**1. Shahadah** (the Islamic Creed): The declaration of faith in Islam is a simple statement that begins Ashud anna,” (“I witness that”), and continues with the statement La illaha illa Allah (“There is no god but God”), and ends with the affirmation wa Muhammad rasul Allah (“and Muhammad is the messenger of God”). The first part defines the role of the Muslim, a continuous striving throughout life. This striving reaches into all aspects of personality and activity toward the self, the family and the community, to the entire community of humankind and the natural environment. The second part affirms the existence of one God by negating the existence of any other creature that people might worship, or any partner with God. It underlines the Muslim’s direct relationship with God as a witness and as a servant of God. No central authority nor privileged persons stand between God and the individual. The third part of the creed witnesses that God sent prophets to humankind, as stated in the scriptures revealed before the Qur’an. Then, it affirms that Muhammad was a prophet, or messenger, who received revelation (the Qur’an) and guidance from God. Among the earlier revelations mentioned in the Qur’an are the Torah (given to Moses), the Psalms (given to David) and the Evangelium (given to Jesus). This series of prophets and revelation includes—among others—Adam, Noah, Abraham, Isaac, Ishmael, Joseph, Moses, David, Solomon, Jesus, and Muhammad, according to the universally accepted teachings of Islam. The Qur’an states that what was revealed to Muhammad confirmed the basic message of the earlier scriptures.

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**2. Salat** (Muslims’ Daily Prayer) is the five daily prayers that are the duty of every Muslim. Muslims perform the recitations and physical movements of salat as taught by their prophet Muhammad, according to Islamic sources. Each of the five prayers can be performed within a window of time. (1) between dawn and sunrise, (2) noon to mid-afternoon, (3) between midafternoon and just before sunset, (4) at sunset, and (5) after twilight until nighttime. Before praying, Muslims perform a brief ritual washing. This purification prepares the worshipper for entering the state of prayer and of standing before God. It is a symbol of the cleansing effect of prayer. No matter what language they speak, all Muslims pray in the Arabic language. In the salat, Muslims recite specific words and selected verses from the Qur’an while standing, bowing, kneeling with the hands and forehead touching the ground, and sitting. Each cycle of movements is one rak’at, or unit of prayer, and each of the five prayers has between two and four units. At the end of the prayer, and throughout their lives, Muslims pray informally, asking for guidance and help in their own words. They also recite special prayers passed down as the words of the prophets. If two or more Muslims pray together, one of them will be the imam (prayer leader), and the others form rows behind the imam. A mosque is the house of worship with the front facing the city of Makkah (Mecca ). There is no furniture except mats or rugs, and Muslims stand shoulder to shoulder in rows, following the movements of the prayer leader all together. Because of these movements and the closeness of the worshippers, women pray together in rows behind the men.
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 **3. Siyam** (Fasting) During one month each year, Muslims fast, meaning that they do not eat or drink anything between dawn and sunset. Fasting is a duty for adults, but many children, elderly and sick Muslims participate voluntarily, for at least part of the day, or only a few days. The fast begins with sahoor (a pre-dawn meal). While fasting, Muslims perform the dawn, noon and afternoon prayers, and go about their normal duties. At sunset, Muslims break their fast with a few dates and water, then pray, then eat iftar (a meal that breaks the fast). Iftar is usually eaten with family and friends, or at the mosque. After the evening prayer, many Muslims go to the mosque for congregational prayers that feature a reading of one thirtieth of the Qur’an each night. They complete the whole Qur’an by the end of the month. The Qur’an links fasting with the practice of earlier prophets and religions: “You who believe! Fasting is prescribed to you as it was prescribed to those before you that you may learn self-restraint.” (Qur’an 2:183) The fast begins at dawn on the first day of Ramadan, the tenth month of the Islamic lunar calendar. Muslims may fast individually during the year, but doing it as a community magnifies the experience. Muslims are supposed to fast in the spirit as well, and make extra effort to avoid arguments, conflicts and bad words, thoughts, and deeds. Fasting builds will-power against temptation, helps people feel sympathy for those in need, and encourages generosity toward others. Fasting causes physical and psychological changes, and many claim that it is a healthy way to purify the body. Fasting helps people to reevaluate their lives spiritually and draw closer to God.

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| Name  | Meaning | Spiritual | Individual | Communal |
| Shahada | To say the creed: “There is no god but God, and Muhammad is the messenger of God” |  |  |  |
| Salat |  | Obedience to God’s command to worship; regular purification during each day |  |  |
| Zakat |  |  |  |  |
| Siyam |  |  | Self-discipline & sense of achievement; breaking up bad eating habits; God-consciousness |  |
| Hajj |  |  |  | Brought people together to trade and exchange knowledge; organized huge pilgrim caravans from each city; established roads, wells, and ports for better travel |