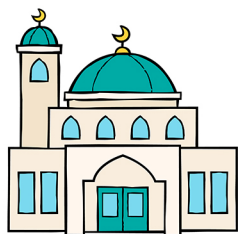


My Little Book About Ramadan



What is Ramadan?



Ramadan is the **ninth** month in the Islamic calendar. Before Ramadan comes **Sha'baan** and after comes **Shawwal**.

Ramadan is not like any other month, because it is the **BEST** month in the entire year! What makes Ramadan so special is that it was during this month that the first verses of the **QURAN** were revealed to **PROPHET MUHAMMAD** (peace be upon him) through angel Jibril.

It is also a special month when Allah **rewards you more** for your good deeds than during other months, and forgives more.

The gates of paradise are **open** during Ramadan and the gates of hell are **closed**, and the devils are chained.



How do we know when Ramadan starts?

In Western countries, the calendar is based on the sun. The Islamic calendar on the other hand is based on the phases of the moon. So in the Islamic calendar you observe the moon to know when each new month begins.

When the moon is a **new moon**, a new month begins. So Ramadan begins when Sha'baan ends, and the new moon appears at night!



What is fasting?

During Ramadan, Muslims fast. That means that you **neither eat nor drink** anything during daytime. Fasting starts at **FAJR**, the prayer at dawn. Dawn is when it just has started to become light outside, just before sunrise.



Fasting continues all the way to **MAGHRIB**, sunset. From maghrib and on you can eat and drink just as normal, until it's time for the next fajr-prayer again. Then you start fasting all over again.



It is sunnah to break ones fast with dates, just like the prophet (peace be upon him) used to do.

SUHOOR is the name of the meal eaten right before you start fasting for the day.

IFTAR is the name of the meal that is eaten when you break the fast after fasting all day.

2

Why do we fast during Ramadan?

One of the **five pillars of Islam** is fasting. The five pillars of Islam is something that each Muslim is supposed to do. In the Qur'an, Allah has told us that we shall fast during Ramadan, and that it helps us acquire **TAQWA**. Taqwa means God-consciousness, which is being aware that Allah always watches us and sees what we are doing. That way, we can come closer to Allah and strengthen our **IMAAAN** (faith).

Those who fast will get a **very big reward** from Allah. There are **8** gates to Paradise. One of these 8 gates are only for the fasting ones, and it's called **AR-RAYYAN**.



The five pillars of Islam

More advantages of fasting!

1. Fasting helps us become more **patient** and **strong**.
2. Fasting helps us become **better Muslims** and to act better. We stay away from bad things and bad behavior when we fast, and do more good deeds.
3. Fasting is good for our **health**, & lets our stomach rest.
4. Fasting also helps us feel how it is to be poor and go hungry because of not having enough food.

3

Who must fast and who is excused?

All muslims are supposed to fast during Ramadan, except for those that are excused from fasting.

These are excused from fasting:



Those that are sick



Women that are pregnant/breastfeeding



Those that are travelling



Elderly people that are not able to fast



Small children

CHILDREN START FASTING MORE SERIOUSLY ONCE THEY'VE REACHED SOMETHING CALLED PUBERTY.

MANY TRY ON FASTING BEFORE THAN THAT, A COUPLE OF HOURS A DAY OR SO, TO PRACTISE SO THAT IT WILL BE EASIER TO FAST THE ENTIRE DAY LATER ON!

If you miss fasting during Ramadan because of one of the excuses above, then you either have to make up the days later on, or you pay for food for a poor person for each day you've missed, depending on what the excuse was.

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WHO?

How are you supposed to act during Ramadan?

During Ramadan, we should not only abstain from food and drink but also from doing bad things or sins, and from bad behavior. You should simply try to be as **GOOD OF A MUSLIM AS POSSIBLE** and do as many good deeds as possible.

During Ramadan you get **TEN TIMES** as much in reward for **each GOOD DEED!**

GOOD TO DO

examples

- PERFORM PRAYERS
- GO TO THE MOSQUE
- DONATE MONEY
- MAKE WUDU
- BE KIND & HELP OTHERS
- READ QURAN & MAKE DU'A

BAD TO DO

examples

- SAY BAD WORDS & LIE
- TEASE & BE MEAN
- BECOME ANGRY
- ARGUE AND FIGHT

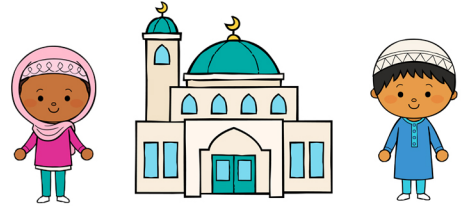
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HOW?


What is Eid?

Muslims have **2** big **HOLIDAYS**, and they are called **Eid al-fitr** and **Eid al-Adha**. Just when Ramadan ends, **Eid al-fitr** begins. Then we celebrate that Allah has made it easy for us to accomplish all the good that we've done during Ramadan, such as fasting and all our good deeds.

On Eid, people dress up in new and clothes, and say **TAKBIR**. In the morning, a special Eid prayer is prayed together in a mosque. During the day of Eid, some visit relatives and friends, and celebrate together. People say "**Eid mubarak**" to each other to wish a happy and blessed Eid. Children get **new clothes**, **presents** or **money**, eat yummy food and sweets, have fun and celebrate!



Sunnah on the day of Eid!

- Eat an odd number of dates before Eid prayer 
- Wear ones best clothes
- Take a shower before Eid prayer (make ghusl)
- Say the takbir

Takbir that is said during Eid:

Allaho akbar, Allaho akbar, Allaho akbar, laa ilaaha illa Allah, Allaho akbar, Allaho Akbar, Allaho akbar wa lillahil-hamd.