

Ramadan

Ramadan is the ninth month of the Islamic calendar. Muslims fast between sunrise and sunset every day. Fasting means not eating or drinking during daylight hours. Fasting during Ramadan is the fourth pillar of Islam. There are five pillars, which help guide Muslims when putting 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.

Fasting during Ramadan

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Fasting is important to Muslims as a sign of self-discipline and control. It is also a time to think of people 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.

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. Ramadhan is
 - a) the fifth pillar of Islam
 - b) the fourth pillar of Islam
 - c) the second pillar of Islam
 - d) the tenth pillar of Islam

2. What is the purpose of the 5 pillars of Islam:
 - a) To help muslims put their faith into action.
 - b) To help muslims fast.
 - c) To help muslims learn to pray.
 - d) To help muslims listen.

3. What is the Qur'an?

4. Match up these sentences.

It is common to have one meal

Pregnant women do

Fasting is a time

of self-discipline.

before sunrise.

not have to fast.

5. What do Muslims believe about Ramadan? Tick two.

- That it is easier to do good deeds during Ramadan.
- That they should do bad things at Ramadan.
- That they should think about people who might not have enough to eat.
- That they get no rewards from doing good during Ramadan.