
ISLAMIC RELIGIOUS EDUCATION: PRAYER AND MEDITATION

Grade Level / Age 8-9 /14-15y



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Islamic Religious Education: Prayer and Meditation

Competences/Learning Outcomes

- The students know central prayers and meditations and are familiar with their practice.
- They can interpret different physical forms of expression and put into words the attitudes associated with them in the praying/meditating person.
- They can assign appropriate spaces to different forms of prayer/meditation and can deal appropriately with the respective (liturgical) situation.
- They can distinguish between different occasions and times of prayer.
- They can interpret ritualized elements of prayer/meditation and understand them as aids to engaging in the life-enhancing character of prayer/meditation.

Grade level / Age

8-9 /14-15y

Duration

120 min



Preparation

- Prepare three tables in different corners of the classroom ("stations"). Name them as follows:
 - Station 1 – When to pray
 - Station 2 – How to pray
 - Station 3 – Where to pray
- Provide the tables with the corresponding material.
- Bring a bell.
- Bring as many objects shown in **M8** as you can.

Step-by-step description

- Arrange students to sit in a circle.
- Read the text of the selected prayer/meditation (from **M1**) and ask students to share their personal experiences on this prayer/meditation.
- Explain that with this lesson they will explore different aspects of prayer/meditation and write down the categories form (*how to pray*), *location (where to pray)* and *time (when to pray)* on the blackboard.
- Explain that results will be collected and presented at the Encounter Day. Aim is to introduce a prayer/meditation to others.
- Divide the participants into 3 groups to work together for the whole unit.
- Ask each group to start with a different station.
- Let them work on the station for about 15-20 min. Then ring a bell to make them change to the next station.
- Repeat the last step until every group has visited every station (3 times).
- Let all students take their seats.
- Hang an empty poster on the blackboard. It has only the text of the selected prayer in the middle (take from **M1**).
- Ask students to complete the poster with information they collected in the stations. Provide materials from the stations and stick it to the poster when mentioned by a student.
- Use the poster to present your prayer at the Encounter Day.
- As a final action at the end of the lesson read out loud the prayer text together.



Materials

Station 1

[M1] Information Text

Prayer in Islam

Salat or salah

Prayer in Islam is an important obligation for the believer. It is first and foremost worship of God, in which the believer expresses his gratitude for the blessings of God in his life. Prayer can be described as standing in the presence of Allah with deep respect, showing an attitude of awe. But prayer also fulfills functions with regard to the believer. Prayer can protect against evil and prevent sin.

There are various ritual prayers in Islam. There is the Friday prayer, special prayers for religious holidays and prayers for funeral services. However, the most important prayer for a Muslim is the daily prayer, which every adult believer is obliged to perform five times a day.

How to pray

Before praying, it is important for a Muslim to purify himself. Ablution (*wudu*) is a ritual purification that also involves the inner attitude. After invoking God, you first wash your hands three times, as well as your mouth, nose and face. Then the arms, head, ears and finally the feet. A final invocation to God concludes the ablution. The clothing worn during prayer must be appropriate; there are different rules for men and women. Touching dirty ground should not contaminate the prayer, which is why a prayer mat is used, which also indicates the correct direction of prayer (towards Mecca). The prayer itself consists of different prayer postures to which certain texts are assigned:

When to pray

The different prayer times are spread throughout the day as follows: Fajr (Dawn Prayer), Dhuhr (Noon Prayer), Asr (Afternoon Prayer), Maghreb (Sunset Prayer) and Isha (Night Prayer). Each individual prayer consists of compulsory and non-compulsory parts in varying numbers. It is specified which prayers are to be prayed aloud, when and by whom, and which are to be prayed silently.

Where to pray

It can be prayed alone or in the community of the mosque under the guidance of an Imam.



