ISLAM FOR EVERYONE

Pure and praying

From cleanliness and wudu to prayer, fasting and hajj

8 lessons

- Every lesson: a story about young people in three parts, with a talking question.
- A verse from the Quran or a hadith: Arabic, pronunciation and meaning.
- Six questions, Remember this, a word search and spot the 7 differences.

Fatih Koçoğlu

Islam voor Iedereen · special secondary education

Contents

1. **I worship Allah alone** · ibada
2. **Clean and pure** · tahara, ghusl and tayammum
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5. **The adhan** · the call to prayer
6. **How I pray** · the prayer step by step
7. **Fasting in Ramadan** · sawm
8. **The hajj** · the pilgrimage to Mecca

How to use a lesson

- Read the story together, part by part. Discuss the talking question.
- Read Did you know? and the verse: first the Arabic, then the pronunciation, then the meaning.
- Then: six questions, Remember this, and Think and write.
- Last page: word search and spot the 7 differences.

My worship at a glance

1. **Ibada: worship** — everything you do to please Allah
2. **Tahara: purity** — keeping your body, clothes and place clean; ghusl and tayammum
3. **Wudu: the small washing** — hands, mouth, nose, face, arms, head, ears, feet
4. **Salah: the prayer** — five times a day: fajr, dhuhr, asr, maghrib, isha
5. **The adhan** — the call to prayer, five times a day
6. **How I pray** — takbir, standing, ruku', sujud, sitting, salam
7. **Sawm: fasting** — in Ramadan, from dawn to sunset
8. **The hajj** — once in your life to Mecca, if you are able

Name: ..... **Date:** .....

I worship Allah alone

Lesson 1 · ibada

📖 **The story: I worship Allah alone**
Read together, part by part.

Part 1 – Is that worship too?

Zakaria is fifteen. Every Tuesday after school he helps his neighbour, Mr Peeters, with the shopping. Mr Peeters is eighty and walks with a stick. One day Zakaria's cousin Hiba asks: "Why do you actually do that? You get nothing for it." Zakaria shrugs. "It feels good." That Friday the imam says in his sermon: "Worship is not only praying and fasting. Everything you do to please Allah is worship. A smile, helping your parents, working honestly." Zakaria looks up in surprise. He thinks of Mr Peeters' heavy bags.

⭐ **Everything you do to please Allah is worship.**

worship = serving and honouring Allah · **sermon** = the imam's talk on Friday

Part 2 – Why are we here?

After the prayer Zakaria asks the imam to explain more. "Allah says in the Quran that He created people and jinn to worship Him," says the imam. "That is the purpose of our life. But worship is much wider than people think. Prayer, fasting and zakat are the fixed pillars. Besides that, every good deed with a good intention is also worship." Zakaria thinks. "So if I study for my exam so that later I can work well for my family?" "With the right intention: yes," laughs the imam. "Everything starts with the niyya, the intention."

⭐ **The purpose of our life is to worship Allah.**

purpose = what something exists for · **niyya** = intention in your heart

Part 3 – Allah alone

At home Zakaria tells Hiba. He also explains something else the imam added: "We worship only for Allah. Not for a person, not for money, not for likes." Hiba laughs. "Not for likes? Then I'll stop making my videos." "You may make videos," says Zakaria. "But when you do something good, do it for Allah, not to be seen." In every prayer we say it ourselves: Iyyaka na'budu wa iyyaka nasta'in. You alone we worship, and You alone we ask for help. On Tuesday Hiba goes with him to Mr Peeters. She doesn't make a video.

⭐ **We worship Allah alone, and we ask only Him for help.**

likes = thumbs-up on social media · **be seen** = want others to notice it

💬 **Let's talk:** Name three ordinary things that become worship when you do them with a good intention.

💡 Did you know? – Everything starts with the intention

- The first hadith in the collection of al-Bukhari says: “Deeds are judged by their intentions.”
- The five pillars of Islam are the fixed forms of worship: shahada, salah, zakat, sawm and hajj.
- Iyyaka na‘budu wa iyyaka nasta‘in is in Surah Al-Fatiha, which we recite in every rak‘a.

📖 From the Quran

Quran 51:56

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنسَ إِلَّا لِيَعْبُدُونِ

Wa maa khalaqtu l-jinna wa l-insa illaa li-ya’budun.

“I created the jinn and humans only to worship Me.”

I worship Allah alone

Lesson 1 · questions and writing

✔ Questions

Tick the correct answer.

1. Who does Zakaria help every Tuesday?

- ◯ his teacher
- ◯ neighbour Peeters

2. What is worship according to the imam?

- ◯ only the prayer
- ◯ everything to please Allah

3. What is the intention in your heart called?

- ◯ qibla
- ◯ niyya

4. For whom do we worship?

- ◯ only for Allah
- ◯ for our friends

5. In which surah is Iyyaka na‘budu?

- ◯ Al-Ikhlas
- ◯ Al-Fatiha

6. What does Hiba not do at Mr Peeters’?

- ◯ make a video
- ◯ help

☆ **Remember this:** Every good deed with a good intention is worship.

✍ Think and write

Answer in a few sentences.

1. Which ordinary things that you already do could be worship?

2. What does it mean to do something to be seen? Why is that not worship?

Puzzles

Lesson 1 · I worship Allah alone

🔤 Word search

Find the words: from left to right and from top to bottom.

I	H	E	L	P	S	E	R	M	O	N
E	Y	P	R	A	Y	E	R	S	R	E
M	K	M	H	N	G	L	I	K	E	S
N	E	I	G	H	B	O	U	R	I	R
W	N	U	P	M	R	I	A	P	P	W
H	I	O	U	E	E	H	I	B	A	O
I	Y	H	R	U	I	M	A	M	A	R
S	Y	H	P	N	E	S	O	H	A	S
S	A	E	O	O	R	E	I	P	P	H
B	B	S	S	A	R	P	Y	L	R	I
S	I	H	E	A	O	P	R	Y	R	P

☐ NEIGHBOUR ☐ WORSHIP ☐ PURPOSE ☐ SERMON ☐ PRAYER ☐ NIYYA ☐ LIKES
☐ IMAM ☐ HIBA ☐ HELP

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Name: ..... Date: .....

Clean and pure

Lesson 2 · tahara, ghusl and tayammum

📖 The story: Clean and pure

Read together, part by part.

Part 1 – After training

Nassim comes home from football training. His socks smell, his shirt sticks to him. He throws his bag in the hall and wants to start gaming right away. “Shower first,” says his mother. “It’s maghrib in half an hour.” Nassim sighs. “Mum, Allah looks at my heart, not at my socks.” His mother laughs. “Allah looks at your heart, yes. But the Prophet also said: purity is half of faith. A Muslim takes care of his heart and of his body.” Nassim goes to shower. Under the warm water he thinks that it actually feels good, so fresh.

☆ Purity is half of faith.

purity = being clean, inside and out · **stream** = water coming out of the shower

Part 2 – What is ghusl?

