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**
During Ramadan, 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 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.
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 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.
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Did you know?
Those who are ill, elderly or pregnant are not expected to fast during Ramadan.
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 put their faith into action and purpose.

Ramadan is called the month of the Qu’ran, because it is believed that it is the time when the Qu’ran was first revealed to the Prophet Muhammad.

The Qu’ran

The Qu’ran is the holy book of Islam and recognised by Muslims as the word of God, known as Allah.

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. This are:

Shahada: This is the Declaration of Faith. When a person recites this, they are entering the Islamic faith.

Salah: Muslims pray five times each day.

Zakat: Muslims give money to charity.

Sawm: Fasting during the month of Ramadan.

Hajj: Muslims should make a pilgrimage to Mecca, a city in Saudi Arabia.

Fasting during Ramadan

Fasting means not consuming food or drink during daylight hours. It is common to have one meal (suhoor) just before sunrise and another meal (iftar) directly after sunset.

Fasting is important to Muslims as a sign of self-discipline, self-restraint and generosity. Muslims believe that their good actions bring greater reward.
during this month than at any other time of the year, because it has been blessed by Allah (God).

They also believe that it is easier to do good during Ramadan, because the gates of Hell have been closed, so the devils cannot tempt believers, yet the gates of Heaven are open. Almost all Muslims try to give up bad habits during Ramadan and endeavour to 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, and a celebration of the start of the new month is recognised by 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 exempt from fasting during this time.