Why do Muslims choose Friday as their main day of prayer?

Muslims pray five times a day every day but the most important prayer of the week is “jumah,” or the day of gathering, on Friday. In the Qur’an, it is regarded as the sacred day of worship.

The Friday services include a sermon, usually given by a male member of the community. **Muslim men are required** to attend Friday prayers as long as they not travelling, while women **are given the option** to attend, although their traditional role is to be at home looking after the men and their families.

In some countries, women are not usually allowed to pray in mosques whereas in other countries they **attend in larger numbers**. In almost all mosques, men and women pray separately. In some places, women are behind the men in the same room and in others, women are in a different room or behind a barrier.

In some **Muslim countries**, Friday is included as part of the weekend, with Saturday sometimes being a holiday, and Sunday being a regular workday.

On this day, many Muslims spend the day with their families, attend the prayer and also relax, although practices can vary. Business activities always continue after Friday prayers, but in Muslim-majority countries, most people get the day off.

Many people who do not have time to attend the mosque during the week will make a special effort to attend during Friday prayers. A loud speaker will call Muslims to prayer, sometimes over entire cities.

As a religious ritual that goes back to the practice of the Prophet Muhammad, Friday prayers hold a special place for Muslims.