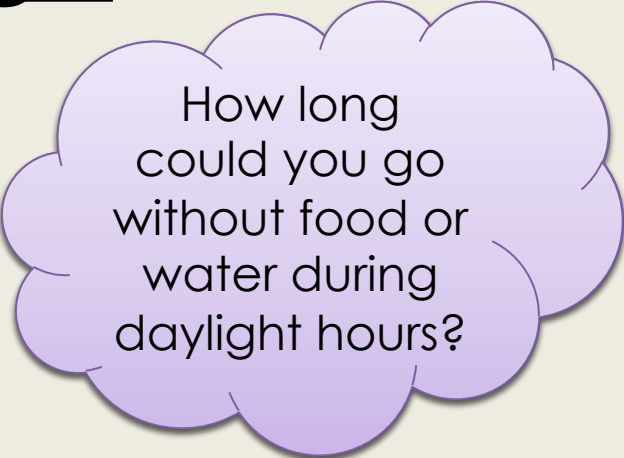
Muslims are required to fast during **Ramadan**, the **ninth month** of the **Islamic calendar**.

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

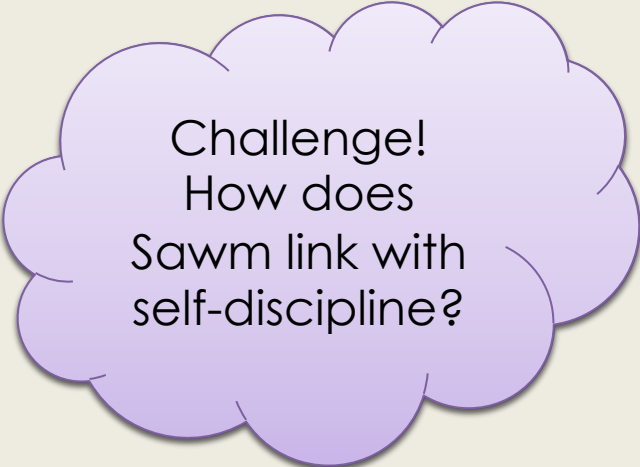
- **Food** or **drink** of any sort, **smoking** or sexual activity

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:

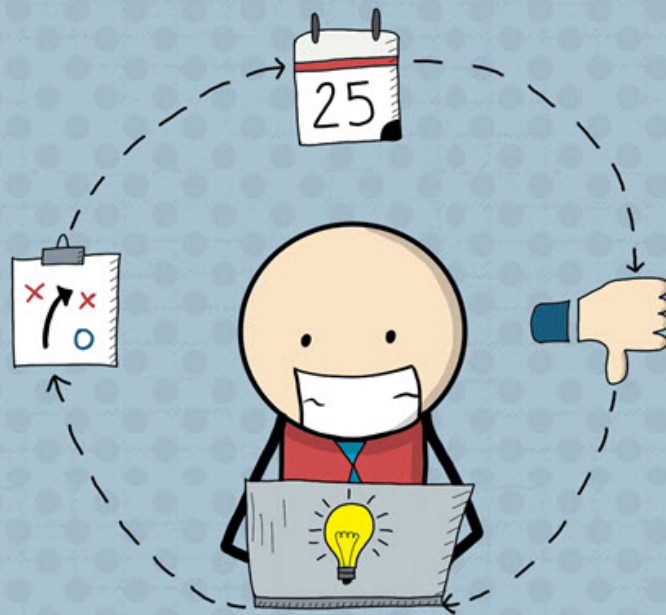
1. A step by step plan on developing self-discipline
2. Reference to Islam
3. 5 Pillars – Swam (fasting) and Shahadah
4. Why would a Muslim want to have better self-discipline? How will this help?
5. Can the 5 Pillars encourage self-discipline?
6. Does self-discipline help with completing the 5 Pillars?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



BLOG.IQMATRIX.COM/SELF-DISCIPLINE

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?!