

# 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: Tick one.

- |  |   |
|--|---|
| <input type="checkbox"/> The fourth month of the Islamic calendar. | <input type="checkbox"/> The fifth pillar of Islam. |
| <input type="checkbox"/> The ninth month of the Islamic calendar.  | <input type="checkbox"/> The third pillar of Islam. |

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

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3. Match up these sentences.

- |                           |                                    |
|---------------------------|------------------------------------|
| Muslims fast              | is a holy book.                    |
| The Five Pillars of Islam | when it is Ramadan.                |
| The Qu'ran                | guide Muslims to live a good life. |

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

- Outcomes
- Duties
- Necessary
- Tasks

5. Write three things you are told about fasting.

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6. Write 'true' or 'false' beside the following statements.

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. \_\_\_\_\_

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# Questions

7. Name one other practice that Muslims believe will help them be a better person, during Ramadan.

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8. Explain what self-discipline is and how Ramadan is a time to practise this skill.

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9. Explain in detail, how the end of Ramadan celebrated?

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# Answers

1. Ramadan is: (tick 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?

**Muslims fast for the length of time after sunrise and before sunset, during Ramadan.**

3. Match up these sentences.

Muslims fast ~~is a holy book.~~  
 The Five Pillars of Islam ~~when it is Ramadan.~~  
 The Qu'ran ~~guide Muslims to live a good life.~~

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

- Outcomes  
 Duties  
 Necessary  
 Tasks

5. Write three things you are told about fasting.

**Answers may vary, though should include: 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.**

6. Write 'true' or 'false' beside the following statements.

Rewrite any false statement to be true.

Muslims believe that Ramadan is a time to do good. **True.**

Muslims believe it is harder to do good during Ramadan. **False. Muslims believe it is easier to do good during Ramadan.**

Muslims believe that they will gain no reward for doing good deeds during Ramadan.

**False. Muslims believe that their good actions will bring greater reward during Ramadan.**

Muslims believe that praying more will make them better Muslims. **True.**

7. Name one other practice that Muslims believe will help them be a better person, during Ramadan. **Muslims believe that reading the Qu'ran during Ramadan will help them be a better person.**

# Answers

8. Explain what self-discipline is and how Ramadan is a time to practise this skill.

**Self-discipline is when you show self-control and you try hard not to do something you really want to do. Ramadan is a time to practise this skill because Muslims have to show self-discipline by not eating or drinking during the day.**

9. Explain in detail, how the end of Ramadan celebrated?

**The end of Ramadan is celebrated with Eid al-Fitr which means the 'breaking of the fast' and a big meal is shared with family and friends.**