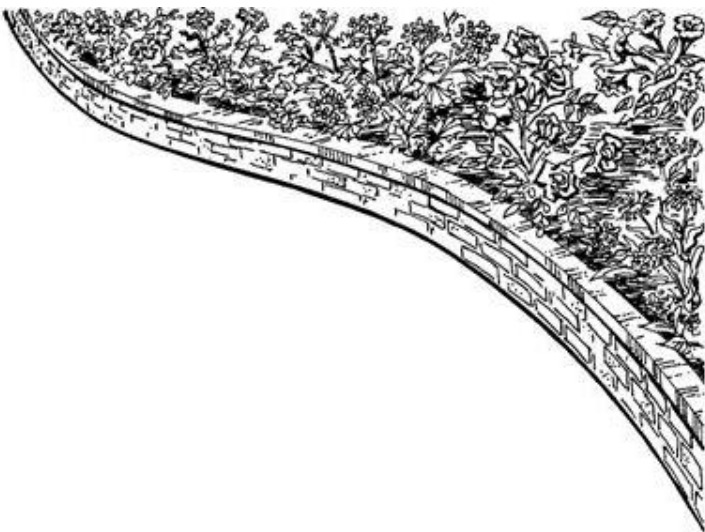


Islamic Studies

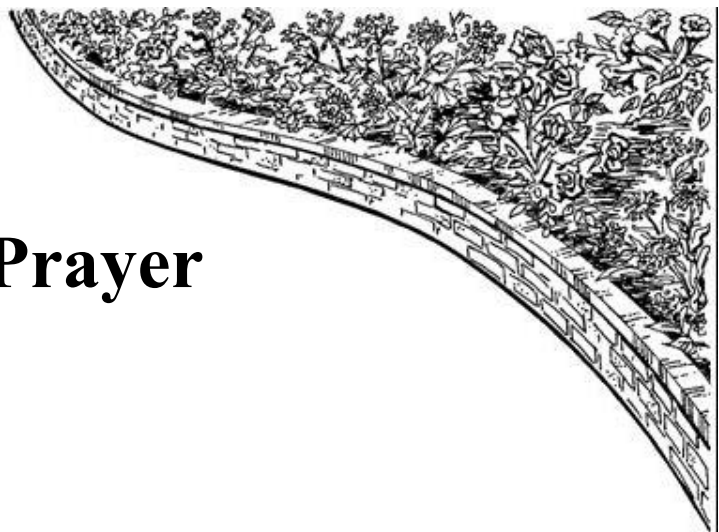
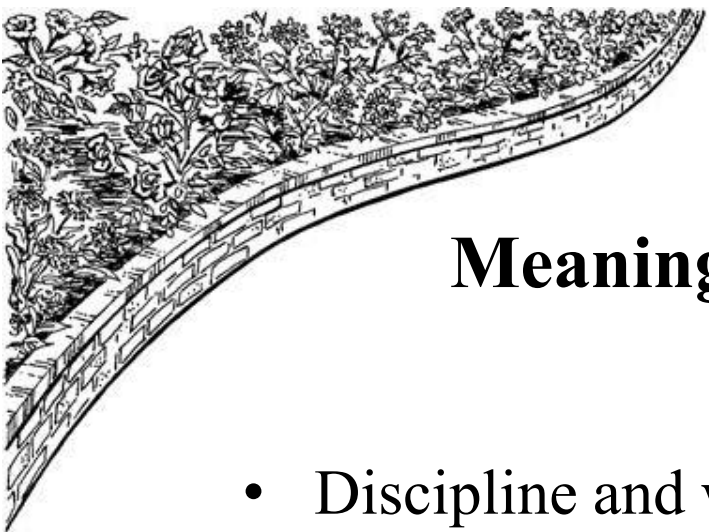
Pillars of Islam: Shahada, Prayer (Salaat)& Fasting (Sawm)