That evening Nassim asks his father what the difference is between showering and ghusl. “Ghusl is the big washing,” says his father. “You wash your whole body, from your head to your feet, with the intention of becoming pure. It is required in certain situations, for example when a boy or girl becomes an adult and the body changes. You learn that better from your parents or your teacher, because there are clear rules for it.” He also tells him it is good to take a bath on Friday before the Friday prayer. “The Prophet liked to do that. Clean clothes, a fresh body, a little perfume.”

☆ Ghusl is the big washing of the whole body.

become an adult = your body grows from child to adult · **perfume** = something that smells nice

Part 3 – No water?

In the summer Nassim goes camping with his cousins in the Ardennes. One day they walk far and the water in their bottles runs out. It is time for asr. “How do we do wudu now?” asks his cousin. Nassim knows: “Tayammum! If there is no water, or if you are ill and may not use water, you strike your hands on clean earth or a stone. Then you wipe your face and your hands.” He shows them. His cousin looks surprised. “Where did you learn that?” Nassim grins. “From my father. One evening after football.”

☆ No water? Then you do tayammum with clean earth.

clean = not dirty · **tayammum** = dry purification with earth or stone

💬 **Let’s talk:** Why do you think it is important to be clean when you are together with other people?

💡 Did you know? – Three kinds of purification

- Wudu is the small washing for the prayer. Ghusl is the big washing of the whole body.
- Tayammum replaces wudu or ghusl if there is no water, or if water is harmful for someone who is ill.
- Islam also asks you to keep your clothes, your home and the place where you pray clean.

📖 From the Quran

Quran 2:222

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

Inna llaaha yuhibbu t-tawwaabina wa yuhibbu l-mutatahhirin.

“Allah loves those who repent, and He loves those who purify themselves.”

Clean and pure

Lesson 2 · questions and writing

✔ Questions

Tick the correct answer.

1. Where does Nassim come from?

- ◯ from football training
- ◯ from school

2. What is half of faith?

- ◯ money
- ◯ purity

3. What is ghusl?

- ◯ the small washing
- ◯ the big washing

4. On which day is a bath good before the prayer?

- ◯ Monday
- ◯ Friday

5. Where does Nassim go camping?

- ◯ in the Ardennes
- ◯ at the seaside

6. What do you do if there is no water?

- ◯ tayammum
- ◯ nothing

☆ **Remember this:** Wudu, ghusl and tayammum make you pure for the prayer.

✍ Think and write

Answer in a few sentences.

1. What is the difference between wudu, ghusl and tayammum?

2. Why do you think cleanliness belongs to faith?

Puzzles

Lesson 2 · Clean and pure

🔤 Word search

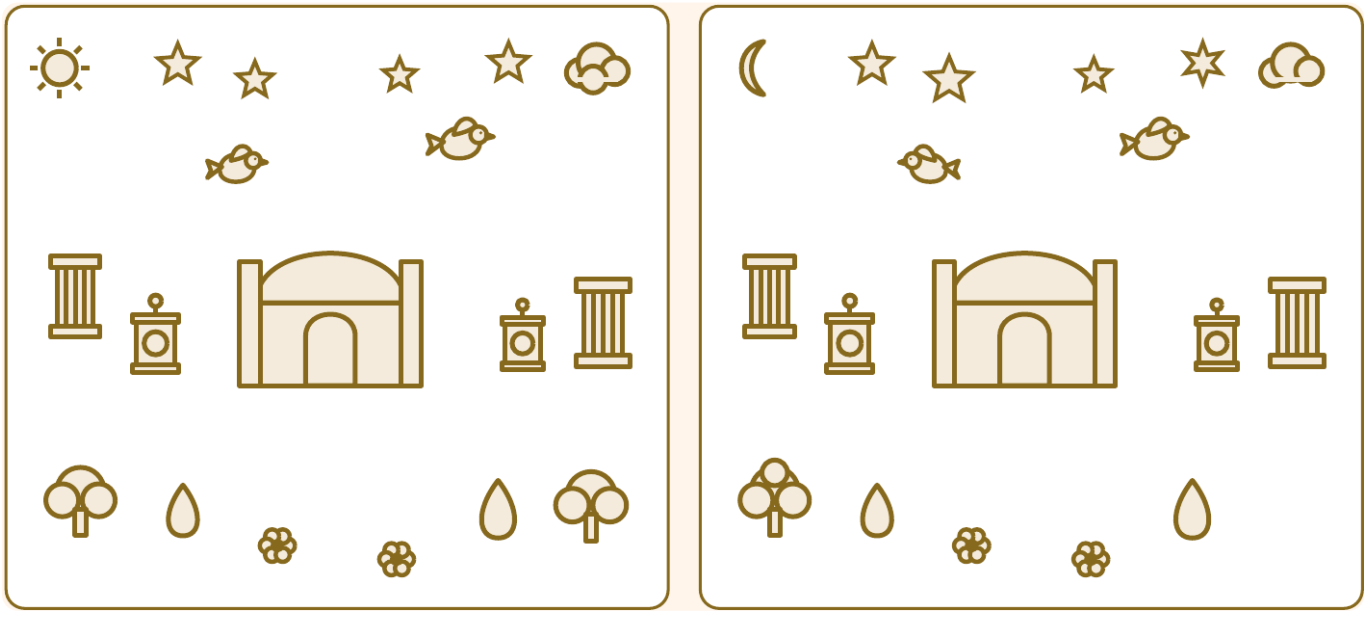
Find the words: from left to right and from top to bottom.

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W	U	A	M	P	A	M	M	P	A	T
A	A	Y	A	N	G	F	H	Y	N	G
A	O	A	S	H	O	W	E	R	I	H
E	Y	M	S	A	R	L	H	Y	M	U
S	E	M	U	F	R	I	D	A	Y	S
R	W	U	D	U	C	Y	L	A	R	L
W	U	M	P	Y	M	I	H	L	M	L
S	C	L	E	A	N	P	U	R	E	R
P	U	P	P	N	A	S	S	I	M	P

☐ TAYAMMUM ☐ SHOWER ☐ NASSIM ☐ FRIDAY ☐ CLEAN ☐ GHUSL ☐ EARTH ☐ PURE ☐ WUDU ☐ CAMP

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Name: ..... Date: .....

Wudu step by step

Lesson 3 · the small washing

📖 **The story: Wudu step by step**
Read together, part by part.

Part 1 – Too fast

Ayoub is fourteen. He always does his wudu in thirty seconds. A bit of water on his face, quickly over his arms, done. One evening his grandfather stands next to him at the sink. “You forgot to wash your elbows,” says Grandpa calmly. “And you only did half of your feet.” Ayoub turns red. “I’m in a hurry, Grandpa.” Grandpa smiles. “Do you know what the Prophet said? Whoever does wudu well, his small sins fall away with the water, even from under his nails.” Ayoub looks at the water in the sink. “Then I’ll do it again,” he says. “Slowly.”

