



# Questions

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1. *Zakat* (giving of charity) is one of the ‘pillars’ of Islam.

(a) Describe:

- (i) the practice of *Zakat*;
- (ii) who should receive *Zakat*.

(7 marks)

(b) Explain the meaning **and** importance of charitable giving for Muslims.

(8 marks)

(c) ‘You should give to charity because you want to, not because your religion says you should.’

Do you agree? Give reasons in support of your answer.

(5 marks)

(Total 20 marks)

(SEG SYL A Paper 2, June 1995)

2. Questions (a)–(d) can be answered in a single word, phrase or sentence. Question (e) requires a longer answer.

(a) During which month should Muslims obey the command to fast?

(1 mark)

(b) What is *Tawhid*?

(1 mark)

(c) What does the word *Qur’an* mean?

(1 mark)

(d) Name **two** groups of people who are excused from making the pilgrimage to Makkah.

(2 marks)

(e) Explain the importance of prayer in Islam.

(5 marks)

(Total 10 marks)

(SEG Paper 148011, Section A, 1998 Short Course Specimen Questions)

3. Birth, marriage and death are important family occasions in Islam. Select **one** of these.

(a) (i) Describe the religious customs associated with the occasion you have chosen.

(5 marks)

(ii) Explain the importance to the family of these customs.

(5 marks)

(b) Who do you think benefits most from these customs – the individual, the family or the community? Give reasons for your answer, showing that you have thought about more than one point of view.

(10 marks)

(NEAB Short Course Paper 4, 19 June 1997)

(Total 20 marks)

4. (a) How many times a day do Muslims pray? [1]  
(b) Describe **three** of the Five Pillars of Islam. [7]  
(c) Why are these rituals and beliefs important in a Muslim's life? [7]  
(d) 'Prayer is the most important part of a believer's life.'

Do you agree? Give reasons to support your answer and show that you have thought about different points of view. You must refer to Islam in your answer. [5]

*(MEG Sample Paper, Summer 1998)*

5. (a) What does the word 'wudu' refer to? (2 marks)  
(b) What do Muslims mean by the word *ibadah*? (6 marks)  
(c) Describe and explain how Ramadan makes a difference to a Muslim's daily life. (8 marks)  
(d) 'If religious people were really generous, there would be no poverty.'

Do you agree? Give reasons for your answer showing you have considered another point of view. (4 marks)

*(Total 20 marks)*

*(London (1479) Specimen papers for May/June 1999)*



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# Islam: a glossary

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**Abd**

Arabic, meaning 'slave (or servant) of Allah', as in Abdullah; it indicates the status of human beings as doers of God's will

**Abu Bakr**

The first *Khalifah* or successor to the leadership of the Muslim community when the Prophet Muhammad died

**Adam**

The first man and the first prophet of Allah; this is the same Adam who, with Eve, lived in the Garden of Eden until God sent them away for sinning

**Adha**

A feast held to coincide with the annual sacrifice which takes place at Makkah, near the end of the *Hajj*

**Adhan**

The call to prayer, made five times a day to Muslims from every mosque; it is from the same root as 'Mu'adhin', one who makes the call to prayer

**Ahmadiyyah**

A reform movement founded by Mirza Ghulam Ahmad (1839–1908), who announced that he was the expected *Mahdi* of Islam (see under *al-Mahdi*)

**Aishah**

One of the wives of the Prophet Muhammad, daughter of *Abu Bakr*

**Akhirah**

Everlasting life after death

**Akhlaq**

Attitudes, ethics and behaviour

**al-Amin**

The 'Trustworthy': a name used to describe the Prophet Muhammad

**al-Aqsa**

*Al-Masjid al-Aqsa*, 'The Farthest Mosque': it is in Jerusalem

**al-Fatihah**

'The Opener' – *surah* 1 of the *Qur'an*; it is recited at least 17 times daily during the five times of *salat*. It is also known as 'The Essence' of the *Qur'an*

**al-hamdul-li-Llah**

Lit: 'Praise belongs to Allah'; it is often used as an expression of thanks to Allah

**Al-isrd**

The Festival of The Prophet's Night Journey and Ascension

**al-Kafi**

Lit: 'Enough' or 'Sufficient'; this is the title of the books of *Hadith* compiled by Muhammad ibn-Yaqub Kuleini, a *Shi'ah* scholar

