



Driving Question: See World War Two
Power Skill: Communication

BCP SACRE Learning Objectives

- Action: How do the Pillars of Islam help some Muslims plan their lives? How could Muslims make a positive difference in their communities

Key Vocabulary

Islam	Muslim	Mekkah	Muhammad	Allah
Qur'an	Mosque	Ka'bah	Shahadah	Salah
Zakah	Sawm	Hajj	Rehal	Ramadan/Eid

Key Learning

REVISIT AND REVISE FROM YEAR 4 LEARNING

What is Islam?

Islam is a worldview which is currently the second largest religion in the world with over 1.8 billion people following it. Muslims (people who follow Islam) believe that Islam was revealed over 1,400 years ago in **Mekkah**, Arabia through a man called **Muhammad**. Muhammad is so respected that it is usual for Muslims to say 'peace be upon him' whenever they mention his name. Muhammad is believed by Muslims to be the last prophet sent by God (**Allah**). They believe God sent prophets to mankind to teach them how to live according to His law.



Islam facts:

- Deity: Allah
- Holy books: Qur'an
- Place of worship: Mosque
- Symbol: Star and crescent
- Approximate worldwide followers: 1. billion (2nd most popular)
- Countries where Sikh people live: Afghanistan, Iran, Iraq, Mauritius, Morocco, Somalia and Tunisia.



What is Islam?: <https://www.bbc.co.uk/bitesize/topics/zpdt/bk/articles/zrxxgwx>

Who is a Muslim?

A Muslim is someone who follows the religion of Islam. They believe in one God, Allah, and adhere to Islam's practices. Muslims worship in a Mosque and read from the Qur'an.

THINKING POINT: What is Islam? What are the main facts about Islam? Who is a Muslim? Where do most Muslims live?

What are the 5 Pillars of Islam?

The Five Pillars of Islam are five duties that every Muslim must follow in order to live a good and responsible life according to Islam. For Muslims, these five duties are seen as pillars holding up the religion.

Shahadah is the Muslim declaration of faith. The words of the Shahadah are repeated multiple times during the day.

Salah is prayer. It is compulsory for Muslims to pray five times a day if they are eligible to do so, eg they have reached the age of puberty and are mentally and physically able.

Zakah, or charitable giving, encourages generosity and compassion.

Sawm is the obligation to fast during Ramadan. It teaches Muslims self-discipline, bringing them closer to Allah.

Hajj is the pilgrimage to Makkah. The trip is compulsory at least once in a lifetime for Muslims as long as they are fit and healthy and can afford to make the trip.



Key Learning

<https://www.bbc.co.uk/teach/school-radio/assemblies-five-pillars-of-islam/zvvvp4j>

THINKING POINT: What are the 5 Pillars of Islam? What does each entail? Are any more important than another or do they hold equal importance for Muslims? Which pillar do you think would be the hardest to commit to and why?



Why are the 5 Pillars important to Muslims and how do they help them plan their lives?

The Five Pillars of Islam are the core principles and practices that serve as the foundation of Muslim faith and worship. Embracing the Five Pillars of Islam offers Muslims a roadmap to spiritual fulfillment and communal harmony. From the declaration of faith to acts of worship, charity, fasting, and pilgrimage, these pillars cultivate devotion, compassion, and unity, enriching lives and societies alike. The benefits of five pillars of Islam are as following:

Shahada (Faith): Bringing faith, or Iman, offers Muslims numerous benefits, including spiritual fulfillment, a sense of purpose, guidance in moral conduct, strength during adversity, and a deeper connection with the divine.

Salah (Prayer): Praying five times a day, known as Salah or Salat, holds numerous benefits for Muslims:

1. Spiritual connection: Regular prayers help maintain a strong bond with Allah, fostering a sense of closeness and spiritual fulfillment.
2. Discipline: Following a strict prayer schedule instills discipline and structure in daily life, promoting self-control and productivity.
3. Reflection: Each prayer session includes moments of reflection, offering opportunities for self-evaluation, gratitude, and seeking forgiveness.
4. Stress relief: Prayer serves as a form of meditation, reducing stress, anxiety, and promoting mental well-being.
5. Community cohesion: Praying together in mosques fosters a sense of unity and solidarity among Muslims, strengthening social bonds and support networks.
6. Physical benefits: The physical movements involved in Salah provide a form of low-impact exercise, promoting flexibility, circulation, and overall health.