⭐ **Whoever does wudu well also washes away his small sins.**

sink = washbasin · **sins** = bad deeds

Part 2 – Grandpa shows how

Grandpa begins. “First the niyya, in your heart: I am doing wudu for the prayer. Then you say Bismillah.” He washes his hands three times, up to the wrists. Then he takes water in his right hand and rinses his mouth and his nose three times. He washes his face three times, from the hairline to the chin and from ear to ear. Then his right arm up to and including the elbow, three times, and then the left. “Now the head,” says Grandpa. With wet hands he wipes once over his hair. With his fingers he washes his ears. Last come the feet, up to and including the ankles: first right, then left.

⭐ **Hands, mouth, nose, face, arms, head, ears, feet.**

wrist = where your hand joins your arm · **ankle** = the bone between your foot and your leg

Part 3 – A minute for Allah

Ayoub tries. It takes almost two minutes. “Too long,” he mutters. “You shouldn’t overdo it either,” says Grandpa. “The Prophet used little water. Waste nothing, not even with a full tap.” Ayoub turns the tap down a little. After a week it goes by itself. He notices something else: after a calm wudu he feels calmer. When he is angry with his brother, he sometimes even goes to do wudu, even if it is not prayer time. “The cold water cools my head,” he says. Grandpa nods, satisfied. “Wudu is more than washing. It is getting ready to speak with Allah.”

⭐ **Wudu gets you ready to speak with Allah.**

overdo = do too much · **waste** = use more than you need

💬 **Let’s talk:** When could wudu help you to calm down?

💡 **Did you know? – When do you have to redo wudu?**

- Wudu is no longer valid after using the toilet, passing wind, deep sleep or fainting.
- With one wudu you may pray several prayers, as long as it stays valid.
- After wudu many Muslims say the shahada: Ashhadu an la ilaha illallah ...

📖 **Hadith**

Muslim

مَنْ تَوَضَّأَ فَأَحْسَنَ الْوُضُوءَ خَرَجَتْ خَطَايَاهُ مِنْ جَسَدِهِ حَتَّى تَخْرُجَ مِنْ تَحْتِ أَظْفَارِهِ

Man tawadda'a fa-ahsana l-wudu', kharajat khataayaahu min jasadihi hattaa takhruja min tahti adhfaarih.

"Whoever does wudu and does it well, his small sins leave his body, even from under his nails."

Wudu step by step

Lesson 3 · questions and writing

✔ Questions

Tick the correct answer.

1. How long did Ayoub’s wudu take at first?

- ◯ thirty seconds
- ◯ ten minutes

2. What did Ayoub forget to wash?

- ◯ his elbows
- ◯ his hands

3. What do you do first in wudu?

- ◯ wash the feet
- ◯ the niyya and Bismillah

4. How many times do you wipe over your head?

- ◯ once
- ◯ three times

5. What do you do last?

- ◯ wash the feet
- ◯ rinse the mouth

6. How does Ayoub feel after a calm wudu?

- ◯ calmer
- ◯ angrier

☆ **Remember this:** Wudu: hands, mouth, nose, face, arms, head, ears, feet.

✍ Think and write

Answer in a few sentences.

1. Write the steps of wudu in the right order.

2. Why is wasting water not good, even during wudu?

Puzzles

Lesson 3 · Wudu step by step

🔤 Word search

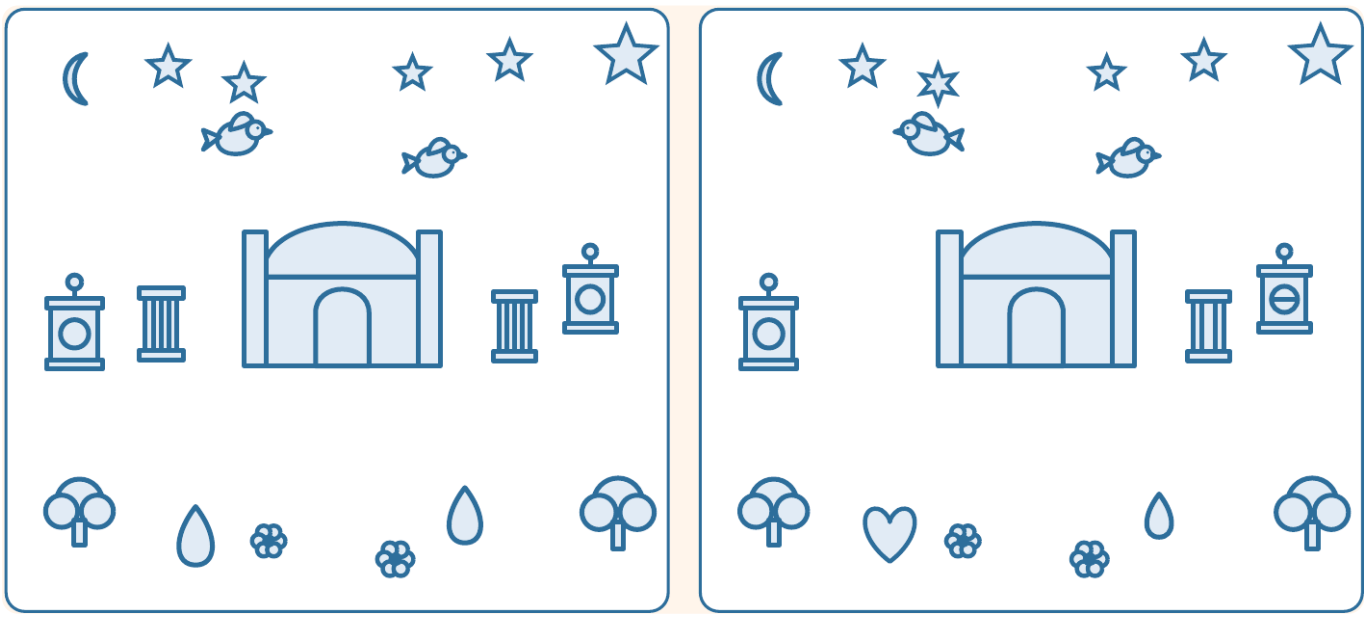
Find the words: from left to right and from top to bottom.

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T	D	E	C	O	C	S	U	A	U	C
M	T	F	A	S	D	A	D	D	A	E
O	G	S	A	E	G	G	U	N	N	S
U	D	T	E	S	R	F	F	E	E	T
T	R	E	E	A	A	G	O	E	D	S
H	O	A	H	A	N	D	S	E	A	C
A	S	R	D	D	D	E	N	E	U	N
A	S	S	G	M	P	N	A	S	S	D
A	R	M	S	E	A	E	D	D	S	A

☐ GRANDPA ☐ HANDS ☐ MOUTH ☐ WUDU ☐ NOSE ☐ FACE ☐ ARMS ☐ HEAD ☐ EARS ☐ FEET

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Name: ..... Date: .....

Why do we pray?

Lesson 4 · the importance of prayer

📖 **The story: Why do we pray?**
Read together, part by part.

Part 1 – Five times, really?

Ines is sixteen and doing a work placement in a hair salon. Her colleague Lotte sees her unroll a prayer mat in the storeroom at midday. “Five times a day? Every day?” asks Lotte. “How do you keep that up?” Ines laughs. “It only takes a few minutes. Just like you look at your phone every so often, I look to Allah for a moment.” Lotte has to laugh. “That’s a good comparison.” Ines rolls up her mat. Actually she used to find it hard herself. Especially fajr, so early. Her grandmother said then: “The prayer is your appointment with Allah. You don’t forget an appointment.”