**al-Khulafa-ur-Rashidun**

Lit: The 'Rightly-Guided' *Khalifahs*: they were the first four successors to the leadership role of the Prophet Muhammad. They were *Abu Bakr*, Umar, Uthman, and *Ali*

**al-Madinah**

The ‘City of the Prophet’, the name given to Yathrib after the Prophet moved there in 622 CE and founded the first Islamic state; note that it is a shortened form of *Madinatu’n-Nabiyy*

**al-Mahdi**

Lit: ‘The guided one’: he will appear towards the end of time to restore righteousness. This is the expected and promised Messiah

**Al-Miraj**

The ascension into Heaven by the Prophet

**Ali**

Cousin and son-in-law of Muhammad, he was the husband of *Fatimah (al-)* Zahrah, and the father of Hassan, Hussein, and Zainab – the fourth ‘*Al-Khulafa ur-Rashidun*’ according to *Sunnis* and the first successor accepted by *Shi’ah* Islam

**Allah**

Derived from the Arabic ‘*al-ilah*’, this is the name of the Supreme Being. The Arabic term has no singular, plural or gender. Allah is the sole deity with no associates, and no images of him are permitted. The attributes of Allah are rehearsed in the 99 Most Beautiful Names, which are often recited with the aid of prayer beads

**Allahu Akbar**

Allah is most great

**Ansar**

Lit: ‘supporters’, they were the Muslims of Madinah who welcomed and supported those Muslims who came from Makkah

**Aqd Nikah**

Marriage

**Arafat**

A plain a few miles from Makkah where pilgrims gather to worship, pray and ask for forgiveness on the ninth day of the Islamic month of *Dhul-Hijjah*

**Asr (salat-ul-Asr)**

Mid-afternoon *salat*, which is any time from mid-afternoon until half an hour before sunset

**As-Salamu alaykum**

An Islamic greeting, literally ‘Peace be upon you’

**Assirat Bridge**

The entrance to Heaven

**Ayah**

Lit: sign; a unit within a *Surah* of the *Qur’an*

**Barakah**

Blessings

**Bilal**

The first *Mu’adhin* of Islam, who was once an Abyssinian slave

**Bismillah**

‘In the name of Allah’

**Bismillah-ir-Rahman-ir-Rahim**

‘In the name of Allah, most Gracious, most Merciful’, the preface to all *surahs* of the *Qur’an* except the ninth

**Caliph**

See *Khalifah*

**Da’if**

Weak; one of the classifications of *Sunnah*

**Dar ul-harb**

Lit: ‘the house of war’, or those areas of mankind that Islam has not yet subdued

**Dar ul-Islam**

Lit: ‘the house or abode of Islam’, this means the lands under Islamic rule

**Da’wah**

Inviting people to Islam, literally or by preaching and the example of good actions

**Dawud**

The prophet to whom the *Zabur* (psalms) were revealed

**Dhikr**

Lit: 'remembrance', it means to remember Allah by mention of His names, and His reminder to men, which is in the *Qur'an*, the relevant sections of which should be recited

**Dhimmi**

A non-Muslim living freely under the protection of an Islamic state

**Dhul-Hijjah**

The month of the *hajj*, last month of the Islamic year

**Din**

Religion in general and religious duties in particular; it includes the five basic obligations of the Muslim. It also means divine judgement

**Din ul-fitrah**

Description of Islam as the 'natural way of life'

**Du'a**

Varying forms of personal prayer and supplication

**Eid**

See *Id*

**Eid-ul-Nahr**

Festival of Immolation

**Fajr (salat ul-Fajr)**

The dawn *salat*, performed at any time from dawn until just before sunrise

**Fana**

In *Sufi* Islam this is a term meaning the passing away of the self, either momentarily or permanently

**Fard**

An obligation under Divine Law, such as the five daily times of *salat*

**Fatihah**

The title of the first *surah* of the *Qur'an*; see *al-Fatihah*

**Fatimah (al-) Zahrah**

Muhammad's daughter and the wife of *Ali*, the mother of Hassan, Hussein and Zainab

**Fatwa**

A legal opinion given by a Muslim *mufti*, by which the *Shari'ah* is applied to cases or issues so that its authority and precedents may be upheld

**Fiqh**

Islamic jurisprudence; it is the legal order as exercised in the courts and expounded by the several schools of law

