

**GCSE Religious Studies**  
**Islamic Practices**  
**Revision Booklet**

## Islamic Practices Learning Checklist

**This personalised learning checklist (PLC) is to help identify what and how to revise.** The middle column asks how confident you feel about each topic.

**Red** – Help!

**Amber** – Not 100% but nearly there.

**Green** - Bring it on! I know this!

What you need to know	Red Amber Green
I can name each of the Five Pillars and the 10 Obligatory Acts	
I explain the importance of the Shahadah	
I can explain how and why Muslims pray	
I can explain what it means to fast in the month of Ramadan	
I can explain the meaning and importance of Zakah	
I can explain the events of Hajj	
I can explain the importance of Hajj to Muslims	
I can describe Khums, Amr bil Maroof, Nahi Anil Munkar, Tawalla and Tabarra	
I can explain the two different meanings of Jihad	
I can identify what happens at the festival of Eid ul Fitr and it's importance	
I can identify what happens at the festival of Eid ul Adha and it's importance	
I can explain why Ashura is an important festival for Shia	

# Islamic Practices

Adhan	The call to pray 5 times a day
Amr bil Maroof	Commanding what is good and just
Caliph	The successor the Prophet Muhammad
Hafiz	Someone who has learned the Quran by heart
Hajj	Pilgrimage to Mecca
Haram	Forbidden
Halal	Allowed
Hijrah	Muhammad's escape from Mecca to Medinah
Ihram	State of purity and white clothes worn for Hajj
Imamate	Leadership
Jihad	The greater or lesser striving for Allah
Jummah	Friday prayers
Justice	The right or fair thing to do
Khums	20% tax for Shia Muslim
Mecca	Holy city in Islam
Nahi Anil Munkar	Forbidding what is evil
Night of power	The night when Muhammad was given the Quran
Qiblah	Direction of Mecca
Rak'ah	The sequence of actions for prayer
Ramadan	The holy month of fasting
Sadaqah	Giving of time instead of money
Salah	Prayer
Sawm	Fasting during Ramadan
Shahadah	Statement of belief in Allah
Tawalla	Expressing love towards those in the path of Allah
Tabarra	Expressing hatred for those who oppose Allah
Wudu	Washing before prayer
Zakah	Charitable giving

# The 5 Pillars

The 5 pillars of Islam are important to Islam as they support the faith. The Shahadah is the 'first' pillar is without it all the rest are meaningless.

**Shahadah:** Declaration of faith "There is no God for Allah, and Muhammad is his messenger" Learned by heart and heard at birth and death.

**Salah:** Praying to Allah 5 times a day

**Zakah :** Giving 2.5% of disposable income to charity.

**Sawm:** Fasting in the month of Ramadan.

**Hajj:** Pilgrimage to Mecca.

## The Shahadah

"There is no God but Allah and Muhammad is the Prophet of Allah"

Many Shia add the phrase "And Ali if the friend of God" as they believe Ali, Muhammad's cousin, was the true successor of Muhammad

Saying and believing in the Shahadah means that you are a Muslim.

Sincerely saying it in front of group of Muslims is the only requirement for converting to Islam.

It is whispered into a babies ear just after it is born to show they are welcomed into the Muslim faith.

When possible Muslims hear or say it before they die.

Muslims believe that without having faith in the Shahadah all of the other pillars are meaningless.

# Salah: the daily prayers

**Importance of prayer:** It is one of 5 pillars and Allah commanded Muslims to pray. It creates a greater awareness of God and motivates them to do God's will

