

Ramadan



When Is Ramadan Observed?

Ramadan is in the ninth month of the Islamic lunar calendar.

Some Muslims believe the beginnings of the **Qur'an** were first revealed to the **prophet Muhammad** during this month. The actual night that the beginnings of the Qur'an were revealed is a night known as **Lailut ul-Qadr** ('The Night of Power'); Muhammad was told to learn the five verses by heart!

Ramadan 2022: Officially starts on Saturday April 2 in UAE





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What Is Ramadan?

Ramadan is a very important time for Muslims; Ramadan is observed all over the world.

During Ramadan, Muslims request **forgiveness** for sins in the past, **pray** for direction and try to **cleanse** themselves through self-control and great acts of faith.

What do you do in Ramadan?

Ramadan is a period of introspection, communal prayer (**ṣalāt**) in the mosque, and reading of the **Qur'ān**. God forgives the past sins of those who observe the holy month with fasting, prayer and faithful intention

Fasting is one of the **Five Pillars** or duties of Islam.





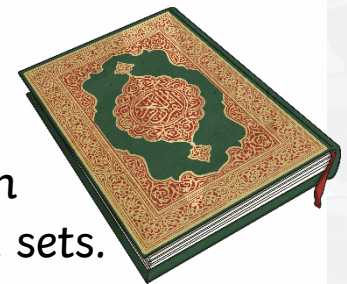
Observing Ramadan

Muslims try to give up bad habits during Ramadan, and some will try to become better Muslims by praying more or reading the Qur'an.

Many Muslims will attempt to read the whole of the Qur'an at least once during the Ramadan period. Many will also attend special services in mosques.

Fasting is intended to help teach Muslims to focus their attention on God, be self-disciplined and generous. It also reminds them of the suffering of the poor, who may rarely get to eat well. The prophet Muhammad set the example of fasting.

Each day during this month, Muslims all over the world abstain from eating, drinking and other activities such as watching television for too long, from dawn until the sun sets.





Ташха Рабиул

What Is It Like to Fast?

Why do Muslims fast in Ramadan

No eating or drinking during day-light hours.
Fasting begins very early in the morning.

Why do Muslims fast in Ramadan?

“At its core, fasting is about conquering human pride to connect with God. “Indeed, the term Islam itself means submission to God in Arabic

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



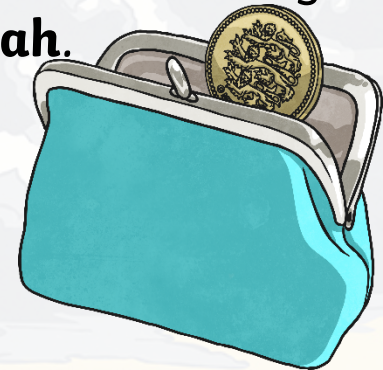
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Fasting During Ramadan

Some people do not have to fast during Ramadan. These people can include:

- people who are pregnant;
- people who are travelling;
- children younger than ten years old;
- older people;
- soldiers on active duty;
- people who are unwell.

If Muslims are not able to fast, they sometimes donate money to help feed those who are poor. This is called **Fidyah**.



Eid al-Fitr

The end of Ramadan is a big celebration called 'Eid-al-Fitr':
Festival of the Breaking of the Fast.

During Eid, it is obligatory to give money to charity to help poor people buy new clothes and food so that they too can celebrate.

What is the difference?

In the spring, Christianity recognizes **Easter**, Judaism celebrates **Passover**, and Islam practices **Ramadan**. While each religion and holiday is based in different traditions and beliefs, they all share some common themes, and are linked in some interesting ways.

Passover (April 15–23)

Easter (April 17)

Ramadan (April 2–May 1)

Fasting during Ramadan *entails taking no food or water* during daylight hours. Depending on the Christian tradition, fasting during Lent can mean skipping a meal, cutting down on food, refraining from meat on certain days or giving up treats, such as alcohol or chocolate.