**Fitnah**

Originally trial or persecution borne by believers in Muhammad, it was later used to describe sedition or conspiracy against the Islamic state

**Five Pillars of Islam**

Five duties incumbent on all Muslims: (1) *Shahadah* or the profession of faith and confession of the Unity of God; (2) *Salat* or prayer; (3) *Zakat* or almsgiving; (4) *Saum* or fasting; (5) *Hajj* or Pilgrimage to Makkah

**Ghusl**

Greater ablution; the formal washing of the whole body before worship

**Hadith**

Tradition in Islam from the sayings and deeds of Muhammad as reported and recorded by his household and companions, this is a major source of *Sunnah* or obligatory law

**Hafiz**

Someone who has learned the *Qur'an* by heart

**Hajar**

The wife of the Prophet *Ibrahim* and the mother of the Prophet Isma'il

**Haji (Hajji)**

A Muslim male who has completed *Hajj*

**Hajiah (Hajja)**

A Muslim female who has completed *Hajj*

**Hajj**

Pilgrimage to Makkah in the sacred month; the fifth pillar of Islam

**Halal**

Any action which is permitted or lawful; for example, meat that is slaughtered according to Islamic requirements

**Hanif**

A seeker after true religion; in the *Qur'an* Abraham is an example of a God-fearer before the coming of Islam

**Haram**

Anything unlawful or forbidden

**Hasan** – good; one of the classifications of Sunnah

**Hijab**

Lit: ‘curtain’ or ‘veil’, used to describe the headscarf of modest dress for women. This involves covering everything except the face and hands in front of anyone other than the immediate family

**Hijrah**

Lit: ‘migration, emigration, departure or exit’; in 622 CE Muhammad and 100 followers left Makkah for Madinah which is about 300 km away. A new community was set up there. This date is the beginning of the Islamic calendar

**Hira**

The name of the mountain near Makkah where the Prophet Muhammad used to go for solitude and to worship. This is where he received the first revelation of the *Qur'an*

**Ibadah** (Ibadat)

This covers all acts of worship and covers any permissible action performed with the aim of obeying Allah. It comes from the verb ‘Abada’ (to serve), and ‘Abd’ (a slave)

**Iblis**

The Angel who defied Allah by refusing to bow to Adam, and later became the tempter of all mankind. See also Shaytan

**Ibrahim**

Abraham, a prophet of Allah to whom the ‘Scrolls’ were revealed

**Id (Eid)**

Lit: ‘recurring happiness’, this is a religious holiday, a festival and feast for thanking Allah

**Id mubarak**

A greeting on Islamic festivals: ‘Happy Id!’

**Id-ul-Adha**

Festival of the Sacrifice commemorating the Prophet Ibrahim’s willingness to do Allah’s will by sacrificing his son Isma’il. It is also known as *Id ul kabir* – the ‘Greater Id’ and *Qurban Bayram* or Feast of Sacrifice in Turkey

**Id-ul-fitr** (Eid-ul-Fitr)

This is the day after Ramadan ends, and is also the first day of Shawwal, the tenth month. It is also known as *Id Eid-al-asaghar* or the ‘Lesser Id’, and it is the Turkish *Sheker Bayram* or ‘Sugar’ feast

**Ihram**

The state of ritual purity necessary for *hajj* or *umrah*; it also refers to the plain white garments worn by male pilgrims to show the equality, brotherhood and purity of the pilgrim

**Ijma**

The general consensus in *Sunni* Islam on matters of law, practice and usage

**Ijtihad**

The initiative of experts and pioneers in facing and responding to new situations in Islam

**Ikhlas**

Religious sincerity as an ethical ideal in Islam as set out in the *Qur'an*, *surah* 112, named *Ikhlas*

**Imam**

Lit: ‘leader’; someone who leads communal prayer/public worship in a mosque or elsewhere. The *imam* is not a priest and has no authority. The *Shi'ites* gave the title to their leaders, descendants of the Prophet through his daughter *Fatima*

**Imamah**

Religious authority in *Shi'ah* Islam as successor to the Prophet as leader of the Muslim community

**Iman**

Faith

**Injil**

Gospel

**Iqamah**

The call to stand up for *salat*

**Isa**

Jesus, who in Islam is seen as a prophet of Allah who had a virgin birth and to whom the *Injil* was revealed

