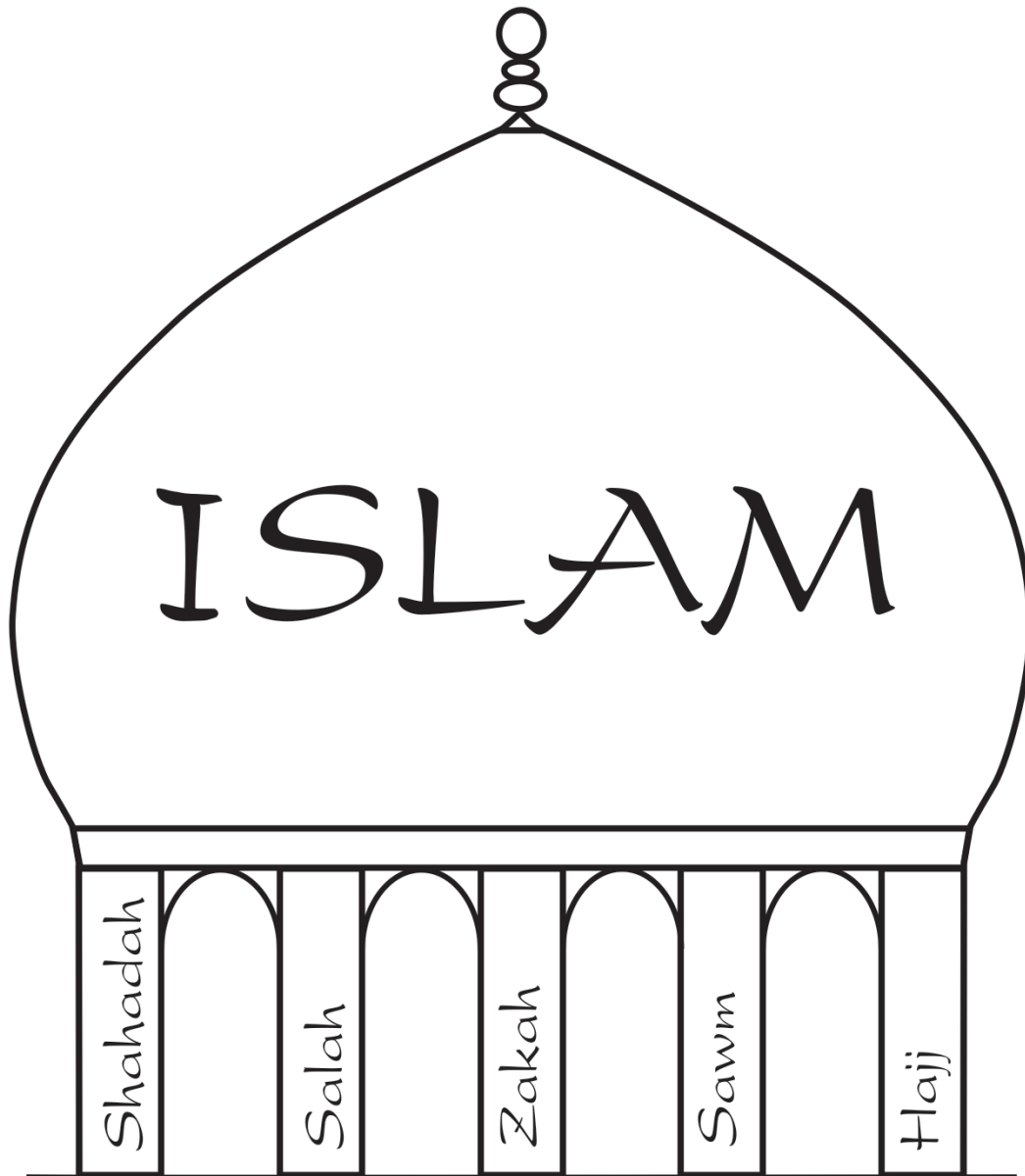


Five pillars



To be a Muslim you must carry out five important religious duties. These are thought of as '**pillars**' because, like pillars holding up a building, they hold up the Muslim faith.

- Shahadah** to repeat this important belief every day "There is only one God, Allah and the Prophet Muhammad is his messenger".
- Salah** to pray five times a day.
- Zakah** to give money to the poor.
- Sawm** to fast during Ramadan.
- Hajj** to go as a pilgrim to Makkah (Mecca), the holy city.

- Choose one pillar and find out more about it. Explain how Muslims carry out this duty.
- How do duties and rules help us? Talk about this with a friend.