**Times of prayer:** The times are set to avoid praying to the Sun.

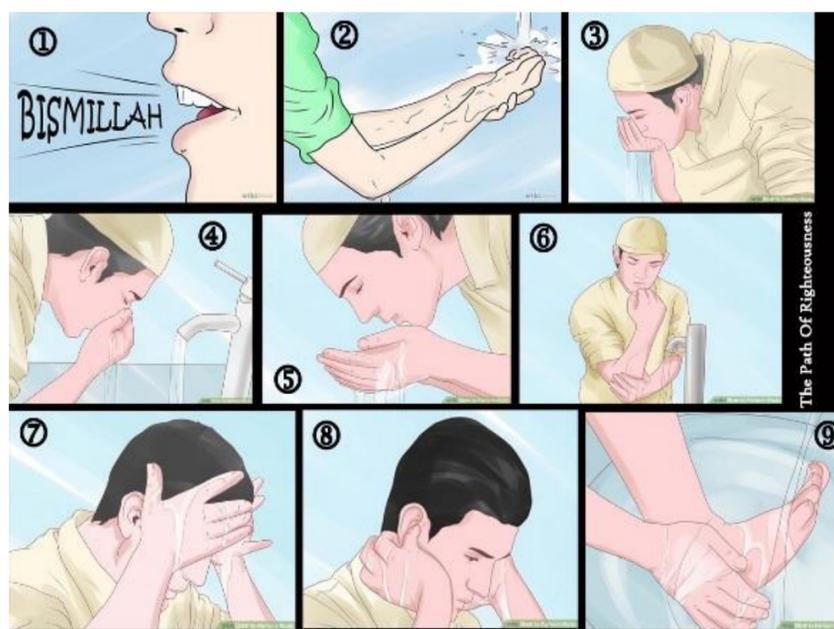
Muslims should where possible pray 5 times a day, this was agreed by Muhammad when he ascended to heaven. It ensure Muslims practice self discipline and remember God.

Fajr	Just before sunrise
Zuhr	Just after midday
Asr	Afternoon
Maghrib	Just after sunset
Isha	Night

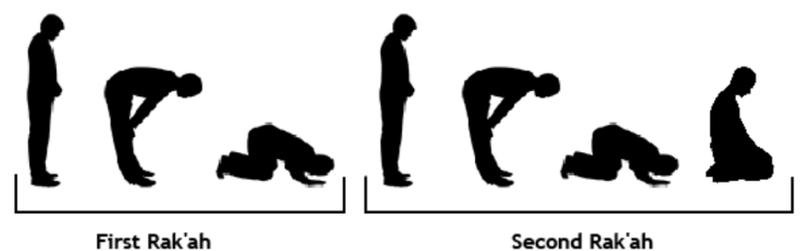
## How to pray?

**Wudu:** Prayer is communication with Allah, because of this Muslims perform ritual washing before prayer. If a Muslim cannot access water to wash they should make themselves as clean as possible.

The body should be covered for modesty, both men and women should have some form of head covering or hat. In the Mosque Muslims stand together or symbolise the Ummah (or Muslim community)



**Rak'ah:** A set of actions that Muslims follow when praying. Often a personal prayer is said at the end. There are slight differences between Sunni and Shia, for examples Shia place their head on a block when prostrate. Muslims face Mecca when praying as the Quran says this is the best way to connect with God.



1. Stand and say "Allahu Akbar".
2. Bow and say "In the name of Allah, the most compassionate"
3. Bow and say "Glory be to God"
4. Prostrate (head to the ground or block if Shia) and say "All praise be to my Lord most on high"
5. Sit and say a prayer. Then turn head left to right to acknowledge other worshippers and guardian angels.

For every nation **there is a direction to which they face** (in their prayers). So hasten towards all that is good.... And from wheresoever you start forth (for prayers), **turn your face in the direction of Al-Masjid-al-Haram (at Mecca)**, that is indeed the truth from your Lord. And God is not unaware of what you do." (Quran 2:148-149)

### Jummah prayer

The Jummah prayers are prayers said at Mosque on a Friday. All Muslim men where possible should attend these prayers. They take place just afternoon and are considered a source of spiritual guidance as there is often an additional sermon. Many Muslims will do extra rak'ah during these prayers as Muhammad did.

#### Prayer at home

Muslims can pray anywhere provided it is a clean place and they are facing Mecca. Women often pray at home in the same way as they would in the mosque. They may also lead the children in prayers thanking Allah for food. Women are not obliged to pray in the Mosque as their role as mothers and providing the 'heart of the family' is considered more important.

# Sawm: Fasting during Ramadan

## What is Sawm?

It is fasting during the month of Ramadan.

Why it is done: Allah commands his followers to fast in the Quran. Muhammad also fasted. Finally fasting may help Muslims to consider others less fortunate than themselves, and practice restraint in service to Allah.

