**Pilgrimage Moments: Morning Prayers**

**Introduction**

This lesson explores themes discussed in the TrueTube film *Pilgrimage Moments: Morning Prayers from The Road to Istanbul series.*

The concept of prayer within the Muslim faith and a personal response to this

This lesson would work well as part of a unit about prayer within Islam or prayer across a wider range of religious worldviews.

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**Overview**

**Suitable for:** Upper Key Stage 2

**Lesson Objective:** To explore the concept of the importance of prayer within the Islamic faith and one person's personal response to this.

**Key Question:** What are the different ways that Muslims express their faith?
**Time:** 1 hour

**TrueTube Film:** Pilgrimage Moments: Morning Prayer

**Resources: Internet connected whiteboard**

**Film List**

Pilgrimage Moments: Morning Prayer – TrueTube

This clip comes from the BBC Series: Pilgrimage – The Road to Istanbul.

Mim finds a moment of solitude during the pilgrimage to perform morning prayer. He finds it a challenge to say the five daily prayers of the Muslim religion, but tries to pray at least once a day, before leaving home in the mornings. It not only calms him but also allows him to express gratitude and thanks.

He affectionately describes the prayer mat that has been with him through thick and thin for ten years.

**Starter:**

Begin the lesson with a Think-Pair-Share activity, which is: 30 seconds alone to think about an answer to a question (or questions), 1 minute to discuss their answers with a partner, and then a short class discussion with contributions from the pairs.

Questions:

• What do you know about prayer in Islam? (This could be widened out to 'What do you know about prayer?' if looking at prayer from a wider range of religious worldviews.

Extension:

• What do you notice? Or Which is the odd one out? Use 3 different images of Muslims praying and ask pupils what they notice or which the odd one out is. Use the Think- Pair- Share strategy.

**Key Words:**

My turn your turn these words: (5minutes)

**Pilgrimage** A journey to a sacred or holy place.

**Pilgrim** Someone who undertakes a pilgrimage.

**Prayer** A request for help or expression of thanks addressed to God or another deity.

**Main activity:**

1. Watch the clip Pilgrimage Moments: Morning Prayer – TrueTube
2. Think pair share on what impressions you get of Mim?
3. What points did Mim make about Muslim prayer and his own thoughts about prayer and his prayer routine?
4. Think pair share on what this shows about the practice of prayer in Islam (diversity)
5. In contrast watch the BBC My Life My Religion Clip on the practice of prayer in Islam BBC Two - My Life, My Religion, Islam, Prayer

   (This clip shows Muslim prayer is made 5 times daily, facing the Ka'bah at Makkah. To begin, you state your intention, remember God is listening and then follow some set actions in a set order. Kaisan demonstrates his prayer positions and speaks about the idea that God is the Creator. He describes how this gives him a feeling of connection to Allah. The five daily prayers are a discipline: the first begins very early, which can be tiring, but the feeling of prayer unifying Muslim brothers and sisters is strong. The imagery of this clip includes pictures from Makkah, but also from many different global settings – ask pupils to look out for people from many continents as they watch. The emphasis in the clip is more on the inner feelings, thoughts and intentions of prayer than just on the ritual actions, because prayer for Muslims is a whole body experience, uniting mind, body and spirit.)
6. Think - Pair – Share on the following questions:
   What did you notice? What did Kaisin say at the beginning about prayer? What similarities and differences did you notice between the two different people's experiences? What did both people say was the most important aspect of prayer for them? Why might some people prefer to pray of their own and others prefer to pray with others?
7. Create a comparison table of similarities and differences. Write a short reflection on what the differences show and your own thoughts on what is the most important aspect of prayer to Muslims.

**Extension:**

1. Drawing on your knowledge of prayer in other religious worldviews, what might their thoughts be on the most important aspects of prayer, praying in different places, on their own and with others?