**Isha (salat-ul-Isha)**

The evening *salat*, which can be performed from an hour after sunset until midnight

**Isma'il (Ishmael)**

The son of Ibrahim (Abraham) and Hajar (Hagar), described in the *Qur'an* as a prophet (xix.55), he is seen as the father of the Arabs. He helped Ibrahim to build the *Ka'bah*, and placed the Black Stone in it (ii.119–25). Islam teaches that Isma'il, not Isaac, was prepared for sacrifice by Ibrahim

**Islam**

Lit: 'Peace through willing obedience to Allah's divine guidance', it is an Arabic word based on the letters S-L-M, in which there is also the root of the word 'Salaam' meaning 'peace'. It is the religious teaching, faith, obedience and practice, and the widespread religious community founded by the prophet Muhammad, and based on the *Qur'an*. Without a capital letter, *islam* indicates the quality of submission or surrender to the Divine word as taught by Islam

**Isma'ilis**

A branch of the *Shi'ah* Muslims, sometimes called the 'Seveners', because they believe that the seventh Imam was the last and the greatest

**Isnad**

The chain of transmission of each *hadith*

**Jahannam**

Hell

**Jahiliyyah**

The time of ignorance in Arabia before Islam

**Jibra'il**

The Angel Gabriel, who delivered Allah's messages to His prophets

**Jihad**

'Striving' or 'Holy War', this is the duty imposed by the *Qur'an* on every Muslim to fight against polytheists (viii.39), or Christians and Jews (ix.29) in order to advance the faith. A *Jihad* must be carefully defined and led by an *imam* or Islamic head of state. The *Sufis* say that the true *Jihad* is against personal sin

**Jinn**

Demons and spirits mentioned in the *Qur'an*, Muhammad was sent to preach to them, and some repented

**Ka'aba**

This an Arabic word meaning 'cube'. It is a cube-shaped structure in the centre of the grand mosque in Makkah. It is a sacred shrine in the courtyard and is 12 metres long × 11 metres wide × 5 metres high. It is towards this that all Muslims turn to pray. It is covered by a black cloth into which the confession of faith is woven, and it is renewed annually. The Black Stone is set into the east corner. Tradition holds that it was built by *Ibrahim* and *Isma'il* as the first house built for the worship of Allah

**Kalimah**

This is the title of the *Shahadah* or confession made by Muslims that: 'There is no god but God; Muhammad is the messenger of God'

**Khadijah**

The first wife of the Prophet Muhammad

**Khalifah**

'Successor, inheritor, custodian, viceregent', it refers to the chief defender of the Islamic faith. *Sunni* Muslims regard *Abu Bakr* as the first in Madinah. *Shi'ah* Muslims reject the first three and start from *Ali*. The Abbasid Caliphate was founded in Baghdad in 750 CE and remained there until they moved to Cairo in 1258. In 1517 the Turks forcibly removed the Caliphate to Istanbul, which was its home until 1924 when the Turkish National Assembly abolished it

**Khitan**

Circumcision

**Khums**

The additional contribution to *zakat* of one-fifth of surplus annual income paid by the *Shi'ah* Muslims as demanded in *surah* 8:41

**Khutbah**

‘Speech’: a talk delivered on special occasions such as the *Jum'ah* and *Id* prayers

**Kufr**

The ultimate evil; disbelief in Allah and His signs, rejection of revelation and thanklessness (Compare with *Shukr.*)

**Labbaika**

It means ‘Here I am before Thee’ and is the cry of greeting of the Muslim pilgrim in Makkah

**Laylat al-qadr**

The Night of Power when the first revelation of the *Qur'an* was made to the Prophet Muhammad during the last ten days of *Ramadan*

**Maghrib (salat ul-Maghrib)**

Sunset *salat*, which can be performed after sunset until daylight ends

**Mahr**

Dowry given by husband to wife

**Maryam**

The virgin mother of the prophet *Isa*

**Masjid**

Lit: Place of prostration; mosque

**Makkah**

The city where Muhammad was born, it is the spiritual centre of Islam and is in Arabia. In the centre is the sacred Mosque, and the *Ka'bah* with the Black Stone. Legend links its foundation with Adam and its development with *Ibrahim* and *Isma'il* (Ishmael)

