

# RAMADAN

**"O you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may become God-fearing." (The Quran, 2:183)**

Ramadan is the 9<sup>th</sup> month of the Lunar Calendar. It is the holiest month of the Islamic calendar which begins at the sighting of the new moon, and is when the Holy Quran was first revealed to the Prophet Muhammad (saw) ,

In Ramadan we fast during the daylight hours, and try to spend more time in worship and less time being concerned with worldly things.

There are very strict rules in place during Ramadan. We should not eat or drink anything between the morning prayer (fajr) and sunset (maghrib), and should do our best to avoid things such as getting angry, lying, greed or backbiting.

These things should be avoided at all times, but during Ramadan they are especially bad.

At the end of the day, the fast is broken with a special meal called Iftar, which is often made up of dates, fruit, or soup before dinner.

Fasting helps us to learn self control, discipline, and generosity. It is an act of obedience to Allah because it is one of the 5 pillars of Islam. It is a time to seek the mercy of Allah and closeness to Him through our thoughts, our actions, and our words.

After Ramadan ends we celebrate Eid ul Fitr, which lasts for 3 days. We attend special prayers at the mosque and thank Allah for His blessings and His mercy.

When Ramadan is over, we should continue to be good, and try to always be grateful for everything Allah gives us.

Match the beginning of the sentence with the correct ending.

Ramadan is the	with a meal called "Iftar"
Fasting is one of the	between Fajr and Maghrib
We should not eat or drink	we celebrate Eid ul Fitr
After Ramadan	9 <sup>th</sup> month of the lunar calendar
The fast is broken	5 pillars of Islam

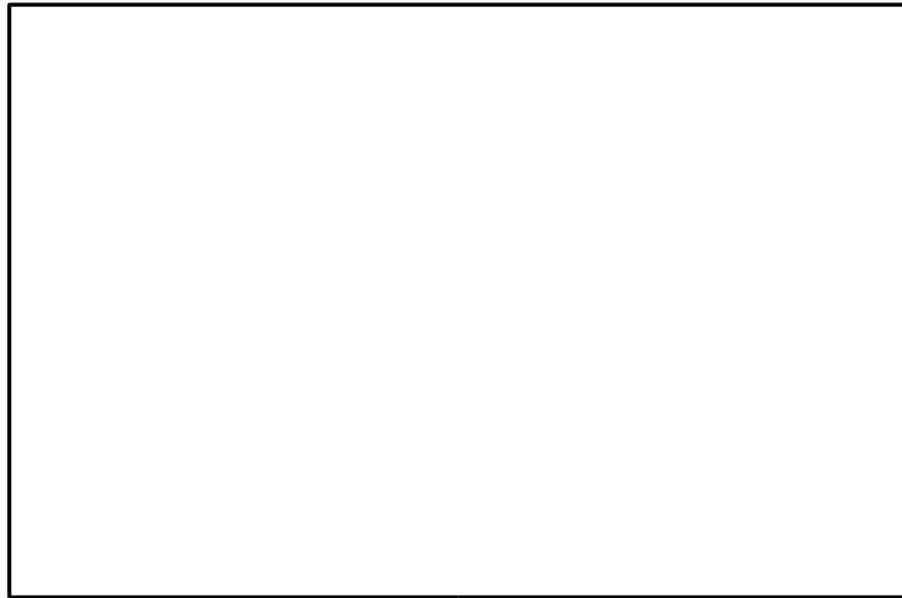
Fill in the sentence with the correct word from the list.

month   sunset   self   mercy   sunrise   strict   control

1. There are very \_\_\_\_\_ rules in place during Ramadan.
2. Ramadan is the 9<sup>th</sup> \_\_\_\_\_ of the lunar calendar.
3. Ramadan is a time to seek the \_\_\_\_\_ of Allah.
4. Fasting begins at \_\_\_\_\_ and ends at \_\_\_\_\_.
5. Fasting helps us to learn \_\_\_\_\_

We know that Ramadan begins at the sighting of the new (or crescent) moon.

Draw a picture of the crescent moon.



Learn this du'a for breaking your fast...

"Allahumma laka sumtu wabika a mantu wa 'alaika Tawakaltu, wa'ala rizquka aftartu".

(O Allah, I fasted for Your sake. I believed in You and relied on You and I break my fast on your provisions.)