

## **Islam LEE: Salat**

*By Seth Brady*

### **Directions:**

This assignment will require you and your family members (at least one parent but preferably everyone in your household) to simulate the schedule for the Islamic pillar **Salat** for a period of 2 consecutive days. You must observe each of the official prayer times:

Fajr – from first light to just before sunrise

Zuhr – Just after noontime.

‘Asr – Late afternoon.

Maghrib – Just after sunset

‘Isha – Any time at night.

Though you may pray your own prayers, read Darwin’s *Origin of Species* or simply sit in silence, you must keep the Islamic prayer schedule and, if possible in the same manner/motions a Muslim would. The attached pages will show how prayers must be performed or you may access YouTube for a tutorial. These pages, as well as the knowledge you have gained of Salat in class should provide sufficient preparation to get a taste of what this pillar is like for Muslims.

### **Requirements**

- (1) You must keep a detailed journal of when, where, and how you prayed. You must indicate (generally) the content of your prayers and anything that you experienced during prayer that might give insight into the lives of Muslims. Be sure to describe any challenges you may have faced along the way and how this differs (if it differs) from the way you usually pray. This journal must include each and every prayer (including dates and beginning and ending times) for a period of 2 days, or 10 sessions. Please also include any comments from the person or people who perform this lived experience experiment with you.

The journal will be collected. It can be typed or handwritten.

- (2) A short summary (1 page will do) of the requirements of salat and your experience. Your description of salat must be detailed and thorough, going beyond what we’ve learned in class. You may need to consult your Muslim classmates, a book, the internet, or other sources to be sure you have the requirements. In documenting your experience you must describe where you typically prayed, how you prepared yourself and the space prior to prayer and how you conducted the prayer. You should also describe any challenges you faced or insights you gained.
- (3) A parent must sign off that you and they completed this exercise.

## Requirements Prior to Prayer

As discussed in class, there are 7 preconditions for prayer. They are:

1. It must be prayer time.
2. Hands, feet, face must be washed with water. (Wudu)
3. Clean, modest clothes.
4. Any clean place.
5. Modest dress.
6. Face Mecca – Ka'aba.
7. Proper intention.

The order and places on the body that must be washed are listed below:



The motions of prayer are listed below and are repeated on the accompanying powerpoint.



a.



b.



c.



d.



e.



f.



g.



h.



i.



j.

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