## What are the duties of fasting?

It is more than just not eating or drinking in daylight hours, Muslims should also not have sexual relations, smoke or spend time on material things like watching tv.

## The benefits of Sawm.

Feeling closer to God, focus on the importance of religion in their lives, reminds Muslims of the needs of the poor.

## Exceptions

However not all people have to fast. Pregnant women, the elderly, sick and young children do not have to take part. This is because it may be harmful to their health.

“Ramadan is the month in which the Quran was sent down... So everyone who is present during that month should spend it fasting.” Quran 2:185

## The night of power

This is the night Muslims believe the Quran was given to Muhammad. Muslims mark this with a festival during Ramadan.

During this night some Muslims will stay awake all night and read the Quran and praying.

It is believed doing this has the same benefit of worshipping for a thousand months.

# Zakah

“Be steadfast in prayer and giving” Quran2:110

## What is Zakah?

Zakah is giving away money to a worthy cause. In Islam being focussed on wealth is seen as wrong.

## Why give?

By giving money to charity Muslims have a form of spiritual; cleansing, and learn not to want to hold on to their wealth. The wealth they have remaining is now clean.

Muhammad also taught that now Muslim should have to fear poverty. Zakah can be used to support Muslims who may be in debt or simply too poor to buy necessities such as food.

Zakah can also be used to support the Mosque e.g. making repairs, providing educational resources.

## How much?

Zakah is set at 2.5% of the a Muslims disposable income. This is the money remaining after they have paid bills and other essential expenses. If you are poor you may pay nothing or very little, 2.5% of nothing is nothing.

## How is it given?

In Muslim countries it is given to the government, in the UK it is either collected by the Mosque in Ramadan or given directly to specific organisations or individuals.

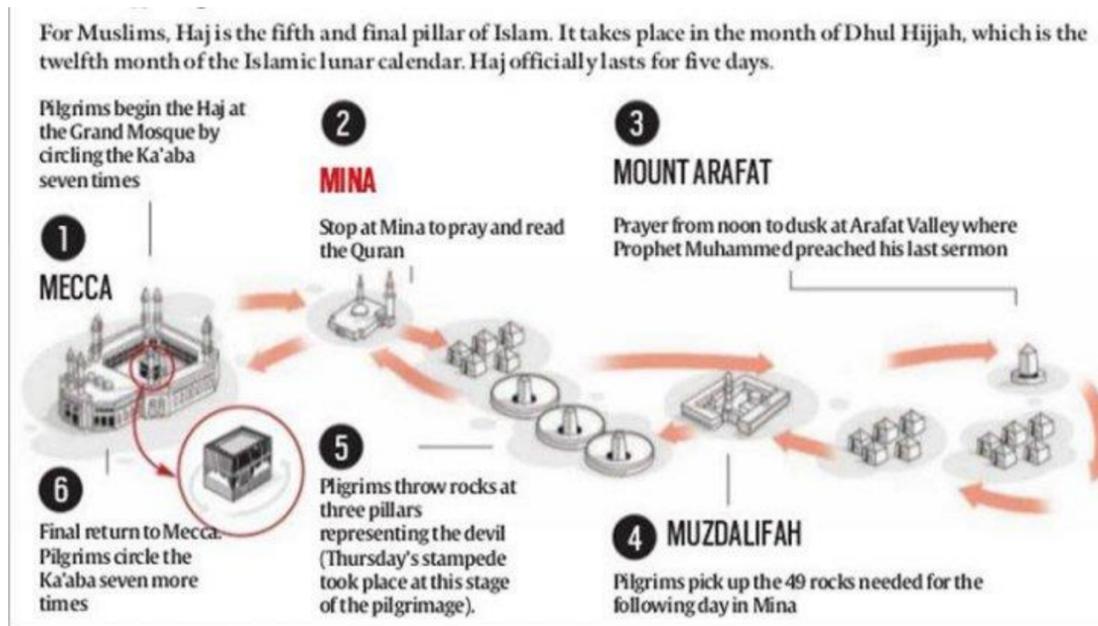
## Why not pretend you don't have enough to give?

Muslims believe that Allah is omniscient and will know if you try to 'cheat' your way out of paying Zakah. It is Allah who will punish those who do not pay their Zakah on judgement day.