**Madinah**

The tomb of the Prophet is there, and it is still a place of pilgrimage second only to *Makkah*. (See also *al-Madinah.*)

**Mihrab**

The niche or alcove into which the *imam* prays, it indicates the direction of Makkah, of the ‘*qiblah*’ for those worshipping in the mosque

**Mina**

A place near Makkah where pilgrims stay on the 10th, 11th and 12th of *Dhul-Hijjah* and perform some of the activities of the *Hajj*, including stoning three pillars

**Minaret**

The tower near a mosque from which the *muezzin* calls the faithful to prayer, five times a day; it was probably a fire tower or beacon originally

**Minbar**

Rostrum, platform or dais: the stand from which the *imam* delivers the *khutbah* or speech in the *mosque* or place of prayer

**Miqat**

Lit: A ‘place appointed’ at which the pilgrims enter into the state of *ihram*

**Mosque**

Building for Muslim public worship, it is normally in the form of a square, with an open courtyard containing a watertank for ritual washing. It has an area for prayers, with a pulpit, and a recess in one wall which shows the direction of Makkah. This word is derived from the Arabic ‘*Masjid*’, meaning a place of prostration

**Muezzin (Mu'adhhdhin)**

The man who calls the faithful to prayer; he does this five times a day from the *minaret* of the *mosque*. The name is derived from the Arabic word *Mu'adhhdhin*: the *adhan* caller

**Mufti**

Islamic lawyer who gives judgements or **fatwa** based on the *Shari'ah* or religious law

**Muhajirin**

Those who took part in the *Hijrah* when Muhammad and his followers migrated from *Makkah* to *Madinah* in 622 CE

**Muhammad**

Lit: 'Praised': he is the final Prophet and was born in Makkah around 570 CE. At the age of 40 he experienced visions and revelations which form the basis of the *Qur'an*

**Muharram**

The first month in the Islamic calendar which is reckoned from the time of the migration to *Madinah*

**Mumin**

A person who wholeheartedly yields to Allah's guiding wisdom and so is in harmony with His will and at peace with himself and all creatures

**Munafiqun**

This is the term used in *surah* lxiii of the *Qur'an* to describe hypocrites

**Murid**

This is the first stage in *Sufi* discipleship; the would-be seeker

**Muslim**

Someone who submits to the will of God in any age or time

**Muslim**

One who has submitted to the Will of God, and has accepted Islam

**Muzdalifah**

Place where pilgrims camp for the night after standing at Arafat during *hajj*

**Nabi**

Prophet of Allah

**Nifaq**

A Muslim term for hypocrisy, or pretended belief in the *Qur'an* which is devoid of sincere faith

**Niyyah**

Lit: 'intention'; the statement of intent made before all acts of worship such as *salat*, *hajj* or *sawm*

**Pilgrimage**

The fifth pillar of Islam is the duty to undertake a pilgrimage to *Makkah* (*Hajj*), at least once in a lifetime

**Prophet**

The *Qur'an* identifies many figures in the Old and New Testament as prophets (this includes Jesus), but believes that Muhammad is the final prophet of Allah. *Qadi* – Muslim judge

**Qadar**

Allah's complete and final control over the outcome of events or destiny. (See also *Laylat al-qadr.*)

**Qiblah**

The direction to which Muslims must turn in prayer towards the *Ka'bah* in Makkah. (See also *mihrab.*)

**Quraish**

The tribe to which Muhammad belonged; the ruling authorities in Makkah

**Qurbani Eid**

The Festival of offering

**Qur'an**

That which is read or recited; it is the Divine book revealed to the prophet Muhammad on the Night of Power. It is Allah's final revelation to mankind. It has 114 *surahs* or chapters

**Rabb**

Lit: 'Lord', the title most frequently for Allah

**al-Rajim**

The Muslim name for Satan ('the accursed one', see also *Iblis*), it means 'one who is stoned', and is derived from the stone-throwing ceremony at Makkah

**Rak'ah**

A unit in *salat*, made up of recitation, standing, bowing and two prostrations

**Raka'at**

The Muslim ritual of repeating several prayers with obligatory bodily positions in a specified sequence

**Ramadan**

The ninth month of the Islamic calendar, which involves fasting during the hours of daylight, it celebrates the month when the *Qur'an* was 'sent down'

