

The 5 Pillars of Islam

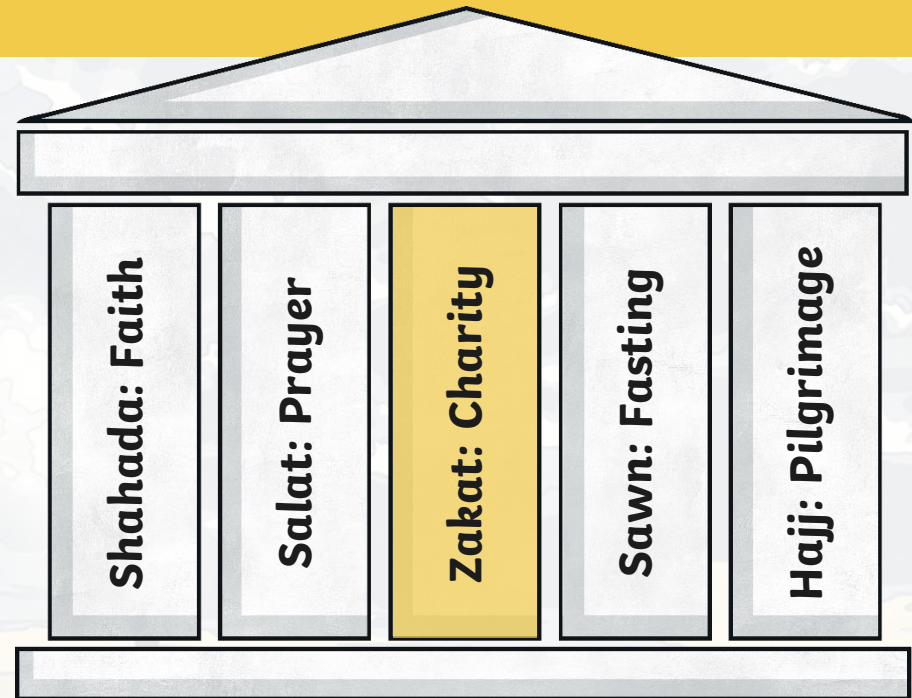
The 5 pillars of Islam are the rules that a Muslim must follow in order to be closer to God and lead a good life.

Today we are going to learn a little bit more about **Pillar 3 – Zakat (Charity)** and **Pillar 4 – Sawm (Fasting)**. Read through this PowerPoint about what these next 2 pillars of Islam represent.

Pillar 3: Zakat

Giving to charity or being charitable to others is a very important part of being a Muslim.

In fact, it is such an important part of Islam, it is the third of the Five Pillars and is called Zakat.



Giving Money

Many Muslims give donations of money to different charities around the world.

The money they give goes to help people less fortunate than themselves, such as people in war zones, or those who don't have enough to eat or drink.



Giving Food

Some Muslims in Bahrain leave packets of food, such as pasta and rice, in special collection boxes.

This is another form of charity that helps the poorer people living on the island.



Giving Clothing

Other Muslims give clothes and shoes. These are left in special collection points around the island.

This is another form of charity that goes to help the people who are less fortunate in the Kingdom of Bahrain.



Charity during Ramadan

Giving to charity becomes even more important during the month of Ramadan.

During this special month, Muslims make personal sacrifices through their fasting. Fasting helps them to remember those who go without food, shelter and water daily.



But What Can Children Do?

During Ramadan, children are encouraged to be charitable to others through their actions because they don't usually have money and other things to donate.



Being Charitable

Being charitable means to be compassionate towards others. This doesn't just mean giving money.

Prophet Muhammad (peace be upon him) himself said:
'when you smile to your brother's face, it is charity.'

There are many ways children can show charity to others.

This can be through doing good deeds for others and looking after yourself.



Good Deeds

There are many good deeds children can do, such as helping around the house or visiting older relatives.



Taking Care of Your Environment

Keeping your environment clean is another way of showing charity.

The Prophet Muhammad (peace be upon him) said:
'Removing harmful things from the road is an act of charity.'



So, What Will You Do?

Think about how you could show charity to other people in this holy month of Ramadan.

