

Why Muslims Pray five times a day

**Prayers in other religions. E.g
christianity and buddhism**



The five daily prayers and the periods in which they are said.

Prayers (salah) are one of the five pillars in Islam. They are said at least five times a day.

- The five daily prayers are:
 1. Fajr, which is the prayers performed from dawn to sunrise.
 2. Dhuhr: performed after midday.
 3. Asr: performed at mid afternoon.
 4. Maghrib: performed at sunset,
 5. Isha: performed from one and a half hours after sunset.



Purpose of the prayers

- Muslims are commanded to pray five times a day, according to the Holy Qur'an.
- Act of individual's contact with Allah.
- The daily prayers remind Muslims that they should be grateful to Allah's blessings.
- It ensures that Muslims give priority to Islam over all other concerns, hence revolving their lives around Allah.
- The prayers also serve as a formal method of remembering Allah.

Prayers in christianity

- Prayers are considered talking and listening to God.
- There are also special prayers said during certain periods of the year, known as seasons,
- There are four of these seasons namely advent and christmas season, lent season, holy week and the easter season.
- Lent is the period in which christians fast.
- In addition to these, prayers are said in two different ways:
- Personal prayers: prayers said by an individual privately. It can be in his/her room, or during a stroll or in any situation. These are prayers done in the mind.
- Public prayers: prayers said when christians meet together in a community
- Meditative prayers are those in which christians meditate about God.
- Christians often pray when they rise from bed, and thank God for a sound sleep and also beg God for guidance during the daily activities.
- At night they say the vigils (night prayers), thanking God for letting them safely through the day and beg God for a good sleep.

Prayers in Buddhism

- There is no ritual prayers because according to the Buddhist teachings there is no god or creator. The universe is considered to be extended with the space and time .Everything is considered to be in the principle of “cause and effect” .
- The main goal is to get rid of rebirth and bring the mind to the state of “Nirvana” ,the absolute emptiness. The mind plays a big role in Buddhism so that there teaches the mind enlighten techniques called “Mediations”
- In Buddhism nobody is oblige to do any rituals.

Thank you

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