1. Standing, with hands raised

Allahu Akbar
(Allah is Greatest)

2. Hands on your chest, right hand over left

A'oothu billaahi minash-shaytanir-rajeem
(I seek refuge with Allah from Satan the accursed.)

Bismillaahir-rahmaanir-raheem
(In the name of Allah, the Most Beneficent, the Most Merciful)

Al-hamdu lillaahi rabbil 'aalameen
(Praise be to Allah the Lord of the Worlds)

Ar-rahmaanir-raheem
(The Most Beneficent, the Most Merciful)

Maaliki yawmiddeen
(You alone we worship and in You alone we seek help)

Ihdinassiraatal mustaqeem
(Guide us to the straight path)

Ghayril maghdoobi 'alayhim
(Not the way of those who have earned Your anger)

Waladdaalleen
(Nor of those who have gone astray)

Aameen
(Oh Allah answer our prayer!)

3. Standing, with hands raised

Allahu Akbar (Allah is Greatest)

4. Bowing

3x Subhaana rabbiyal 'atheem
(Glory be to my Lord the Supreme)



5. Standing, with hands raised

Sami'-Allaahu liman hamidah
(Allah listens to the one who praises Him)

6. Stand with arms by your side

Rabbanaa wa lakal hamd
(Our Lord, and to You belongs the praise)

7. Prostration Position, nose and forehead are touching the ground

Allahu Akbar
(Allah is Greatest)

Subhaana rabbiyal 'alaa
(Glory be to my Lord Most High)

8. Sitting (on your left tigh)

Allahu Akbar
(Allah is Greatest)

3x Rabbighfirlee
(Oh Allah, forgive me)

9. Prostration Position

Allahu Akbar
(Allah is Greatest)

Subhaana rabbiyal 'alaa
(Glory be to my Lord Most High)

The Prayer is followed by a second or more units and other prayers depending of the time of day.



[M2] When to pray – Tasks

1. Read the information text [M1] and underline all the information about the prayer times of the prayer. Write them on the lines. When do you pray yourself? Fill in the times on worksheets [M2] and [M3].

2. Some people pray more often than others. Think about the possible reasons for this. Discuss them in your small group.

3. Can you remember a situation in which you experienced prayer as something special? When was that? Describe the situation and write it in the lines below. If you like, tell your small group about it.