# Hajj: Pilgrimage to Mecca

The Hajj Pilgrimage takes place during the last month of the Muslim year. All Muslims are commanded to make this journey at least once in their lives, provided they are wealthy and healthy and enough. It is also a way to remember the stories of Ibrahim and Muhammad.

“Pilgrimage to the house is the duty of owed to God of all people who are able to undertake it.” Quran 3:97



How does the Hajj influence Muslims today?

The Hajj journey is a way of feeling connected to the Ummah (global community of Muslims). It enables Muslims to connect with the history of their religion by visiting the places associated with Adam, Ibrahim and Muhammad. It is also a way of asking and receiving forgiveness from sin and cleansing the soul before judgement day.

It shows self discipline as rules have to be followed.

**Ihram:** Before beginning the Hajj Muslims must enter into a sacred state of spiritual cleanliness. They wash in unscented soap, remove jewellery and dress in plain white cloth. This is to remind them that all are equal in the eyes of Allah.

## Significance of the places on the Hajj journey:

**The Ka'aba:** This is the oldest shrine to Allah, it was believed to have been originally built by Adam the first Prophet, rebuilt by Nuh (Noah) after the flood, then later rebuilt by Ibrahim, and finally reclaimed for Islam by Muhammad. It is faced every day by Muslims for prayer. By circling the Ka'bah Muslims are copying the example of Muhammad and showing devotion to Allah. The black stone in the Ka'aba was supposedly given to one the Prophets by the Angel Jibril and a gift from Allah. For this reason Muslims circling the Ka'aba try and touch the stone.

**Zam Zam:** This is well or natural spring. The wife of Ibrahim, Hajar, and their son Ishmael were lost in the desert. Hajar ran between the mountains looking for water. While he was waiting a spring came up besides Ishmael. It symbolises that humans rely on Allah for life, some Muslims believe the water can cure illness.

**Safa & Marwa:** These are the mountains Hajar ran between while searching for water. Muslims recreate her journey to remember that Allah often tests them but will always reward the faithful.

**Mount Arafat / Mount of Mercy:** This is believed to be where Adam and Eve were sent to after being cast out of paradise. It is also where Muhammad gave his final sermon. Muslims spend time here praying for Mercy and for their sins to be forgiven. Muslims are often deeply moved and describe feeling as if they have a second chance at life.

**Muzdalifah & Jamarat at Mina:** Muslims collect pebbles as Muzdalifah to throw at three pillars are Jamarat at Mina. These pillars represent the time the Devil tried to tempt Ibrahim, Hajar searching for water and Ishmael being willing to be sacrificed to God.

The Ka'aba: Muslims return to circle the Ka'aba a final 7 times. Men will have their hair shaved as a symbol of their devotion. An animal will be sacrificed as part of the Id-ul-Adha celebrations. Some Muslims may choose to visit the Mosque in Medina where the Prophet Muhammad is buried.

# The 10 Obligatory Acts of Shia Islam

<b>Salah</b> Praying 5 times a day. Shia may combine some prayers & washing has extra importance.	<b>Sawm</b> Fasting during Ramandan. Shia are expected to give extra gifts to the poor.	<b>Hajj</b> Pilgrimage to Mecca. This has the same importance for Shia as it does all Muslims.	<b>Zakah</b> Charitable giving. This has the same importance for Shia as it does for all Muslims.	<b>Khums</b> Additional 20% tax
<b>Jihad</b> Struggle for faith	<b>Amrbil Ma' roof</b> Encouraging good actions.	<b>Nahi Anil munkar</b> Discouraging bad actions	<b>Tawalla</b> Associating with good people.	<b>Tabarra</b> Not associating with bad people.



As a Shia Muslim I use the 10 obligatory acts to help me follow the teachings of the Quran and example of Muhammad. This does not make me better than any other Muslim, it's just a difference of worship. These come from Muhammad and the 12 Imams who came after him.

**Khums:** This is an extra 20% tax on income split between the Allah, Muhammad, the relatives of Muhammad, orphans, the needy and anyone away from home who needs the money to return.

As Muslims cannot give money directly to Allah it was originally given to Muhammad to be spent for the good of Allah. Now it is given to religious teachers.

Shia believe it needed as Zakah can be complicated and not specify where money is spent.

