

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. These 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 (suhour) 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.



Ramadan

What is Ramadan?

How do Muslims fast?

Why do Muslims fast?

Useful Words

Qur'an

Muslim

fasting

self-discipline

devotion

Islamic calendar

