Fasting
Commitment Recap

What is commitment?
Commitment Recap

Have you shown as much commitment to your goal this week as you had planned to?

Using the **My Journey to Success Differentiated Activity Sheets**, revisit the commitment you made and fill in the Week 4 section.
What Is Sacrifice?

Can you remember what the word **sacrifice** means?

Sacrifice means ‘to give up something which is valuable to you. A sacrifice is made for your own good or the good of someone else.’

Give your partner an example of a **non-religious** sacrifice.

Now give them an example of a **religious** sacrifice.
Safiyya’s Sacrifice

Today, we will look in depth at a religious sacrifice which takes a lot of commitment and dedication.

This is Safiyya. Safiyya is a Muslim. As part of her faith, there are certain sacrifices that Safiyya must make to show her commitment to Islam.
Each of these acts requires commitment but today we will look at sawm – the commitment of fasting.

These sacrifices are so important to her faith that they form the five ‘pillars of Islam’ – the most important parts of life as a Muslim.
Safiyya’s Sacrifice

_Sawm_ is the act of **fasting**. Fasting means not eating or drinking anything at all during daylight hours. So, from when the sun comes up in the morning to the time it sets in the evening, I cannot eat or drink anything at all.

Every year, all Muslims who are able to fast during **Ramadan** – the 9th month of the Islamic calendar. We fast because Allah commands us to in our holy book, the **Qur’an**. We believe that the Qur’an is the word of **Allah**. If Allah has told us to do something then we must do it.

Even though it is difficult, we sacrifice our comfort to follow Allah’s word and commit to our faith.
Do you feel hungry or thirsty when you fast?

Yes. The first week is the hardest – especially when Ramadan falls in the summer months.

It can be very hard to go so long without food and water on hot days but making this sacrifice reminds us that there are people in the world who must fast every day. These people do not fast by choice – they fast because they cannot afford to eat and do not have access to water.
Do you eat at all during Ramadan?

Yes. We eat and drink to keep ourselves healthy but only when the sun has gone down and it is dark.

We eat a very early breakfast at around 4 a.m., before the sun rises. We then fast all day until the sun sets again and then we eat a late evening meal at around 10 p.m.
There are other things that Muslims should not do during Ramadan.

We have to commit to being kind—we are not allowed to argue, fight or gossip either because a good Muslim should try their best not to do these things at all.

These aren’t necessarily a sacrifice but they certainly do benefit ourselves and others around us.

Are eating and drinking the only things you **sacrifice** during Ramadan?
Ramadan, the month in which we fast, is the holiest month of the Islamic calendar because it is the month that the Qur’an, our holy book, was revealed to the Prophet Muhammad (Peace Be Upon Him).

Because of this, we spend lots of time reading the Qur’an whilst we fast. We try to read the whole Qur’an over the course of the month.

What do you do with all the extra time you have, that you would normally spend eating or drinking?
Safiyya’s Sacrifice

Are there any other benefits to fasting?

Making the commitment to fast teaches us a lot of self-control. We must be patient and wait until the sun sets before we can have our next meal, instead of eating whenever we want to.

Fasting also helps us to control our behaviour – we cannot lose our temper or be unkind to other people.

Another benefit is that we have lots of time to pray and strengthen our faith. By sacrificing food and water for one month, we show commitment and dedication to our faith and try our best to become closer to Allah.