**Mrs Halim**

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| **Key question: Does praying at regular intervals everyday help a Muslim in his/her everyday life?** |

**Do I know what commitment means?**

We discussed what commitment means and how to achieve it. Then we looked at different examples of commitment and thought about how it would feel to fulfil a commitment and how much effort it would take.

**Write about one of your commitments:**

**My commitment is:**

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**It is difficult because:**

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| **Can you draw one of your commitments?** |

**R A G**