**Rasul**

Messenger of Allah

**Ruku**

Bowing in Salat

**Sabr**

Patience and fortitude under adversity; the staying power which is the fruit of firm reliance on God

**Sa'y**

Walking between Safa and Marwah as part of *Hajj*, in remembrance of *Hajar's* search for water for her son *Isma'il*

**Sadaqah**

A voluntary payment or good action for charitable purposes

**Safa and Marwah**

Two hills in Makkah, near the *Ka'bah*; now next to the grand mosque

**Sahih al-Bukhari**

The title of the books of *Hadith* compiled by Muhammad ibn Ismail al Bukhari, a *Sunni* scholar, this collection is described as *Sahih* or 'Authentic'

**Sahih Muslim**

The title of the books of *Hadith* compiled by Abul Husayn Muslim ibn al-Hajjaj, a *Sunni* scholar, the collection is described as *Sahih* or 'Authentic'

**Salat (salah)**

This is ritual or liturgical prayer in Islam, and is the second Pillar of *Din*; it is performed five times a day

**Salat ul-Jum'ah**

The weekly congregational prayer and attendance for the *khutbah* performed at middays on Fridays

**Salik**

The second stage of *Sufi* discipleship, the journeyer

**Saqim**

Infirm; one of the classifications of *Sunnah*

**Sawm (also Saum)**

Fasting, especially during *Ramadan*, it lasts from dawn till sunset every day during the ninth month of the Islamic calendar. This includes all food, drink (including water), smoking and sexual relations

**Seveners**

Muslims who accepted the seven *Imams*, and in 765 CE accepted the leadership of *Isma'il*, thus becoming the ancestors of the *Isma'ili* Muslims

**Shahadah**

The declaration of faith, the witness and confession of the *Kalimah*; the first Islamic Pillar of *Din*: 'There is no god except Allah, Muhammad is the Messenger of Allah'

**Shari'ah**

Canon Law of Islam based on the *Qur'an* and *Sunnah*, but more commonly used to mean all the commandments of God concerning human actions

**Shaytan**

The 'accursed'; a name given to *Iblis* or Satan

**Shi'ah**

The Islamic sect which regards *Ali* as the first true *Khalifah*, they believe in the successorship of *Ali* and the eleven of the most pious knowledgeable descendents of his after the Prophet Muhammad. It is the official religion of Iran, and has subdivisions such as the *Imamis* and the *Isma'ilis*

**Shirk**

Lit: 'association', this is the cardinal sin of idolatry or deification. This applies to any deviation from the exclusive worship of the one true God

**Shukr**

Gratitude for divine mercy

**Sirah**

The career or biography of Muhammad

**Sufi**

A Muslim mystic

**Sujud**

Prostration in Salat

**Sunnah**

From the Arabic for 'custom'; the path of tradition; the theory and practice of orthodox Islam, following the standards of Muhammad

**Sunni**

The broad mass of Islam who rely on the *Qur'an*, the *Sunnah* and the community. They reject the *Shi'ah* Imams

**Surah**

Division or chapter of the Qur'an

**Tanzil**

The descent or downward flow of inspiration that came to Muhammad

**Taqlid**

Authoritarianism, unquestioning adherence to a traditional school of teaching in Islam

**Tariqah**

The *Sufi* way of discipline and initiation into divine knowledge through self-transcendence and self-mortification

**Tawhid**

The driving motive of Islam: the doctrine of divine unity, that God is one; let God be God alone

**Ulama**

Islamic doctors of theology or law. They are the guardians of Islamic teaching

**Ummah**

The world-wide family of Islam

**'Urf**

Customary law, from which the content of Islamic *Shari'ah* is derived

**Wahhabis**

An Islamic community which has been the main influence in Saudi Arabia since 1924, it was founded by 'Abd al-Wahhab (1703–92)

**Wahy**

The state of mind and spirit in which Muhammad received and communicated the *Qur'an*

**Walima**

Marriage celebration

**Wasil**

The final stage of *Sufi* discipleship

**Wudu**

Washing before prayer: the hands, forearms and legs below the knees must be washed, the face, mouth and nose must be rinsed

**Zakat (zakah)-ul-fitr**

Almsgiving; the third of the five Pillars of Islam

**Zawiyah**

A local Muslim community or 'cell' sharing devotion and spiritual exercises

**Zuhd**

The call to abstinence or a religious life