

### What is Ramadhan?

Ramadan is a special time for Muslims all around the world. Ramadan is the **ninth month** of the Islamic Calendar.

### Why is this month so special?

The very first words of the Holy Qur'an were revealed in this blessed month. It was in the month of Ramadan in which the Quran was first revealed. Ramadan is also special because in this month the **gates of Hell are locked and the devils are chained**. It is special because we fast during this month and **receive many blessings**.

### What is Fasting?

Many people think that fasting is staying away from food and drink from Fajr to Maghrib. This is true but... fasting also means to stay away from bad actions such as lying and back biting.

It is also one of the **5 Pillars of Islam**.

### What are the benefits of Fasting?

Fasting helps us to not only to keep away from food and drink, but also helps us to develop self-control. This is one of the main objectives of Fasting.

By being hungry throughout the entire day, we are able to **understand what the poor and hungry people feel like**, and learn to be kind towards them.

Fasting helps us to **build good character** which pleases Allah (subhana watala) and in return we will receive lots of reward.

A **TRUE** Fasting person is not the one who stays away from eating and drinking, but also the one who stops his tongue from **backbiting** or **lying** or **swearing** or **talking unnecessarily** and he is the one who stops his body from disobeying Allah in any way. Fasting keeps us in check with all the bad things we do.

Also the doors of mercy are opened by the grace of Almighty Allah and countless people are forgiven each and every day.

### How do we Fast?

**Eat Suhoor** (sheri) before subha sadiq (break of dawn), when you must stop eating. **Sehri is a Sunnah** of the Holy Prophet Mohammed (Sallallahu Alayhi Wasalam).

The Holy Prophet Mohammed (Sallallahu Alayhi Wasalam) has said, 'Sehri is a blessed meal and so none of you should leave it out, even if it is a sip of water, since Allah (Subhana Watala) and His Angels send blessings on the person who eats Sehri.'

During the day read Quran and do good deeds. **Break fast at adhan of maghrib**.

The Holy Prophet Mohammed (Sallallahu Alayhi Wasalam) has said, 'whoever makes Dua at the time of Iftar, Allah (subhana watala) will accept his Dua.'

### How long do we Fast?

We fast the **whole month** of Ramadan, sometimes the **month is 28 days** and **sometimes it is 30 days**.

**Q.** How do we know when the month is over?

**A.** We look for the new crescent moon.

## Ramadan – Notes (Part 1)

### **Who should observe the Fast?**

Fasting is compulsory upon every Muslim male and female who has reached the age of puberty, is healthy and not travelling.

### **Benefits**

There are so many bounties and blessings in Ramadan that our Holy Prophet Mohammed (Sallallahu Alayhi Wasalam) said,

**'If my Ummah had known what Ramadan has to offer them, they would wish it was Ramadan for the whole year.'**