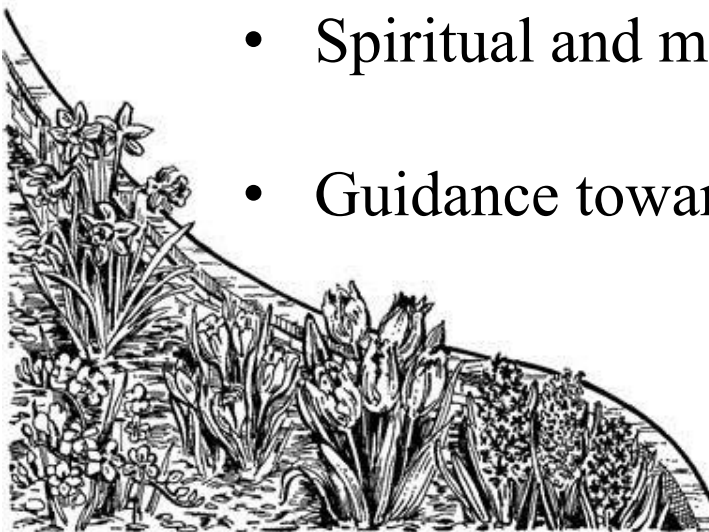
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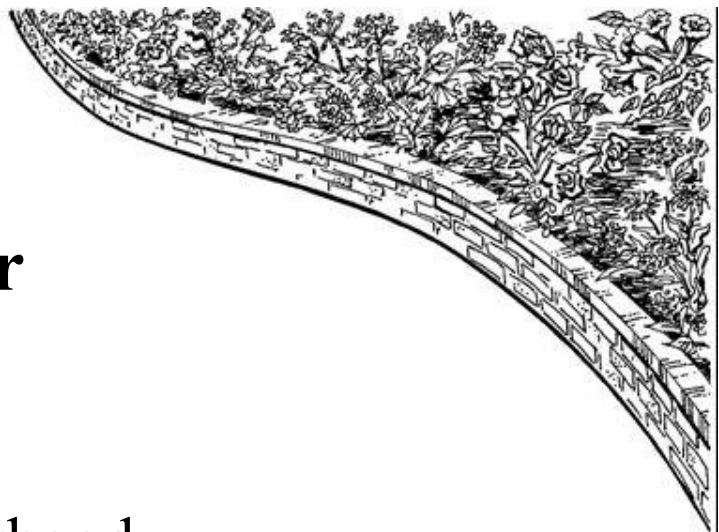
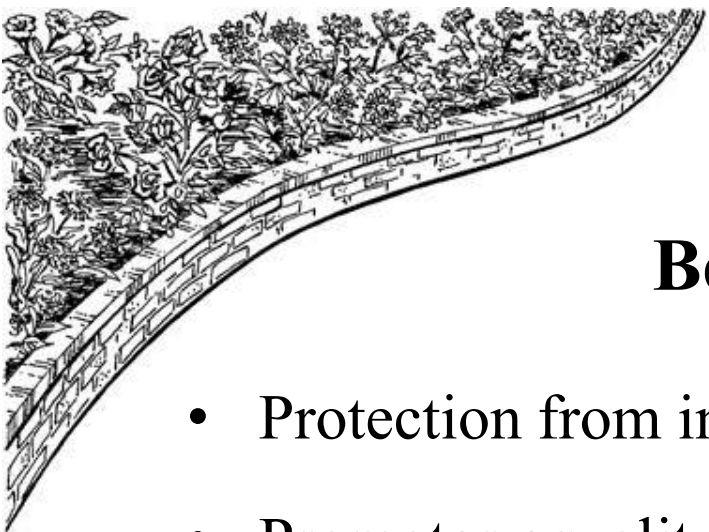
Understanding how Salaat purifies the heart, nurtures the mind, and encourages virtuous behavior and exploring the holistic benefits of Salaat in spiritual, moral, and physical development.



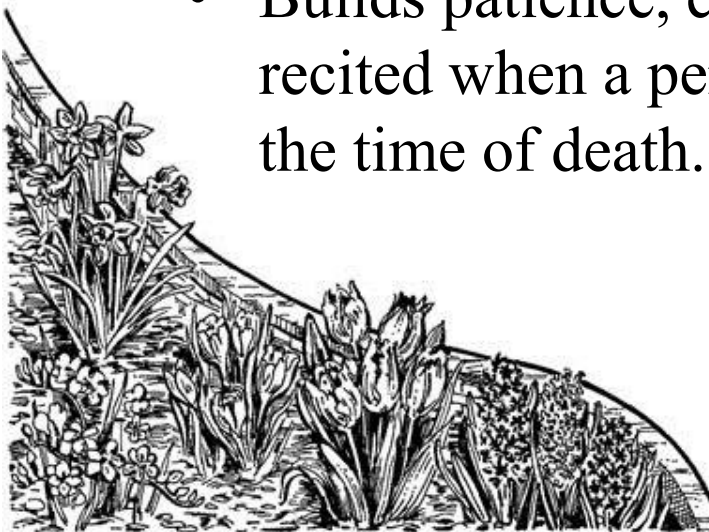


Meaning & Benefits of Prayer

- Discipline and willpower.
 - Devotion to Allah and worthy goals.
 - Constant remembrance of Allah.
 - Spiritual and moral development.
 - Guidance toward an upright life.
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Benefits of Prayer

- Protection from indecency and evil
 - Promotes equality, unity, and brotherhood
 - Expresses thankfulness to Allah
 - Brings inner peace and stability
 - Builds patience, courage, hope, and confidenceIt is also recited when a person accepts Islam and is encouraged at the time of death.
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