



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Washing preparations before praying (Wudu)



Religion & Worldviews Year 4: Summer 1

Does praying at regular intervals help
Muslims in their everyday lives?

Prayer

Muslims pray at least five times a day ranging from early morning to last thing at night.

Prayer times are deliberately set at difficult times of the day - this is to show that a Muslim should not fit Allah into their lives, instead they should fit their lives around Allah.

Muslims need to set an alarm for the first prayer of the day as it is often very early in the morning.

Prayer is saying thanks to God.

Muslims want to thank God for life and everything he has done, is doing and will do in their lives.

Before praying, Muslims wash unclothed parts of their body and prepare their minds to be with Allah.

Everyday worries should be put to one side during prayer as Allah deserves total respect.

Prayer can take place anywhere as long as you are in a clean place.

Key Vocabulary

Allah	Muslim name for God.	✓
Salah / Salat	Muslim word for prayer.	
Makkah	Holy city Muslims face when they pray.	
Ka'bah	Building in Makkah which Muslims face in prayer.	
Pilgrimage	A special or religious journey.	
Hajj	Pilgrimage to Makkah - Muslims are expected to go once in a lifetime.	
Wudu	Physical and spiritual act to purify oneself before starting prayer.	

Why might people pray?

Do I know some people who pray? What could I ask them about prayer?

Why might talking about problems be helpful?

How do people know if praying works?