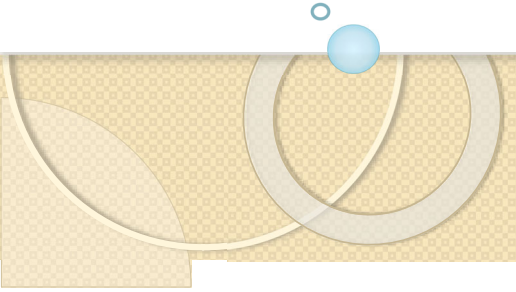
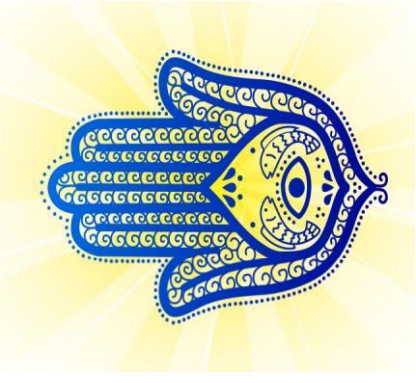


Islam Ramadan

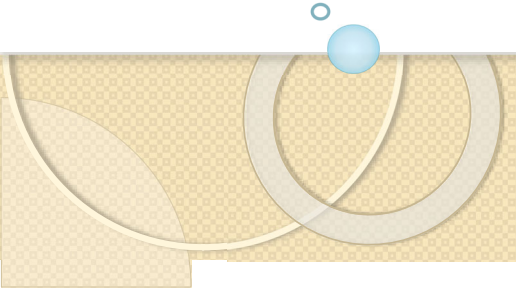


Ramadan



Learning Objective:

To understand the importance
of Ramadan for Muslims.

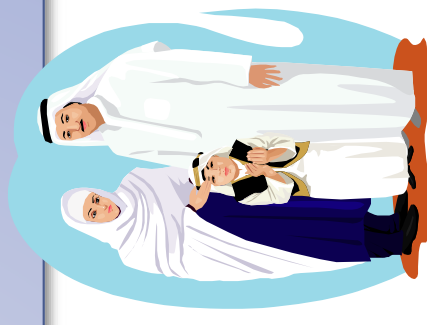


What is Ramadan

Ramadan is in the ninth month of the Islamic lunar calendar, as it was during this month that Muhammad received the first revelation of the Qu'ran.

During this time Muslims fast for 30 days only eating and drinking before the sun rises and after the sun sets.

This year Ramadan was between the 21st August and 19th September



Why do Muslims fast?



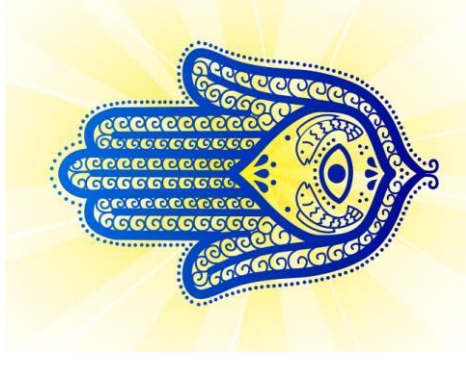
Muslims fast for two reasons:

1. It is an obligatory duty and act of worship within their religion. Allah commanded that they all must fast, he said the following.... ‘ **o ye who believe! Fasting is prescribed for those before you, that you may ward off evil.**’
2. Muhammad set the example of fasting.

**Fasting allows the Muslim people to reflect on their lives
and their beliefs.**

**During Ramadan Muslims spend more time reading the
Qu’ran.**

Who does not fast?



1. Pregnant ladies
2. Children under 10
3. Old people
4. Muslim soldiers
5. Ill people

If you cannot fast you must donate money to feed the poor people. This is known as **Zakah**.

What is like to fast?

Fasting begins very early in the morning.

The morning meal is very filling. This meal is called **Suhoor**.

High energy foods such as yogurts, cheese and honey are eaten.

During the day you cannot **eat or drink**.

People slow down as the day goes on.

At the end of the day after sunset the families all eat together and celebrate their days fasting. This meal is called **Iftar**.



What have we learnt?

The month of Ramadan is believed to be the first month that Muhammad received messages from Allah.

Ramadan is a month of fasting.

Fasting takes place between sunrise and sunset.

Muslims donate money to the poor during Ramadan.

