07

Living the faith.

Islam is not only believed; it is lived. Ten practices turn faith into daily habits of worship, generosity and care for others.

Faith in action

The ten practices of Islam

Belief lives in the heart; practice brings it into the day. In the school of the Ahl al-Bayt these ten acts are called the *furūʿ al-dīn*, the "branches of religion," growing from the roots of belief.

1 Prayer
Ṣalāt
Five daily conversations with God.

2 Fasting
Ṣawm
Ramadan: no food or drink from dawn to sunset.

3 Pilgrimage
Ḥajj
Once in a lifetime to Mecca, if able.

4 Charity
Zakāt
Giving a share of certain wealth to the needy.

5 One-fifth
Khums
20% of yearly savings for good causes and scholars.

6 Striving
Jihād
Struggle in God's way, above all against one's own ego.

7 Enjoining good
Amr bil-maʿrūf
Encouraging what is right.

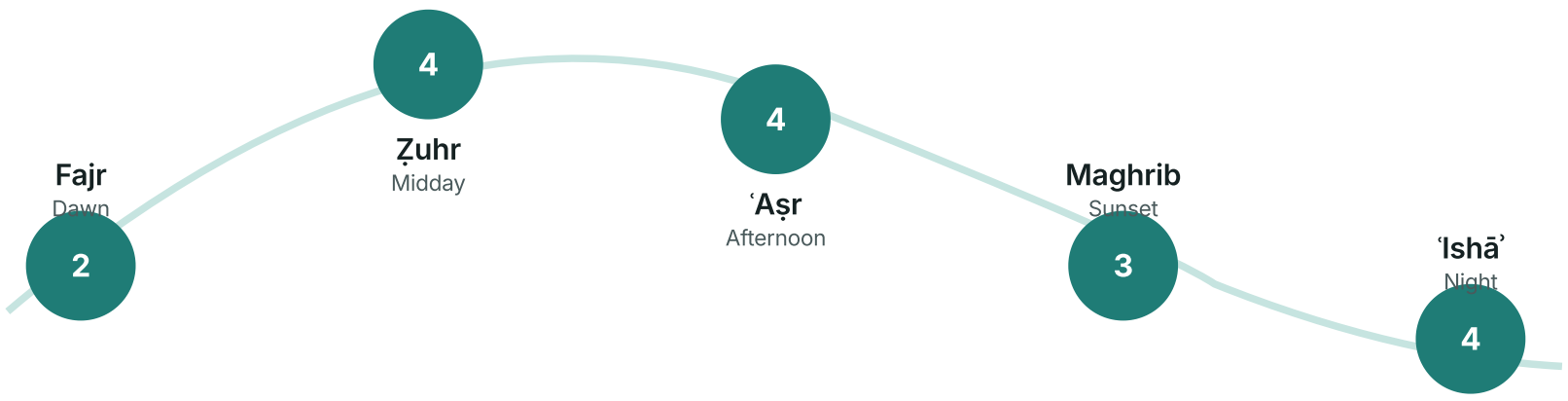
8 Forbidding wrong
Nahy ʿan al-munkar
Gently discouraging harm.

9 Loving God's friends
Tawallī
Loving the Prophet, his family and the righteous.

10 Distancing from enemies
Tabarrī
Rejecting oppression and those who oppose truth.

The daily rhythm

Five prayers shape the day



Number in circle = units (rakʿāt) · 17 in total each day

Before prayer: wuḍūʾ

A short washing that refreshes body and mind. Water is poured over the face and arms, and the head and feet are wiped.

1 Intend · 2 Wash face · 3 Wash arms · 4 Wipe head · 5 Wipe feet

Why so many rules?

These are not burdens but training. Prayer builds remembrance, fasting builds self-control, charity builds generosity. "Prayer keeps one away from indecency and wrongdoing" (29:45).

> "Prayer is the pillar of religion. If it is accepted, everything else is accepted."
>
> Prophet Muhammad (ṣ) · as reported from the Ahl al-Bayt