☆ **The prayer is your appointment with Allah, five times a day.**

hair salon = shop where people get their hair cut · **storeroom** = room for supplies

Part 2 – The five prayers

That week Ines explains it to Lotte, with her phone. “Fajr is before sunrise. Dhuhr is after midday. Asr is in the afternoon. Maghrib is just after sunset. Isha is in the evening, when it is dark.” She shows an app with the prayer times. “In summer isha is sometimes very late, in winter dhuhr is already early.” Lotte asks why there are exactly five. Ines tells her the story of the night journey: there the Prophet received the prayer as a gift. “The prayer is the second pillar of Islam. It is the first thing a person will be asked about on the Last Day.”

☆ **Fajr, dhuhr, asr, maghrib and isha.**

sunrise = when the sun comes up · **be asked** = be questioned

Part 3 – What the prayer does to you

On a busy Saturday everything goes wrong in the salon. A customer shouts, the hairdryer breaks, Ines is tired and angry. At four o’clock she goes to the storeroom for asr. When she comes back she is calmer. Lotte notices it. “You’ve changed in five minutes.” Ines thinks. “The prayer takes me away from everything for a moment. And it helps me not to say stupid things.” She remembers a verse: the prayer keeps you away from what is bad. That same evening Lotte sends her a message: “I’m also going to do nothing for five minutes a day. In my own way.” Ines sends back a heart.

☆ **The prayer keeps you away from bad things.**

hairdryer = machine to dry hair · **changed** = become different

💬 **Let’s talk:** What helps you to pray on time, even when you are busy?

💡 Did you know? – The prayer in Islam

- The prayer became obligatory during the night journey (al-Isra’ wal-Mi‘raj), about a year before the hijra.
- On Friday men pray the Friday prayer in the mosque, with a sermon (khutba).
- Whoever is ill may pray sitting or lying down. The prayer never falls away completely.

📖 From the Quran

Quran 29:45

إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنكَرِ

Inna s-salaata tanhaa ’ani l-fahshaa’i wa l-munkar.

“The prayer keeps a person away from shameful and evil things.”

Why do we pray?

Lesson 4 · questions and writing

✔ Questions

Tick the correct answer.

1. Where does Ines do her work placement?

- ◯ in a hair salon
- ◯ in a school

2. What did Grandma say about the prayer?

- ◯ it is difficult
- ◯ it is your appointment with Allah

3. When is maghrib?

- ◯ before sunrise
- ◯ just after sunset

4. Which pillar is the prayer?

- ◯ the fifth
- ◯ the second

5. When did the Prophet receive the prayer?

- ◯ during the night journey
- ◯ in the cave of Hira

6. How is Ines after asr?

- ◯ angrier
- ◯ calmer

☆ **Remember this:** Five prayers a day: fajr, dhuhr, asr, maghrib, isha.

✍ Think and write

Answer in a few sentences.

1. What helps you not to forget a prayer?

2. How can the prayer help someone to stay calm?

Puzzles

Lesson 4 · Why do we pray?

🔤 Word search

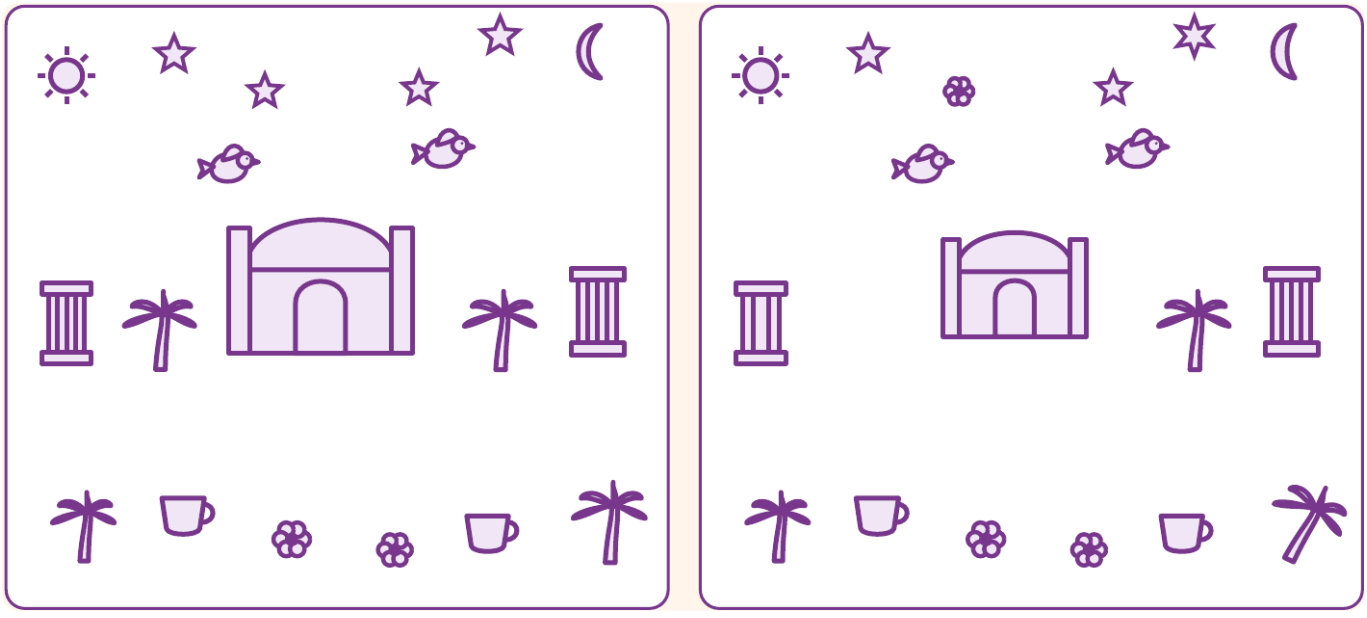
Find the words: from left to right and from top to bottom.

F	S	A	L	A	H	L	N	A	A	L
R	H	I	T	R	R	H	N	T	P	S
S	D	H	U	H	R	R	O	T	P	L
A	T	M	A	G	H	R	I	B	O	H
L	R	I	I	N	H	N	I	R	I	H
O	E	T	L	O	T	G	S	B	N	M
N	F	A	J	R	M	H	H	N	T	H
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A	S	L	O	T	T	E	S	L	E	E
S	D	A	T	S	L	O	G	B	N	S
R	P	A	A	H	L	S	S	S	T	T

☐ APPOINTMENT ☐ MAGHRIB ☐ SALAH ☐ DHUHR ☐ LOTTE ☐ SALON ☐ FAJR
☐ ISHA ☐ INES ☐ ASR

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Name: ..... Date: .....

The adhan

Lesson 5 · the call to prayer

📖 **The story: The adhan**

Read together, part by part.

