



# RE

## Commitment

# Aim

- To summarise the importance of fasting in Islam.

# Success Criteria

- I can explain what is meant by fasting and how it is important to Muslims.
- I can discuss how fasting is used as a demonstration of commitment.
- I can explain why fasting demonstrates a Muslim's commitment to their faith.

# 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 ninth month of the Islamic calendar. We fast because Allah (God) 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.



# Safiyya's Sacrifice

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.

# Safiyya's Sacrifice



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.

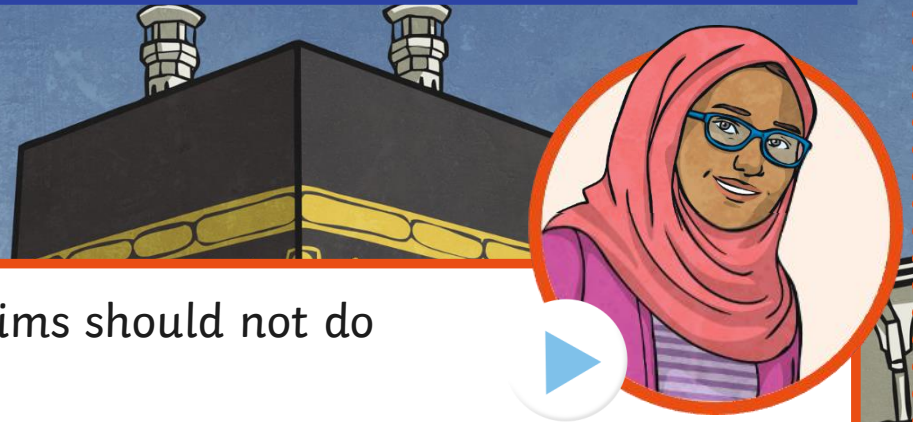
We eat a very early breakfast at around 4 a.m. before the sun rises. We then fast all day until the sun sets again and then we eat a late evening meal at around 10 p.m.



# Safiyya's Sacrifice



Are eating and drinking the only things you **sacrifice** during Ramadan?



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.

# Safiyya's Sacrifice



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



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 while we fast. We try to read the whole Qur'an over the course of the month.



# 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.



# Eid Al-Fitr -

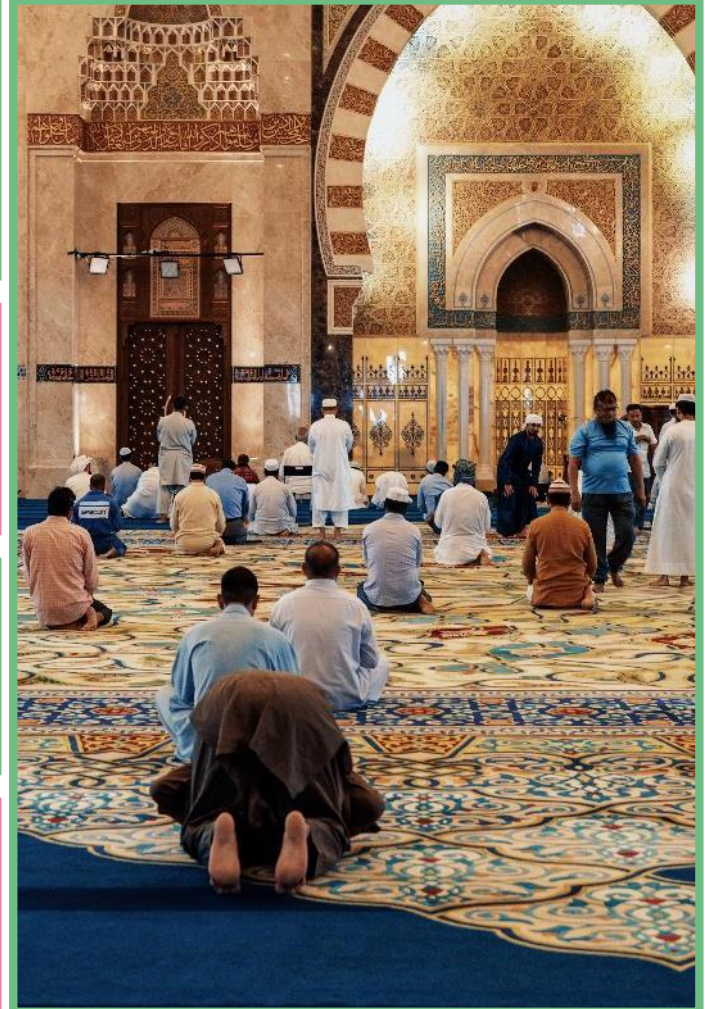
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Eid Al-Fitr is the festival of the breaking of the fast. It celebrates the end of Ramadan. Eid Al-Fitr begins when the new moon can be seen in the sky and lasts for three days.

On the first morning, many Muslims gather in local mosques for prayers. They thank Allah for giving them the strength to fast.

They also meet there to eat breakfast in their best clothes. This is their first meal (during daylight) in a month.

People say 'Eid Mubarak!' which means Blessed Eid or 'Eid Said!' which means Happy Eid.



# Eid Al-Fitr

At Eid Al-Fitr, Muslims exchange gifts and cards. Homes are decorated and family visit to share food and drink in celebration.

Some Muslims decorate their hands with henna designs and let off fireworks. Money and food is given to those in need.

An estimated 2.1 billion people, from all around the world, celebrate Eid Al-Fitr.

## Discuss It

Do you celebrate any major events?  
How do you celebrate?