**Amr bil Ma'roof:** Encouraging good deeds.

Ma'roof means approved by Shariah i.e. is a good action. So Shia try to do good deeds and bring people together. They include halal practices and can affect a Muslims life by: Promoting the good characteristics of Muslims, be able to go to Heaven, applies to both men and women, encouraging Muslims to be good role models.

Khums, Amr bil Ma'roof, Nahi Anil Munkar, Tawalla & Tabarra

**Twalla: Expressing love towards Good**

**Tabarra: Express hatred for those who oppose Allah.**

This is a complicated obligation as it is not clear who is being referred to. Generally Shia are expected to use their judgement in each situation. It is not an excuse for violence, although Sunni believe these obligations do cause division.

One interpretation is that it means we are all capable of good and evil. Shia Muslims should stand up against those who oppress others, particularly other Muslims, and help those in need who are the victims of injustice.

**Nahi Anil Munkar:** Forbidding evil.

Munkar means not approved by Shariah i.e. not a good action. Shia Muslims are obliged to stay away from bad deeds and those who may cause them to do bad deeds. If they cannot stop bad deeds the Muslims should disapprove of them in their hearts.

If affects a Shia Muslims life as it means they should try their best to stop bad actions e.g. report potential terrorists, speak out against racism and injustice.

# Jihad

## Shia & Jihad

Jihad is one of the Obligatory Acts for Shia Muslims. Although it is generally considered to be important to all Muslims.

The word Jihad comes from the term struggle and there are two types of Jihad, the Greater Jihad and lesser Jihad. The Prophet Muhammad said:

**“The person who struggles so that Allah’s Word is supreme is the one serving Allah’s cause”**

### **The lesser Jihad**

An example of the lesser Jihad is fighting in a war to defend your country or your faith,

Muslims are taught that lesser jihad should only be carried if:

The opponent must always have started the fighting.

It must not be fought to gain territory.

It must be launched by a religious leader.

It must be fought to bring about good - something that Allah will approve of.

Every other way of solving the problem must be tried before resorting to war.

**Innocent people should not be killed.**

**Women, children, or old people should not be killed or hurt.**

Women must not be raped.

Enemies must be treated with justice.

Wounded enemy soldiers must be treated in exactly the same way as one's own soldiers.

The war must stop as soon as the enemy asks for peace.

**Property must not be damaged.**

### **The Greater Jihad**

This is striving to be a good person and a good Muslim. It is seen as the Greater Jihad as it involves changing yourself and resisting evil, which is harder to do than fighting for your faith.

Muslims consider many things Greater Jihad but some examples are:

- Following the 5 pillars
- Learning the Quran by heart
- Forgiving someone who has insulted you
- Giving this for the poor and working for social justice.

Jihad is....	Jihad is not
The struggle to practice Islam in the world today.	Terrorism.
Striving to make the world a better place	An excuse to commit acts of violence.
Trying to become a better Muslim and a better person overall.	Attempting to convert others to Islam

# The festival of Eid Ul Fitr

## What is it?

Eid Ul Fitr is celebrated at the end of Ramadan. It begins when the new moon is in the sky.

## Why is it celebrated?

It marks the end of the month of fasting and a chance to renew faith.

## How is it celebrated?

- **Zakah is given on this day.**
- Cards are sent and houses decorated.
- Gifts and sweets are given to children.
- When the moon is sighted Muslims greet each other saying "Eid Mubarak" (meaning blessed Eid).
- The fast is broken by eating dates as they are sweet.
- In the morning men attend Eid prayers.
- Muslims will visit family and may visit cemeteries to pay respect to dead relatives.
- There is a special meal in the evening.
- In the UK Muslims are permitted the day off.

"Those who believe and do good, for them are gardens of bliss, to abide therein."  
(Quran 31:8,9)



## Why is Eid Ul Fitr important?

The festival has the same meaning for Sunni and Shia. They have just gone without food to show devotion to Allah and experience how hard life can be for some people who often go hungry. It also reminds them that:

- Allah is at the centre of everything – fasting is done for Allah.
- Time should not be wasted on material things in life but on prayer and reading the Quran – by giving things up for Ramadan you focus on becoming less selfish.
- Muslims should be polite, kind and generous to others.
- Their wealth is not their own and should be used as Allah commands, and benefit the community – by giving Zakah.