Part 1 – A voice in the corridor

On the school trip to Antwerp the class is staying in a youth hostel. In the evening everyone suddenly hears a voice in the corridor: “Allahu akbar, Allahu akbar.” It is Omar, a quiet boy from the class. He is calling the adhan for the boys who want to pray. The others look surprised. “What is he singing?” asks Jente. “It isn’t a song,” Omar says later. “It is the call to prayer. I’m the only one here who can do it.” Jente finds it beautiful. “So calm,” she says. Omar blushes a little. Normally he is never that loud.

☆ **The adhan calls Muslims to prayer five times a day.**

youth hostel = hotel for groups of young people · **call** = asking people to come

Part 2 – How it began

The next day Ms Nadia tells the story. In Medina the Muslims did not really know how to call each other to the prayer. Someone suggested a bell, another a horn, yet another a fire. Then a companion, Abdullah ibn Zayd, had a dream. A man taught him the words of the adhan. He told the Prophet. “That is a true dream,” said the Prophet. “Teach the words to Bilal, for he has a strong and beautiful voice.” That is how Bilal became the first mu’adhdhin. Umar, by the way, had had the same dream.

☆ **Bilal was the first to call the adhan.**

companion = friend and follower of the Prophet · **mu’adhdhin** = the one who calls the adhan

Part 3 – What do the words mean?

Ms Nadia writes the words on the board. Allahu akbar: Allah is the greatest. Ashhadu an la ilaha illallah: I bear witness that there is no god but Allah. Ashhadu anna Muhammadan rasulullah: I bear witness that Muhammad is the messenger of Allah. Hayya ‘ala s-salah: come to the prayer. Hayya ‘ala l-falah: come to success. “Come to success,” repeats Jente. “That’s a beautiful thought.” At fajr one more sentence is added: prayer is better than sleep. The whole class laughs. “My mum could call that every morning too,” says Omar.

☆ **Hayya ‘ala l-falah: come to success.**

bear witness = say that you know something for sure · **success** = doing well, achieving

💬 **Let’s talk:** Why do you think the adhan says “come to success”?

💡 Did you know? – The adhan and the iqama

- The adhan sounds five times a day, from the minaret or in the mosque.
- Just before the prayer begins, the iqama is called: a shorter call with the same words.
- Whoever hears the adhan quietly repeats the words. At hayya ‘ala he says: la hawla wa la quwwata illa billah.

📖 Hadith

the beginning of the adhan

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ أَشْهَدُ أَنْ لَا إِلٰهَ إِلَّا اللَّهُ أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ

Allaahu akbar, Allaahu akbar. Ashhadu an laa ilaaha illa llaah. Ashhadu anna Muhammadan rasulu llaah.

“Allah is the greatest. I bear witness that there is no god but Allah. I bear witness that Muhammad is the messenger of Allah.”

The adhan

Lesson 5 · questions and writing

✔ Questions

Tick the correct answer.

1. Where is the class staying?

- ◯ in a youth hostel
- ◯ in a hotel

2. Who calls the adhan in the corridor?

- ◯ Omar
- ◯ Jente

3. Who had the dream about the adhan?

- ◯ Abdullah ibn Zayd
- ◯ Abu Bakr

4. Who became the first mu’adhdhin?

- ◯ Bilal
- ◯ Umar

5. What does hayya ‘ala s-salah mean?

- ◯ come to the prayer
- ◯ Allah is the greatest

6. Which sentence is added at fajr?

- ◯ come to eat
- ◯ prayer is better than sleep

☆ **Remember this:** Allahu akbar: Allah is the greatest.

✍ Think and write

Answer in a few sentences.

1. Which sentence of the adhan do you find most beautiful? Why?

2. Why did the Prophet choose Bilal to call the adhan?

Puzzles

Lesson 5 · The adhan

🔤 Word search

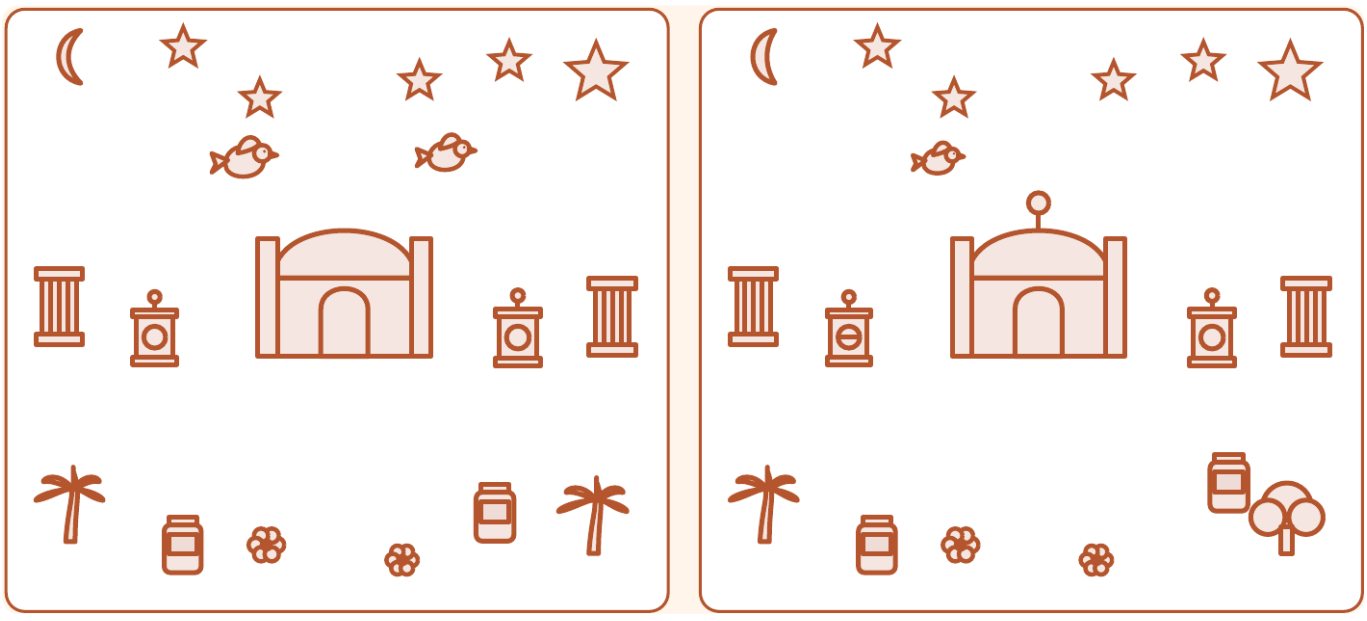
Find the words: from left to right and from top to bottom.

I	O	A	I	I	Q	A	M	A	N	T
A	A	Q	M	C	U	A	C	A	L	L
N	A	I	A	R	S	D	H	L	O	O
A	M	A	D	E	C	O	R	M	R	A
E	O	A	H	V	E	R	D	I	O	S
A	M	A	A	R	C	O	R	N	C	U
E	A	Q	N	E	A	Y	E	A	S	C
P	R	A	Y	E	R	N	A	R	A	C
Y	L	Q	A	M	P	E	M	E	C	E
A	L	A	V	O	I	C	E	T	B	S
E	D	L	P	B	B	I	L	A	L	S

☐ MINARET ☐ SUCCESS ☐ PRAYER ☐ ADHAN ☐ BILAL ☐ DREAM ☐ VOICE ☐ IQAMA ☐ CALL ☐ OMAR

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Name: ..... Date: .....

