

- 1 Moslems are followers of the religion of "Islam" - a word that means 'surrender' or 'submission to God.'
- 2 Across the world, people of the religion of Islam set out to pray five times during the day. Before the start of prayer they prepare themselves and get into the right frame of mind. Preparation for prayer includes washing head and hands and feet - it is a sign of wanting to approach God in the right way, with the intention of being "clean" within. The prayer mat is spread towards Mecca in the east because that town has a special place of worship built by Abraham (whom we read of in the Old Testament). Moslems consider Abraham as their "*father in faith*" in the same way as do Jews and Christians.
- 3 Barefoot, the Moslem stands on the mat and begins to pray from their holy book, the Koran. Prayer starts with words in the Arabic language that are translated as: "*In the name of God, the Merciful, the Compassionate.*" In humility before God, they then kneel and touch the ground with their foreheads, and say, "*God is great.*" Personal prayers are added.
- 4 One of the five duties of Moslems is to pray five times each day - at dawn, midday, afternoon, evening and night. One thing that Moslems and Jews and Christians have in common, is that many pray several times throughout the day - even if it is just for a moment each time. People find that this helps them realise that they live in God's presence, and so their attitude is more likely to be positive and joyful and loving.
- 5 Let's spend a moment in silence - in common with many Moslems and Jews and Christians across the world - and simply call to mind that we are in God's presence - in the presence of God who cares for and loves each individual...
(pause...)
- 6 *We'll use as our prayer some words written by the father-in-law of Mohammad:*
**I thank you, Lord,
for knowing me
better than I know myself.
I thank you for letting me know myself
better than others know me.
Make me, I ask you then,
better than they suppose I am,
and forgive me
for what they do not know.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org