

# Islam and you

- Consider the 5 pillars of Islamic faith.
- Choose one to “apply” (in a broad, very liberal sense) to you as a mini project over this week.
- Obviously, I’m not asking you to become a Muslim, but to think about moral values that can be wholesome, and be creative in an application that means something to you.

# Due Date

- You have until next Thursday to complete your choice of one assignment.
- Choose one that seems most meaningful to you. 😊
- Today you can brainstorm for your activity.



# “Pillar” Activities

# Pillar #1: Faith

- Explore what faith means to you (regardless of if you are religious or not). Do you hold faith in God, or perhaps do you hold faith in humanity and its potential to be good, faith in yourself, or faith in science and order?
- In 20+ sentences, explain what faith means to you specifically. How, too, does this help you to be hopeful and focused in life?

# Pillar #2: Prayer

- Spend time with someone special to you, a little more than you would already. Get to know this person a little better by spending at least 30 minutes with this person more than you would.
- This could be a sibling, a friend you want to get to know better, or even God if you have faith.
- Write two complete, thoughtful paragraphs explaining this experience, and showing how this time was (or was not) beneficial to you.

# Pillar #3: Charity

- Give something of yourself to someone you know is in need. Perhaps you give a couple hours to tutor someone struggling, donate a couple bag of used clothing to Interfaith, spend 2-3 lunches cleaning trash, or cheering up underappreciated staff by baking a plate of cookies. Write one solid paragraph explaining your experiences.

# Pillar #4: Fasting

- For a week, give up something that is meaningful to you. This doesn't have to be food (although perhaps it can be, like desserts) but can be something like TV or game time, your phone, Facebook or Instagram, etc.
- Create a daily journal of 4+ sentences describing how you feel each day without something that usually means a lot to you. On the last day, describe anything you learned from this experience.

# Pillar #5: Pilgrimage

- A pilgrimage can be challenging, and means overcoming obstacles to reach someplace (or something) we desire.
- Choose a goal you would like to reach that seems challenging but doable within this year.
- Create a plan to reach this goal, including a visual aid of the goal as well as 5–7 concrete steps to reach this goal, bullet pointed, with at least a sub bullet point each of detail.