

Ramadan

Ramadan is the ninth month of the Islamic calendar, when Muslims fast between sunrise and sunset every day. Fasting during Ramadan is the fourth pillar of Islam. There are five pillars, which help guide Muslims to put their faith into action.

Ramadan is called the month of the Qu'ran.



The Qu'ran

The Qu'ran is the holy book of Islam.

The Five Pillars of Islam

The Five Pillars of Islam are five obligations which Muslims must carry out in order to live a good life according to Islam.

Fasting during Ramadan

Fasting means not eating food or drink during daylight hours. It is common to have one meal just before the sun rises and another meal directly after the sun has set.

Fasting is important to Muslims as a sign of self-discipline and generosity. It is also a time to think of those who do not have enough to eat and often go hungry.



Muslims believe:

- that their good actions bring greater reward during this month than at any other time of the year;
- that it is easier to do good during Ramadan;
- that they should try to give up bad habits during Ramadan;
- that they will become better Muslims by praying more and reading the Qu'ran.

A Social Occasion

Ramadan is a time to get together with family and friends. The fast is broken each evening by sharing a meal. The end of Ramadan is an important religious holiday. The celebration is called Eid al-Fitr. Eid al-Fitr means 'festival of the breaking of the fast'.



Did you know?

Those who are ill, elderly or pregnant are not expected to fast during Ramadan.



Questions

1. Ramadan is: Pick one.

The fourth month of the Islamic calendar.

The fifth pillar of Islam.

The ninth month of the Islamic calendar.

The third pillar of Islam.

2. How do Muslims know when to fast during Ramadan?

3. Match up these sentences

Muslims fast

The Five Pillars of Islam

The Qu'ran

4. Which word closely matches the meaning of 'obligations'? Tick one

outcomes

necessary

duties

tasks

5. Write three things you are told about fasting.

Questions

6. Tick the statements below which you think are true. Rewrite any false statement to be true.
- Muslims believe that Ramadan is a time to do good.
- Muslims believe it is harder to do good during Ramadan.
- Muslims believe that they will gain no reward for doing good deeds during Ramadan.
- Muslims believe that praying more will make them better Muslims.
7. Name one other practice that Muslims believe will help them be a better person, during Ramadan.
8. Explain what self-discipline is and how Ramadan is a time to practise this skill.
9. Explain in detail, how the end of Ramadan celebrated.