Well done for completing this challenge.

School	Total number of prayers could be completed
Nishkam Primary School Birmingham	231,000
Nishkam School West London	426,250
Nishkam High School Birmingham	370,700
Nishkam Primary School Wolverhampton	196,900

nishkam
school trust

MAN NEEVA MAT UCHI

to empower children with **values,** to **enable** them to **excel** academically & **spiritually,** enabling them to **serve humanity selflessly,** with an abundance of **love, compassion, & forgiveness**

Prayer Diary
2019

nishkam
school trust

MAN NEEVA MAT UCHI

Name:...................................
Class:...................................
School:...................................

Prayerfulness

Purpose of Challenge

All faiths place a huge significance of prayer in our lives. Guru Nanak Dev Ji's 3 basic teaching include 'Naam Japo' as the first fundamental teaching to all.

The aim of this prayer challenge is for pupils of all or no faith to practise acts of prayer. Please record the number of prayers completed in this prayer diary. Over 1 million prayers would be completed if all pupils participated in all of our schools! What an achievement – Good Luck!

Multi-faith aspect

'Let the reading of your prayer book be the oil and let the Fear of God be the wick for the lamp of this body. Light this lamp with the understanding of Truth.'

(Siri Guru Granth Sahib Ji)

'If you believe, you will receive whatever you ask for in prayer.'

(Matthew 21:22)

'O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.'

Quran

(2:153)

'Prayer is the act of listening to God listening to us.'

Jewish – Celebrating Life p.78

	(✓)		(✓)		(✓)
496	☺	497	☺	498	☺
499	☺	500	☺	501	☺
502	☺	503	☺	504	☺
505	☺	506	☺	507	☺
508	☺	509	☺	510	☺
511	☺	512	☺	513	☺
514	☺	515	☺	516	☺
517	☺	518	☺	519	☺
520	☺	521	☺	522	☺
523	☺	524	☺	525	☺
526	☺	527	☺	528	☺
529	☺	530	☺	531	☺
532	☺	533	☺	534	☺
535	☺	536	☺	537	☺
538	☺	539	☺	540	☺
541	☺	542	☺	543	☺
544	☺	545	☺	546	☺
547	☺	548	☺	549	☺

550 – Completed!	☺

Well Done!

	(✓)		(✓)		(✓)
430	☺	431	☺	432	☺
433	☺	434	☺	435	☺
436	☺	437	☺	438	☺
439	☺	440	☺	441	☺
442	☺	443	☺	444	☺
445	☺	446	☺	447	☺
448	☺	449	☺	450	☺
451	☺	452	☺	453	☺
454	☺	455	☺	456	☺
457	☺	458	☺	459	☺
460	☺	461	☺	462	☺
463	☺	464	☺	465	☺
466	☺	467	☺	468	☺
469	☺	470	☺	471	☺
472	☺	473	☺	474	☺
475	☺	476	☺	477	☺
478	☺	479	☺	480	☺
481	☺	482	☺	483	☺
484	☺	485	☺	486	☺
487	☺	488	☺	489	☺
490	☺	491	☺	492	☺
493	☺	494	☺	495	☺

Aim of Challenge

To complete 550 prayers in own personal faith between October 2019 and November 2019.

Please colour in once completed:

	(✓)		(✓)		(✓)
1	☺	2	☺	3	☺
4	☺	5	☺	6	☺
7	☺	8	☺	9	☺
10	☺	11	☺	12	☺
13	☺	14	☺	15	☺
16	☺	17	☺	18	☺
19	☺	20	☺	21	☺
22	☺	23	☺	24	☺
25	☺	26	☺	27	☺
28	☺	29	☺	30	☺
31	☺	32	☺	33	☺
34	☺	35	☺	36	☺
37	☺	38	☺	39	☺
40	☺	41	☺	42	☺
43	☺	44	☺	45	☺
46	☺	47	☺	48	☺
49	☺	50	☺	51	☺

	(✓)		(✓)		(✓)
52	☺	53	☺	54	☺
55	☺	56	☺	57	☺
58	☺	59	☺	60	☺
61	☺	62	☺	63	☺
64	☺	65	☺	66	☺
67	☺	68	☺	69	☺
70	☺	71	☺	72	☺
73	☺	74	☺	75	☺
76	☺	77	☺	78	☺
79	☺	80	☺	81	☺
82	☺	83	☺	84	☺
85	☺	86	☺	87	☺
88	☺	89	☺	90	☺
91	☺	92	☺	93	☺
94	☺	95	☺	96	☺
97	☺	98	☺	99	☺