Overall, regular prayer offers holistic benefits, enriching the lives of Muslims spiritually, mentally, and physically

Zakat (Almsgiving): Paying Zakat, which is one of the Five Pillars of Islam, offers several benefits for Muslims:

1. Fulfillment of religious duty: Zakat is a mandatory act of worship for Muslims who possess wealth beyond a certain threshold (Nisab). By fulfilling this obligation, Muslims demonstrate obedience to Allah's commandments and strengthen their faith.
2. Social justice and poverty alleviation: Zakat serves as a means of redistributing wealth from the affluent to the less fortunate, thereby addressing socio-economic inequalities and alleviating poverty within the Muslim community.
3. Purification of wealth and soul: Giving Zakat purifies one's wealth by removing impurities and blessings from it, as well as purifying the soul from greed, selfishness, and attachment to material possessions.
4. Community cohesion and solidarity: Zakat fosters a sense of solidarity and mutual support within the Muslim community by encouraging the wealthy to fulfill their responsibility towards the less fortunate, thereby strengthening social cohesion and compassion.
5. Economic stimulation and development: By channeling Zakat funds towards productive investments, charitable projects, and microfinance initiatives, Zakat contributes to economic development, job creation, and poverty reduction in Muslim societies.
6. Spiritual growth and blessings: Giving Zakat is considered an act of worship that earns immense rewards and blessings from Allah, as mentioned in the Quran and Hadith, and cultivates qualities of generosity, empathy, and humility in the giver.
7. Personal accountability: Zakat serves as a reminder to Muslims of their accountability to Allah for the wealth they possess and their responsibility to use it in accordance with Islamic principles of justice, compassion, and stewardship

Sawm (Fasting): Fasting during Ramadan, the ninth month of the Islamic lunar calendar, has numerous benefits for Muslims, including:

1. Spiritual purification: Fasting is seen as a way to cleanse the soul and attain greater spiritual closeness to Allah (God).
2. Self-discipline: It teaches self-control, restraint, and discipline in various aspects of life, including eating, drinking, and behavior.
3. Empathy and compassion: By experiencing hunger and thirst, fasting fosters empathy for the less fortunate and encourages acts of charity and kindness towards others.
4. Health benefits: Fasting has been shown to have various health benefits, including improved metabolic health, detoxification, and weight management.
5. Increased focus on worship: With reduced distractions from food and drink, fasting provides an opportunity for increased focus on prayer, recitation of the Quran, and other acts of worship.
6. Strengthening community bonds: Ramadan fosters a sense of unity and solidarity among Muslims worldwide as they come together to observe fasting, break their fasts (iftar) together, and engage in communal prayers and activities.

Hajj (Pilgrimage): Performing Hajj and Umrah, which are pilgrimage rituals in Islam, offers several benefits for Muslims:

1. Spiritual purification and forgiveness: Hajj and Umrah provide an opportunity for Muslims to seek forgiveness for their sins and purify their souls through acts of worship, repentance, and devotion to Allah.
2. Fulfillment of religious duty: Completing the Hajj pilgrimage, which is one of the Five Pillars of Islam, is a mandatory religious duty for Muslims who are physically and financially capable. Umrah is a recommended but non-mandatory pilgrimage that can be performed at any time of the year.
3. Unity and equality: Hajj demonstrates the unity of the Muslim Ummah (community) as millions of Muslims from diverse backgrounds come together in Mecca to perform the same rituals, dressed in simple white garments, regardless of their nationality, ethnicity, or social status.

Key Learning

4. Strengthening faith and devotion: Hajj and Umrah involve various rituals, including circumambulating the Kaaba, walking between the hills of Safa and Marwa, and standing in prayer on the plains of Arafat, which serve to strengthen faith, deepen spirituality, and increase devotion to Allah.
5. Reflection and self-improvement: The experience of performing Hajj and Umrah encourages self-reflection, introspection, and personal growth as pilgrims strive to become better individuals and strengthen their relationship with Allah.
6. Blessings and rewards: Muslims believe that performing Hajj and Umrah earn immense blessings and rewards from Allah, as mentioned in the Quran and Hadith, and that sincere pilgrims return home spiritually rejuvenated and with their prayers answered.
7. Cultural exchange and social cohesion: Pilgrims from around the world converge in Mecca during Hajj and Umrah, facilitating cultural exchange, fostering bonds of brotherhood and sisterhood, and promoting mutual understanding and respect among diverse Muslim communities

In conclusion, the Five Pillars of Islam offer numerous benefits to individuals and communities alike. Through the Shahada, Muslims affirm their faith and find spiritual guidance. The practice of Salat fosters discipline, mindfulness, and regular connection with Allah. Zakat promotes social justice and compassion by redistributing wealth to those in need. Fasting during Ramadan through Sawm cultivates self-discipline, empathy, and gratitude. Finally, the Hajj pilgrimage strengthens unity among Muslims globally and provides a profound spiritual experience. Collectively, these pillars enrich the lives of believers, promote moral values, and foster a sense of communal solidarity, contributing to the overall well-being of individuals and societies adhering to Islamic principles.

THINKING POINT: Why are the 5 Pillars of Islam important to Muslims? Do they help Muslims plan their lives? If so, how?