How I pray

Lesson 6 · the prayer step by step

📖 **The story: How I pray**
Read together, part by part.

Part 1 – Before you begin

Youssef is seventeen and works in a warehouse in the summer. A new colleague, Ali, has only just become Muslim. “Can you show me how you pray?” he asks. “I’m embarrassed to ask in the mosque.” Youssef nods. “First the conditions. You have done wudu. Your body, your clothes and the place are clean. Your body is covered as it should be. It is prayer time. And you face the qibla, the direction of the Ka‘ba.” Ali takes his phone and finds the direction with a compass app. “South-east,” he says. “Great,” laughs Youssef. “Then you begin with the niyya in your heart.”

☆ **Wudu, clean, covered, on time, facing the qibla: then you can pray.**

condition = something that must be in order first · **qibla** = the direction of the Ka‘ba

Part 2 – Standing, bowing, prostrating

Youssef shows it calmly. He raises his hands to his ears and says: Allahu akbar. That is the takbir. Standing, he recites Al-Fatiha and then a short surah. With Allahu akbar he bends forward, hands on his knees: the ruku‘. “Subhana rabbiya l-‘azim,” he says softly. He stands up straight again and says: “Sami‘a llahu liman hamidah.” Then he kneels and places his forehead, nose, hands, knees and toes on the ground: the sujud. “Subhana rabbiya l-a‘la.” He sits briefly and does a second sujud. “That was one rak‘a,” he says.

☆ **Takbir, standing, ruku‘, sujud: that is how one rak‘a goes.**

recite = read aloud or quietly from the Quran · **rak‘a** = one round in the prayer

Part 3 – Sitting and salam

“After two rak‘as you sit down,” Youssef explains, “and you say the tashahhud: the testimony.” In the last sitting he also says a blessing on the Prophet. Then he turns his head to the right: “As-salamu ‘alaykum wa rahmatullah.” And to the left: the same. “Done.” Ali looks worried. “That’s a lot to remember.” “It took me years too,” says Youssef. “The Prophet said: pray as you see me pray. Watch, copy, and learn a little more every week.” That Friday they go to the mosque together. Ali stands next to Youssef in the row. He is no longer afraid.

☆ **Pray as the Prophet prayed: watch, copy and learn step by step.**

tashahhud = the testimony while sitting · **worried** = a little anxious

💬 **Let’s talk:** How would you help someone who still has to learn the prayer, without making him feel ashamed?

💡 Did you know? – How many rak‘as?

- Fajr has 2 rak‘as, dhuhr 4, asr 4, maghrib 3 and isha 4. Together that makes 17 obligatory rak‘as a day.
- In sujud seven body parts touch the ground: forehead with nose, two hands, two knees and the toes of both feet.
- There are small differences between the schools of law, for example where you hold your hands. They are all based on the sunna.

📖 Hadith

Al-Bukhari

صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

Sallu kamaa ra’aytumuni usalli.

“Pray as you see me pray.”

How I pray

Lesson 6 · questions and writing

✔ Questions

Tick the correct answer.

1. Where does Youssef work in the summer?

- ◯ in a warehouse
- ◯ in a restaurant

2. What is the qibla?

- ◯ a prayer mat
- ◯ the direction of the Ka‘ba

3. What do you say at the takbir?

- ◯ As-salamu ‘alaykum
- ◯ Allahu akbar

4. What is bowing with hands on the knees called?

- ◯ ruku‘
- ◯ sujud

5. How many rak‘as does maghrib have?

- ◯ four
- ◯ three

6. How do you end the prayer?

- ◯ with Bismillah
- ◯ with the salam

☆ **Remember this:** Pray as the Prophet prayed.

✍ Think and write

Answer in a few sentences.

1. How would you help Ali to learn the prayer?

2. What are the conditions for the prayer?

Puzzles

Lesson 6 · How I pray

🔤 Word search

Find the words: from left to right and from top to bottom.

I	F	D	Y	T	A	A	S	S	I	T
R	A	A	O	A	U	A	U	E	S	U
A	T	Q	U	K	U	J	J	E	I	F
K	I	H	S	B	Q	S	U	A	T	F
A	H	S	S	I	I	U	D	I	T	Y
H	A	U	E	R	B	A	L	T	I	S
A	S	A	F	Q	L	F	R	T	N	U
Y	G	S	A	L	A	M	B	L	G	A
A	L	I	M	Q	I	R	U	K	U	R
K	T	E	B	K	S	I	A	A	S	B
A	Y	S	B	A	H	L	R	T	I	R

☐ YOUSSEF ☐ SITTING ☐ TAKBIR ☐ FATIHA ☐ SUJUD ☐ QIBLA ☐ SALAM ☐ RUKU ☐ RAKA ☐ ALI

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.





Name: ..... Date: .....

Fasting in Ramadan

Lesson 7 · sawm

📖 **The story: Fasting in Ramadan**
Read together, part by part.

Part 1 – The first day

It is the first day of Ramadan. Malak is fifteen and this year she is fasting the whole month for the first time. At half past four she quickly eats a sandwich and drinks water: the suhur. At school she smells chips in the canteen. Her stomach rumbles. “Why are you doing this?” asks her friend Emma. Malak thinks. “Allah asks it. And I learn to be strong. If I can say no to chips, I can also say no to other things.” Emma laughs. “Then I’ll eat somewhere else today.” Malak finds that sweet. She feels less alone.

⭐ **Fasting teaches you to be strong and to say no.**

suhur = the meal before dawn · **canteen** = dining hall at school

Part 2 – What is fasting?

At home her mother explains exactly what fasting is. “From dawn to sunset you don’t eat or drink. But you also fast with your tongue, your eyes and your hands: no gossiping, no lying, no swearing.” She counts on her fingers who does not have to fast: the sick, travellers, pregnant women, old people who cannot manage it, and children who are not yet adults. “Whoever misses a day makes it up later if possible.” At nine minutes to six the maghrib adhan sounds on the phone. Malak breaks her fast with a date and a glass of water, as the Prophet did. The iftar has begun.

⭐ **You also fast with your tongue, your eyes and your hands.**

dawn = the first light of the morning · **iftar** = the meal at sunset

Part 3 – The last nights

In the last ten nights Malak stays up a little longer with her mother to pray. Somewhere in those nights is Laylat al-Qadr, the Night of Decree. On that night the Quran was revealed for the first time. “That night is better than a thousand months,” says her mother. Malak asks Allah for health for her grandfather, and for a work placement. At the end of the month the family gives zakat al-fitr, a small gift for the poor, so that they can also celebrate. Then it is ‘Eid al-Fitr. Malak puts on her new dress and brings a box of biscuits to Emma.

⭐ **Laylat al-Qadr is better than a thousand months.**

decree = what Allah decides · **gift** = something you give for free

💬 **Let’s talk:** What do you find hardest about fasting: the food, the drink or your tongue?