	(✓)		(✓)		(✓)
364	☺	365	☺	366	☺
367	☺	368	☺	369	☺
370	☺	371	☺	372	☺
373	☺	374	☺	375	☺
376	☺	377	☺	378	☺
379	☺	380	☺	381	☺
382	☺	383	☺	384	☺
385	☺	386	☺	387	☺
388	☺	389	☺	390	☺
391	☺	392	☺	393	☺
394	☺	395	☺	396	☺
397	☺	398	☺	399	☺
400	☺	401	☺	402	☺
403	☺	404	☺	405	☺
406	☺	407	☺	408	☺
409	☺	410	☺	411	☺
412	☺	413	☺	414	☺
415	☺	416	☺	417	☺
418	☺	419	☺	420	☺
421	☺	422	☺	423	☺
424	☺	425	☺	426	☺
427	☺	428	☺	429	☺

	(✓)		(✓)		(✓)
298	☺	299	☺	300	☺
301	☺	302	☺	303	☺
304	☺	305	☺	306	☺
307	☺	308	☺	309	☺
310	☺	311	☺	312	☺
313	☺	314	☺	315	☺
316	☺	317	☺	318	☺
319	☺	320	☺	321	☺
322	☺	323	☺	324	☺
325	☺	326	☺	327	☺
328	☺	329	☺	330	☺
331	☺	332	☺	333	☺
334	☺	335	☺	336	☺
337	☺	338	☺	339	☺
340	☺	341	☺	342	☺
343	☺	344	☺	345	☺
346	☺	347	☺	348	☺
349	☺	350	☺	351	☺
352	☺	353	☺	354	☺
355	☺	356	☺	357	☺
358	☺	359	☺	360	☺
361	☺	362	☺	363	☺

	(✓)		(✓)		(✓)
100	☺	101	☺	102	☺
103	☺	104	☺	105	☺
106	☺	107	☺	108	☺
109	☺	110	☺	111	☺
112	☺	113	☺	114	☺
115	☺	116	☺	117	☺
118	☺	119	☺	120	☺
121	☺	122	☺	123	☺
124	☺	125	☺	126	☺
127	☺	128	☺	129	☺
130	☺	131	☺	132	☺
133	☺	134	☺	135	☺
136	☺	137	☺	138	☺
139	☺	140	☺	141	☺
142	☺	143	☺	144	☺
145	☺	146	☺	147	☺
148	☺	149	☺	150	☺
151	☺	152	☺	153	☺
154	☺	155	☺	156	☺
157	☺	158	☺	159	☺
160	☺	161	☺	162	☺
163	☺	164	☺	165	☺

	(✓)		(✓)		(✓)
166	☺	167	☺	168	☺
169	☺	170	☺	171	☺
172	☺	173	☺	174	☺
175	☺	176	☺	177	☺
178	☺	179	☺	180	☺
181	☺	182	☺	183	☺
184	☺	185	☺	186	☺
187	☺	188	☺	189	☺
190	☺	191	☺	192	☺
193	☺	194	☺	195	☺
196	☺	197	☺	198	☺
199	☺	200	☺	201	☺
202	☺	203	☺	204	☺
205	☺	206	☺	207	☺
208	☺	209	☺	210	☺
211	☺	212	☺	213	☺
214	☺	215	☺	216	☺
217	☺	218	☺	219	☺
220	☺	221	☺	222	☺
223	☺	224	☺	225	☺
226	☺	227	☺	228	☺
229	☺	230	☺	231	☺

	(✓)		(✓)		(✓)
232	☺	233	☺	234	☺
235	☺	236	☺	237	☺
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256	☺	257	☺	258	☺
259	☺	260	☺	261	☺
262	☺	263	☺	264	☺
265	☺	266	☺	267	☺
268	☺	269	☺	270	☺
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280	☺	281	☺	282	☺
283	☺	284	☺	285	☺
286	☺	287	☺	288	☺
289	☺	290	☺	291	☺
292	☺	293	☺	294	☺
295	☺	296	☺	297	☺