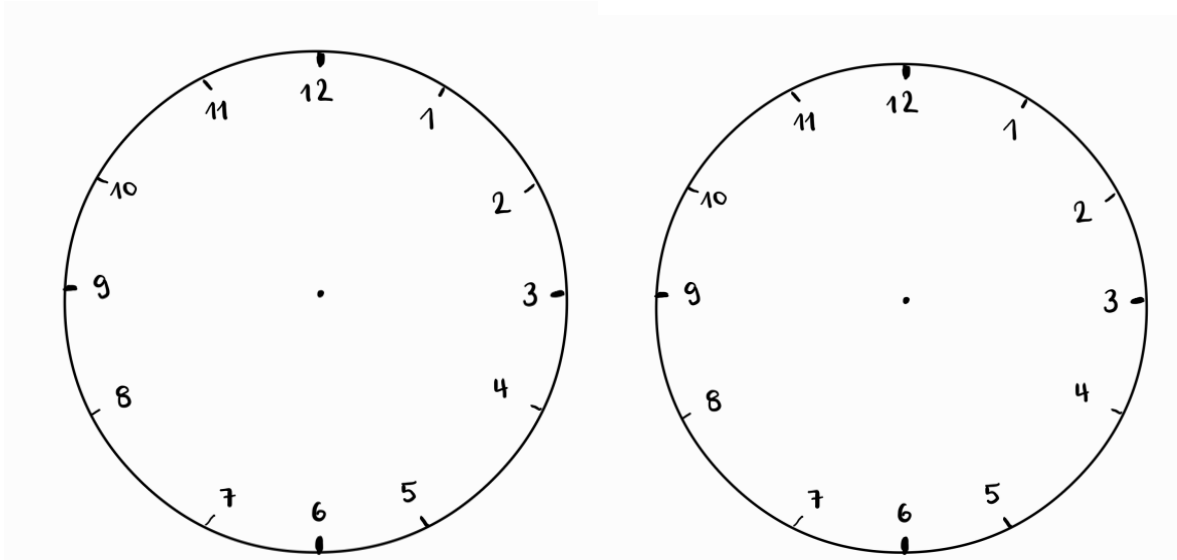
[M3] When to pray – Prayer Times

Please fill in the prayer times considering the year and day you are doing this activity.

Time of day

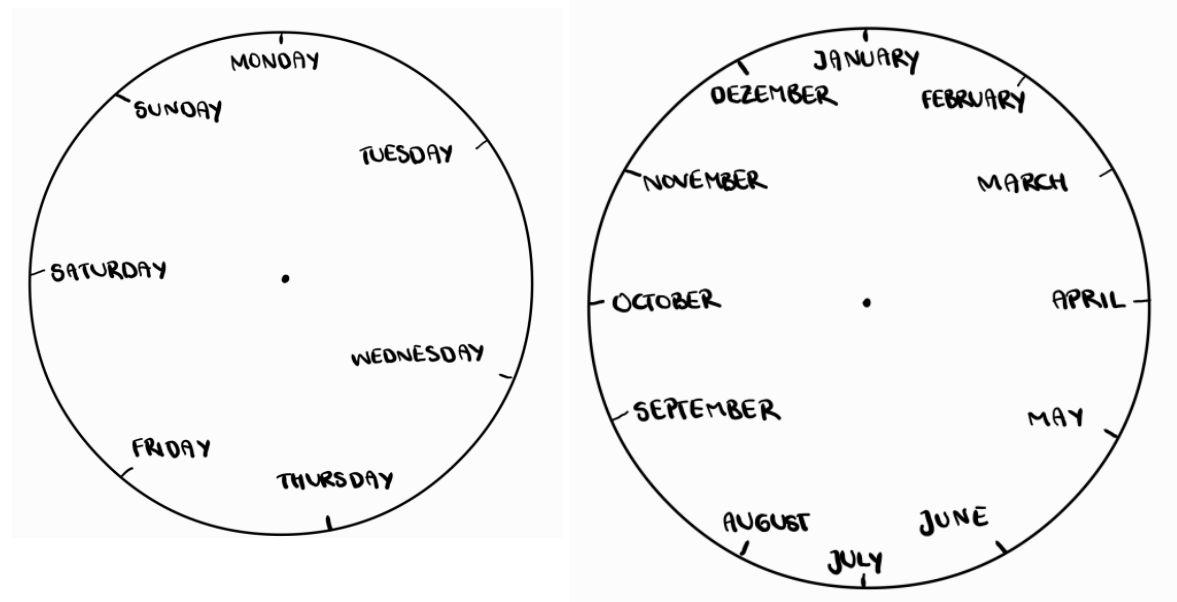
Day

Night



Days of the week

Months of the year



Station 2

[M4] How to pray – Tasks

1. Match the different postures [M7] with the word cards [M5] and the sentence cards [M6].
2. Try the different postures [M7]. In which posture could you concentrate best? Why?

3. In some religions the people use different objects while praying. Look at the objects [M8]. You will find things from your own religion among them. Some you may know, some you may not know. Read the explanations. Can you understand why other people use these objects?

