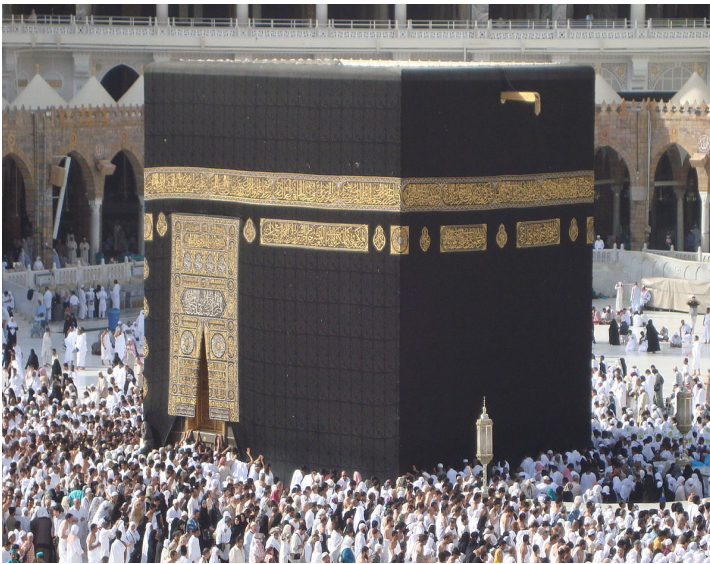


# *A Day in the Life of a Muslim*



## **Guidelines to Live By:**

Be a responsible human being as a representative of the Muslim community and educating the non-Muslim community on Islam.

Be responsible as a spiritual human being.

## **Mantra:**

People are generally good; you just need the resilience to keep searching for that good.

# Muslim Practice

## A Day in the Life ...

### Daily Practice:

A) Morning:

Begin the day with Prayer

B) Throughout the Day:

Pray five times (3-5 minutes). Prepare through ablutions: washing of the hands, face, right arm to the elbow, left arm to the elbow, right foot to the ankle, and left foot to the ankle.

Morning (*Fajr*)

Early Afternoon (*Dhuhr*)

Late Afternoon (*Asr*)

Sunset (*Maghrib*)

Night (*Isha'a*)

Read the Quran

Almsgiving (giving charity)

C) Evening:

End the day with Prayer.

D) Weekly:

**Attend Friday Prayers at the Islamic Community Center of Redlands, 12-3 pm  
(Register in the Religious Studies Office – Larsen 235)**

### Advice to Participants:

- A) Don't eat pork or anything derived from a pig.
- B) Don't eat or drink alcohol in any form.
- C) No sexual contact within anyone who is not your spouse.
- D) Give Charity.
- E) Contact your parents if you haven't reached out to them for that day.

### Hope for Participants:

That they would know what Islam teaches, what diversity is, and how Muslims are included in that diversity.