💡 Did you know? – The month of Ramadan

- Ramadan is the ninth month of the Islamic calendar. It begins when the new moon is seen.
- Because the lunar calendar is shorter, Ramadan comes about eleven days earlier every year.
- Fasting is the fourth pillar of Islam. Whoever is ill does not have to fast: health comes first.

📖 From the Quran

Quran 2:183

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

Yaa ayyuha lladhina aamanu kutiba ’alaykumu s-siyaamu kamaa kutiba ’ala lladhina min qablikum la’allakum tattaqun.

“You who believe: fasting has been prescribed for you, as it was prescribed for those before you, so that you may become mindful of Allah.”

Fasting in Ramadan

Lesson 7 · questions and writing

✔ Questions

Tick the correct answer.

1. What is the meal before dawn called?

- ◯ iftar
- ◯ suhur

2. What does Malak smell in the canteen?

- ◯ pizza
- ◯ chips

3. Who does not have to fast?

- ◯ the sick and travellers
- ◯ everyone must fast

4. What does Malak break her fast with?

- ◯ a chip
- ◯ a date and water

5. On which night was the Quran first revealed?

- ◯ the night of ‘Eid
- ◯ Laylat al-Qadr

6. What does Malak bring to Emma?

- ◯ a dress
- ◯ a box of biscuits

☆ **Remember this:** Fasting: from dawn to sunset, with your whole body.

✍ Think and write

Answer in a few sentences.

1. What do you learn from fasting, besides not eating?

2. Why should sick people not fast?

Puzzles

Lesson 7 · Fasting in Ramadan

🔤 Word search

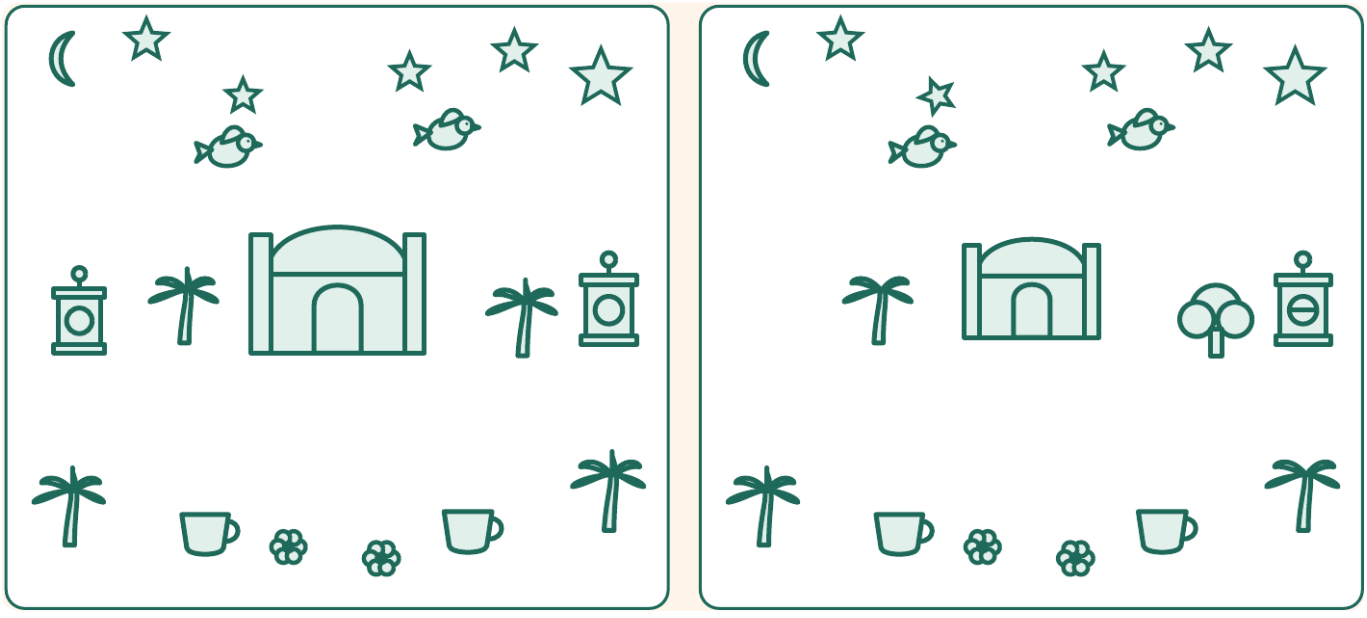
Find the words: from left to right and from top to bottom.

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M	G	O	F	M	R	N	N	T	H	A
S	I	O	A	F	A	F	U	R	A	M
F	D	N	S	D	A	F	D	G	Q	E
D	D	R	T	R	Q	N	A	M	T	M
U	K	H	I	T	Q	A	D	R	M	M
O	E	A	N	F	I	T	R	T	A	A
I	A	R	G	I	F	T	A	R	L	A
O	S	I	N	R	O	K	A	T	A	H
A	R	A	M	A	D	A	N	A	K	A
R	S	U	H	U	R	T	A	O	A	I

☐ RAMADAN ☐ FASTING ☐ SUHUR ☐ IFTAR ☐ MALAK ☐ DATE ☐ EMMA ☐ QADR ☐ FITR ☐ MOON

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Name: ..... **Date:** .....

The hajj

Lesson 8 · the pilgrimage to Mecca

📖 **The story: The hajj**
Read together, part by part.

Part 1 – Aunt Fatma leaves

Aunt Fatma is going on hajj this year. She has saved for it for twenty years. The evening before she leaves, the whole family comes round. Sami is fifteen and looks at her suitcase: two white cloths, a small prayer mat, sandals and a little book of du'as. "Is that all?" he asks. "On hajj you don't need much," says Aunt Fatma. She asks everyone to forgive her for mistakes she ever made. Sami finds that strange and beautiful at the same time. "Why do you do that?" "I want to leave with a light heart," she says. "Without quarrels in my luggage."

☆ **You leave for hajj with a light heart.**

save = put money aside for later · **luggage** = what you take on a journey

Part 2 – In Mecca

Every evening Aunt Fatma sends a message with photos. In Mecca she wears the ihram: simple clothing. Men wear two white cloths, so that everyone is equal, rich or poor. She does the tawaf: seven times around the Ka'ba. Then she walks seven times between the hills of Safa and Marwa, as Hajar once did when she was looking for water for her son Isma'il. "It's busy," she writes. "Millions of people, from all countries, all colours. And yet my heart is quiet." Sami shows the photos to his class. His English teacher finds them impressive.

☆ **Seven times around the Ka'ba, seven times between Safa and Marwa.**

ihram = the state and clothing of the pilgrim · **tawaf** = going around the Ka'ba

Part 3 – The day of Arafa

On the ninth day of the month of Dhul-Hijja, Aunt Fatma stands on the plain of Arafa. That is the most important moment of the hajj. She prays the whole afternoon, until the sun sets. At home Sami fasts that day, because fasting on the day of Arafa is a beautiful sunna for those who are not on hajj. The next day is 'Eid al-Adha, the feast of sacrifice. Two weeks later Aunt Fatma is back at the door. She is tired, but she is glowing. She has brought a little bottle of zamzam water for everyone. "What was the most beautiful thing?" asks Sami. She thinks for a long time. "That no one there was better than anyone else."