4. What can you write/stick to the poster at the end? What is important while praying? What can help?



[M5] How to pray – Word cards

Standing

Kneeling

Sitting

Bowing

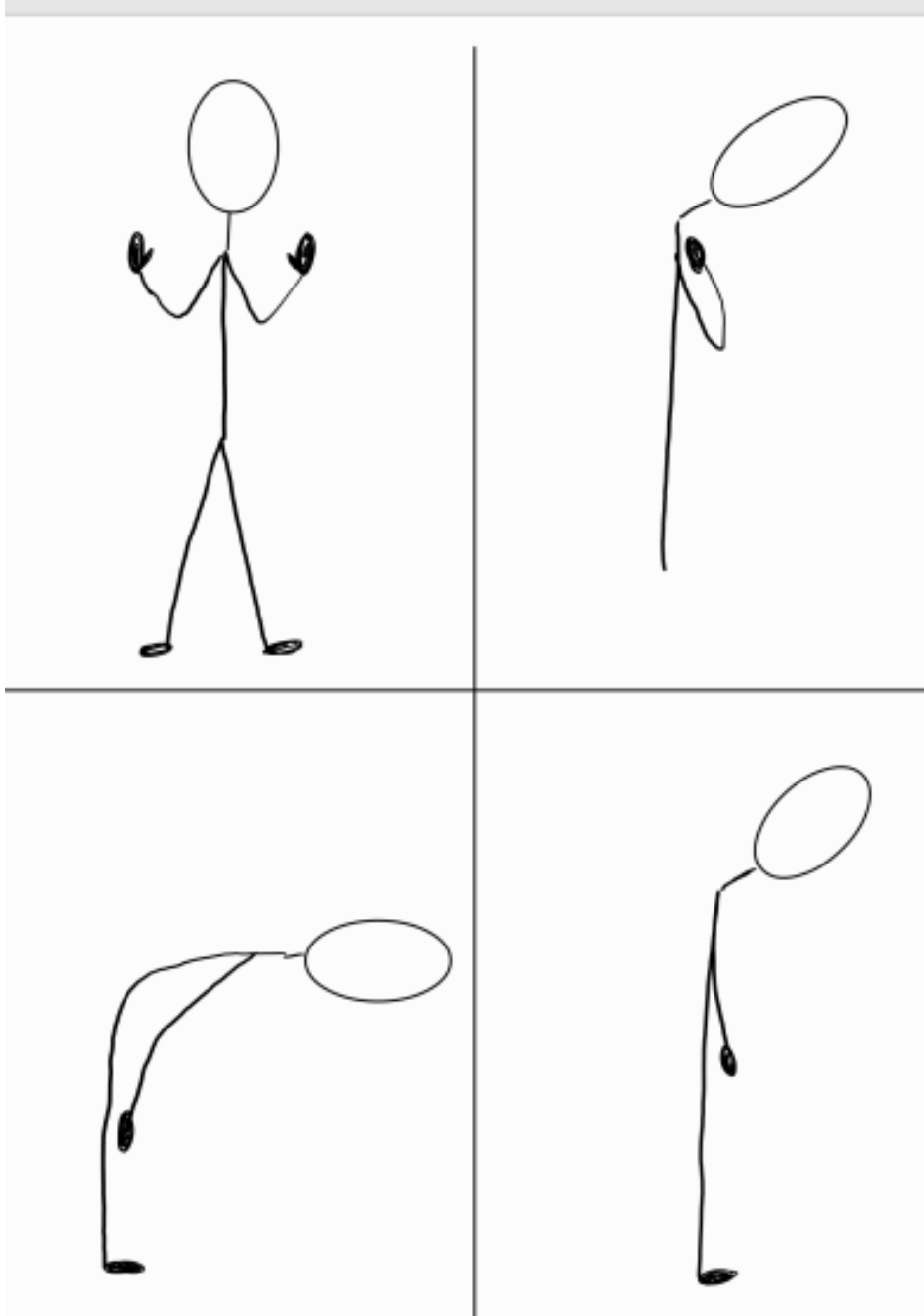
[M6] How to pray – Sentence cards

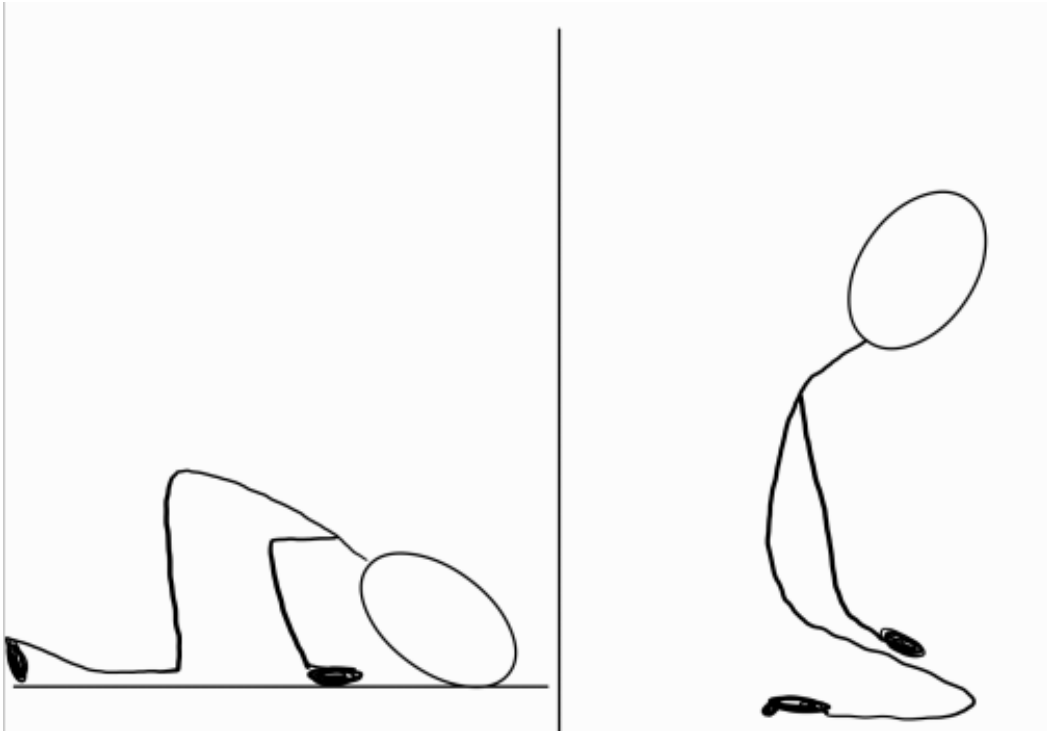
These text cards show parts of the prayer. Place them with the matching posture cards (M7) and word cards (M5). You can use all cards multiple times to combine the prayer steps. If you want to you can supplement other parts of the prayer that are important to you.

Allah is greatest.	Praise be to Allah the Lord of the Worlds.	Glory be to my Lord the Supreme.
Our Lord, and to You belongs the praise	Glory be to my Lord Most High.	Oh Allah forgive me.



[M7] How to pray – Praying postures





[M8] How to pray – Ritual objects



Fig. 1: Some people light candles while praying.



Prayer chains are used by members of different religions to count the repetitions of the same or similar prayers, chants or devotions.

Fig. 2: catholic christian prayer chain

Fig. 3: orthodox christian prayer rope

Fig. 4: muslim prayer chain





Some believers consider images of Saints while praying.

Fig.5: Iconostasis in an orthodox church



These leather straps are tied around the arm of a Jewish praying person.

Fig. 6: Tefillin worn by a man at the Western Wall in Jerusalem





Some people cover their heads and wear certain clothes during prayer.

Fig. 7: Jewish prayer shawl (tallit)

Fig. 8: Jewish head covering (kippah)



The prayer mat protects the praying person from impurity and indicates the direction of prayer.

Fig.9: Muslim prayer mat



[M10] Where do you pray? – Sketch your favorite place

The place where I like to pray the most is:



[M11] Where do you pray? – Pictures of places to pray



Fig.10



Fig.11



Fig.12



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