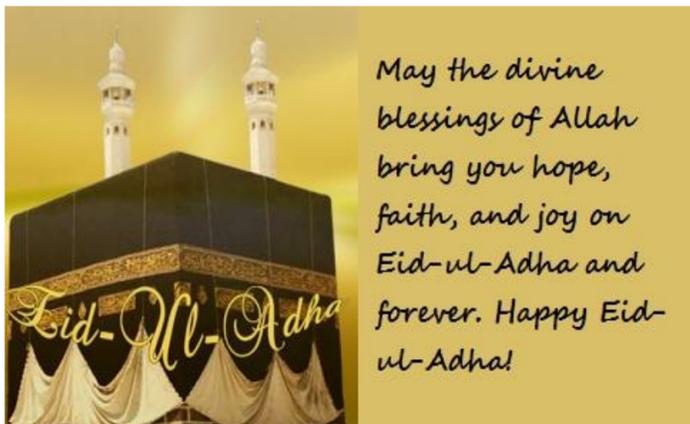
# The festival of Eid Ul Adha

## What is Eid Ul Adha?

The festival that takes place during the Hajj. It is known as the festival of sacrifice.

## Why is it celebrated?

It is linked to the story of the prophet Ibrahim who was asked by God to sacrifice his son Ishmael, who agreed. At the last minute Allah sent a ram to be killed instead, Muslims believe that God switched Ishmael with the ram as a miracle. It was a test of faith and Ibrahim passed. Muslims remember this story at Eid Ul Adha.



## Why is it important?

It reminds Muslims that Allah tests them in life.  
It remembers the prophet Ibrahim.

## How is it celebrated?

The most important part of the festival is the sacrifice of an animal such as a goat or lamb.

The meat is then shared out in thirds; one third to the family who paid for the animal, one third to family and friends, and the final third to the poor.

## The Sunnah of Eid.

The Sunnah are the examples of Muhammad that Muslims are expected to follow. Muslims who are not on Hajj will also celebrate Eid. Muslims prepare for Eid but dressing up in new clothes, completing the sunrise prayers. It is important to pray at the Mosque with other Muslims. There will be a special sermon at the Mosque. Finally Muslims will exchange gifts and share a meal.

# The festival of Ashura

## What is it?

The day of Ashura is marked by Muslims as a whole, but for Shia Muslims it is a major religious commemoration of the martyrdom at Karbala of Hussein, a grandson of the Prophet Muhammad.

## How is it celebrated?

### For Sunni Muslims

It is marked with a voluntary day of fasting which commemorates the day Noah left the Ark, and the day that Moses was saved from the Egyptians by God.

### For Shia Muslims

Ashura is a solemn day of mourning the martyrdom of Hussein in 680 AD.

- It is marked with mourning rituals and plays re-enacting his death.
- Shia men and women dressed in black also parade through the streets slapping their chests and chanting.
- Some Shia men seek to copy the suffering of Hussein by flagellating themselves with chains or cutting their foreheads until blood streams from their bodies.

Some Shia leaders and groups discourage the bloodletting, saying it creates a backward and negative image of Shia Muslims. Such leaders encourage people to donate blood.

## The importance of Ashura

### Historical

The killing of Hussein was an event that led to the split in Islam into- Sunnis and Shias.

In early Islamic history the Shia were a political faction (known as the "party of Ali") that supported Ali, son-in-law of the Prophet Mohammed and the fourth caliph (temporal and spiritual ruler) of the Muslim community. The great schism between Sunnis and Shias occurred when Imam Ali did not succeed as leader of the Islamic community at the death of the Prophet.

Ali was murdered in AD 661 and his chief opponent Muawiya became caliph (leader).

Caliph Muawiya was later succeeded by his son Yazid, but Ali's son Hussein refused to accept his legitimacy and fighting between the two resulted.

Hussein and his followers were massacred in battle at Karbala.

Both Ali's and Hussein's deaths gave rise to the Shia cult of martyrdom and to their sense of betrayal and struggle against injustice, oppression and tyranny.

### Shia

For Shia it is about never forgetting Hussein. It also reminds them to stand up for justice and a better society.