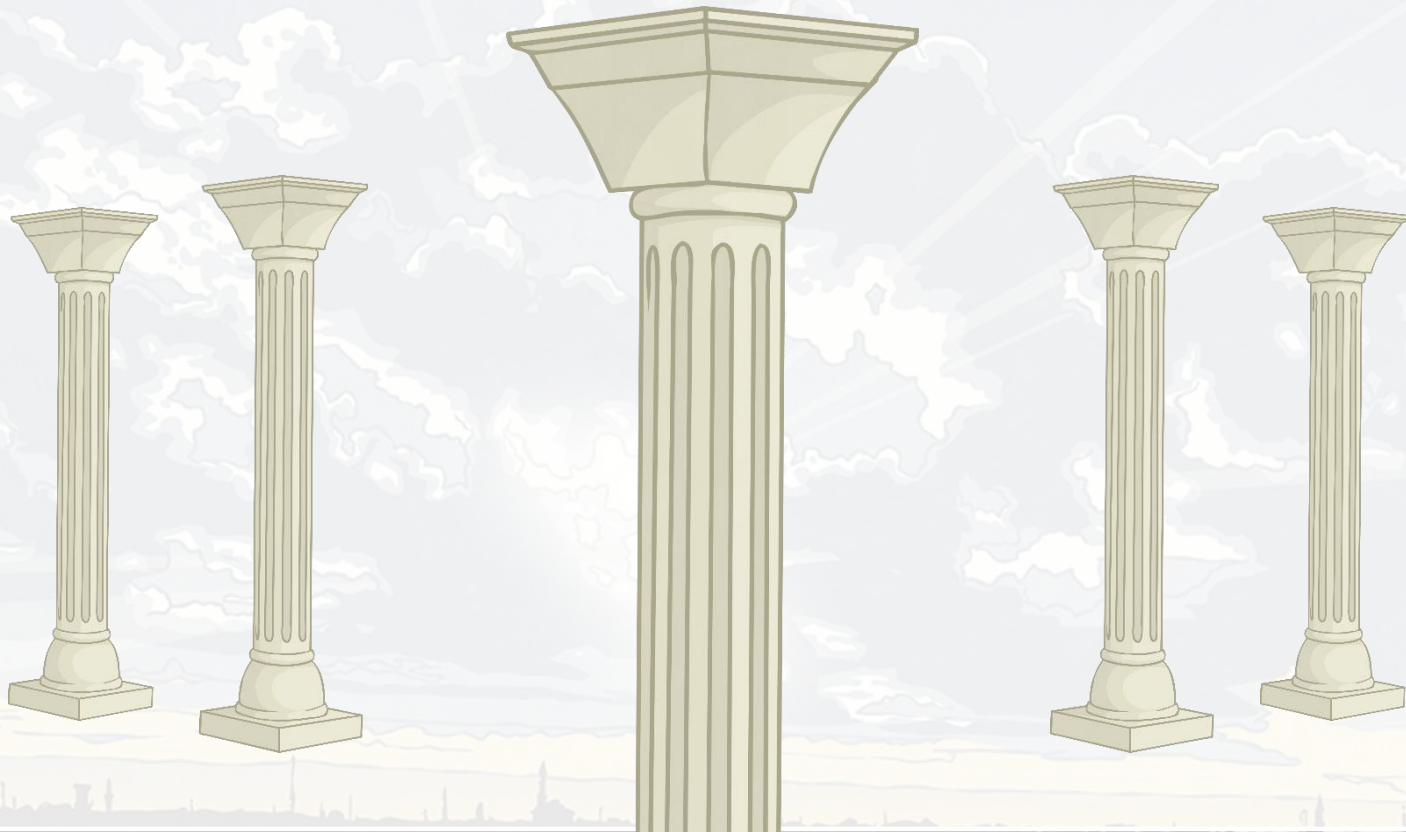
Remember: anyone can do a good deed and a good deed brightens a dark world!



Pillar 4: Fasting in Islam: Sawm

Muslims are expected to fast during the month of Ramadan.

This is known as Sawm and is one of the Five Pillars of Islam.



What Is Fasting?

Quickly note down an answer to this question.

If you finish quickly, explain why you think a religious person would fast.

I will ask some of you to share your responses in one minute.

Answer:

Fasting is abstaining from food and drink.
A religious person may fast to focus on
showing devotion or self-control.



Sawm in the Qur'an

The Qur'an makes it clear Muslims should fast during the month of Ramadan.

It also says that certain people do not have to fast, such as those who are too ill to fast. This is because Islam is not a religion that makes impossible or unfair demands on people.

**This shows
appreciation for
what God has
given you.**



What Happens During Ramadan?

Muslims fast from dawn till dusk.

During this time, Muslims cannot eat, drink or have sexual intercourse.

This can be very difficult. In 2016, Muslims living in Iceland had to fast for 21 hours!

Young children generally do not complete the full fast. However, they may fast for a few hours at a time to feel part of the event. As they get older, they will lengthen their fast and by the time they are teenagers many will complete the full fast.



Why Do Muslims Enjoy Ramadan?

Though Sawm is very challenging, Muslims often speak of it as an enjoyable event.

One reason for this is because it is a chance to focus on their religion. Many Muslims do this by using time they would have spent eating to perform religious activities. It is particularly popular to read the entire Qur'an during Ramadan.



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Another reason is because when Muslims break their fast, they do so surrounded by family and friends. These meals, known as iftar, are key social events.

Your task

Now think back to the first 4 pillars of Islam that we have learnt so far and tell somebody at home a fact about each one. Remember these are the rules that a Muslim must follow.

Pillar 1: Shahadah (the saying that all Muslims know off by heart)

Pillar 2: Salat (Prayer)

Pillar 3: Zakat (Charity)

Pillar 4: Sawm (Fasting)

Next lesson we will look at the 5th and final pillar of Islam: Hajj (Pilgrimage to Mecca).

Your task today is to make a poster showing a set of rules that you think would help to make Nottingham a better place! (Some ideas could be about: looking after the environment, being kind to others etc. Use our school rules to help you!).