

# Ramadan

3<sup>rd</sup> Pillar of Islam

So what is it all about?  
Is **fasting** just about **giving up** food and drink  
and **hoping** to lose a few pounds?



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“It was in the month of Ramadan that the Qu’ran  
was revealed...”



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## How?

Once a year, Muslims abstain from food, drink, and sexual relations between dawn and sunset, and are also expected to control their tongue and temper.

Each day before dawn, Muslims observe a pre-fast meal called **Suhoor**. and perform the 1st prayer of the day, **Fajr (dawn)**.

When the sun sets, families gather to break the fast at the mosque or at home, usually with dates and water. This meal is known as **Iftar**. Then, the Muslims perform **Maghrib (sunset)**, the 4th prayer of the day, after which they eat their main meal.

Since the Islamic calendar is based on **lunar months** of 29 or 30 days, Ramadan moves slowly through the seasons, starting 10 days earlier each solar year; its end is marked by the celebration called "**Eid ul Fitr**".

## Why?

Ramadan is an annual period of **reflection, purification** and **spiritual renewal**; extra time is devoted to prayer and reciting the Qu'ran, and more donations are made to charity.

Fasting is a means of learning self-restraint and discipline, a healthy detoxification process.



"Oh you who believe!  
Fasting is prescribed to you as it was prescribed to the nations before you, in order that you **gain piety**" (Quran 2:183)

"He wants you to complete the prescribed period and **glorify Him** for having guided you, so you may be **thankful**" (Quran 2:185)

All prophets used to fast,  
as were Jesus and David !

## Who?

Any **healthy Muslim** adult has been prescribed to fast in this month.

Whoever has major health concerns is exempt from fasting.: severe illness, pregnancy, diabetes etc.

## Which Benefits?

By fasting, a believer reflects, acts and better his or her character.

**Ramadan is an opportunity to make significant changes in your lifestyle and make healthy living choices**

- ✓ Increase **Consciousness of God**
- ✓ Build **healthy** eating habits
- ✓ Involve in **Charity**
- ✓ Develop **Compassion** and **Patience**
- ✓ Promote **Community Spirit**