☆ **Arafa is the heart of the hajj.**

plain = large flat piece of land · **glow** = look very happy

💬 **Let's talk:** Aunt Fatma asked everyone to forgive her before she left. When would you like to do that too?

💡 Did you know? – The hajj in short

- The hajj is the fifth pillar. It is obligatory once in your life, if you are healthy and can afford it.
- Every year about two million people go on hajj. The ‘umra is a shorter pilgrimage you can make all year round.
- Zamzam is the spring that welled up for Hajar and Isma‘il. It still gives water today.

📖 From the Quran

Quran 3:97

وَلِلَّهِ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا

Wa li-llaahi ’ala n-naasi hijju l-bayti mani stataa’a ilayhi sabilaa.

“Pilgrimage to the House is a duty to Allah for everyone who can find a way to it.”

The hajj

Lesson 8 · questions and writing

✔ Questions

Tick the correct answer.

1. How long did Aunt Fatma save?

- ◯ twenty years
- ◯ two years

2. What does she ask everyone before she leaves?

- ◯ forgiveness
- ◯ money

3. How many times do you walk around the Ka‘ba?

- ◯ three times
- ◯ seven times

4. Who looked for water between Safa and Marwa?

- ◯ Khadija
- ◯ Hajar

5. What is the most important moment of the hajj?

- ◯ the journey home
- ◯ the day of Arafa

6. What does Aunt Fatma bring back?

- ◯ a phone
- ◯ zamzam water

☆ **Remember this:** The hajj: once in your life, if you are able.

✍ Think and write

Answer in a few sentences.

1. Why do the men on hajj all wear the same white cloths?

2. What did Aunt Fatma mean by: no one there was better than anyone else?

Puzzles

Lesson 8 · The hajj

🔤 Word search

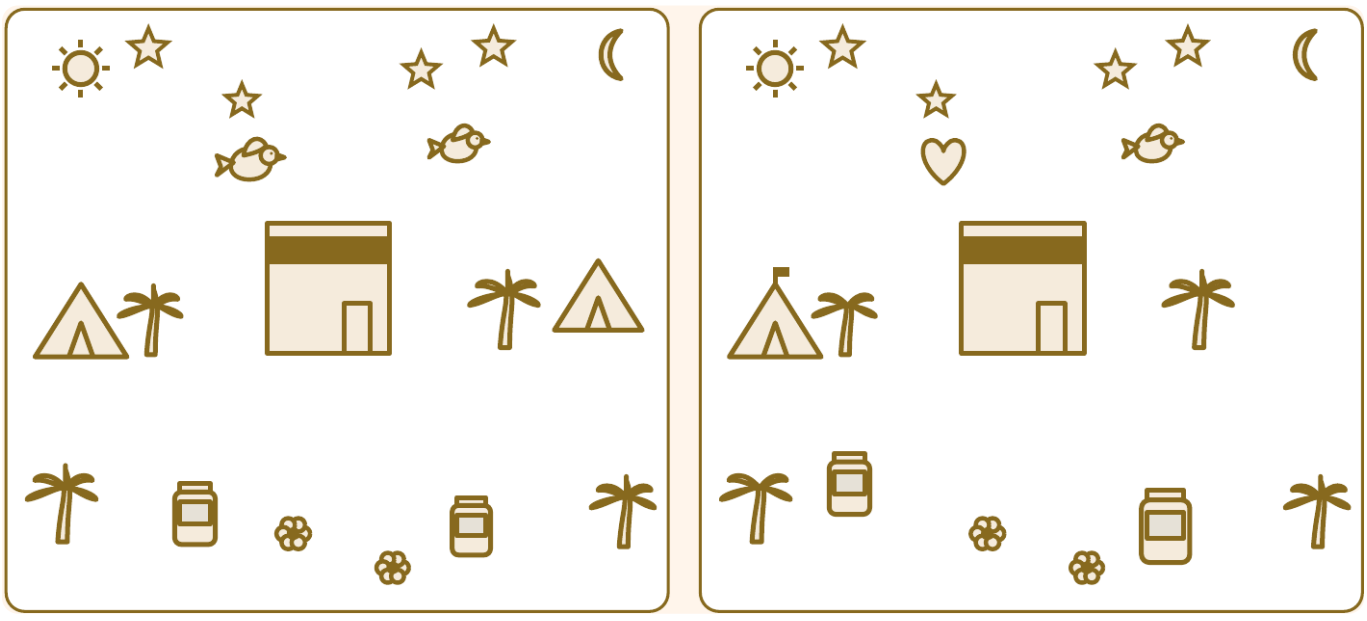
Find the words: from left to right and from top to bottom.

A	B	F	F	F	M	E	C	C	A	A
M	A	M	S	F	E	M	A	F	A	T
M	Z	M	A	C	Z	A	H	A	A	F
R	A	K	R	A	M	F	A	T	T	W
A	M	M	A	A	S	A	J	M	F	R
A	Z	M	F	A	A	A	J	A	K	B
S	A	A	A	C	F	Z	W	F	R	C
M	M	K	A	B	A	R	F	M	F	A
A	T	Z	A	B	B	M	A	R	W	A
M	T	T	A	W	A	F	F	M	F	M
A	A	C	A	I	H	R	A	M	A	Z

☐ ZAMZAM ☐ MECCA ☐ IHRAM ☐ TAWAF ☐ MARWA ☐ ARAFA ☐ FATMA ☐ HAJJ ☐ KABA ☐ SAFA

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.



Word list

ankle = the bone between your foot and your leg
be asked = be questioned
be seen = want others to notice it
bear witness = say that you know something for sure
become an adult = your body grows from child to adult
call = asking people to come
canteen = dining hall at school
changed = become different
clean = not dirty
companion = friend and follower of the Prophet
condition = something that must be in order first
dawn = the first light of the morning
decree = what Allah decides
gift = something you give for free
glow = look very happy
hair salon = shop where people get their hair cut
hairdryer = machine to dry hair
iftar = the meal at sunset
ihram = the state and clothing of the pilgrim
likes = thumbs-up on social media
luggage = what you take on a journey
mu'adhdhin = the one who calls the adhan
niyya = intention in your heart
overdo = do too much
perfume = something that smells nice
plain = large flat piece of land
purity = being clean, inside and out
purpose = what something exists for
qibla = the direction of the Ka'ba
rak'a = one round in the prayer
recite = read aloud or quietly from the Quran
save = put money aside for later
sermon = the imam's talk on Friday
sink = washbasin
sins = bad deeds
storeroom = room for supplies
stream = water coming out of the shower
success = doing well, achieving
suhur = the meal before dawn
sunrise = when the sun comes up
tashahhud = the testimony while sitting
tawaf = going around the Ka'ba
tayammum = dry purification with earth or stone
waste = use more than you need
worried = a little anxious
worship = serving and honouring Allah
wrist = where your hand joins your arm
youth hostel = hotel for groups of young people