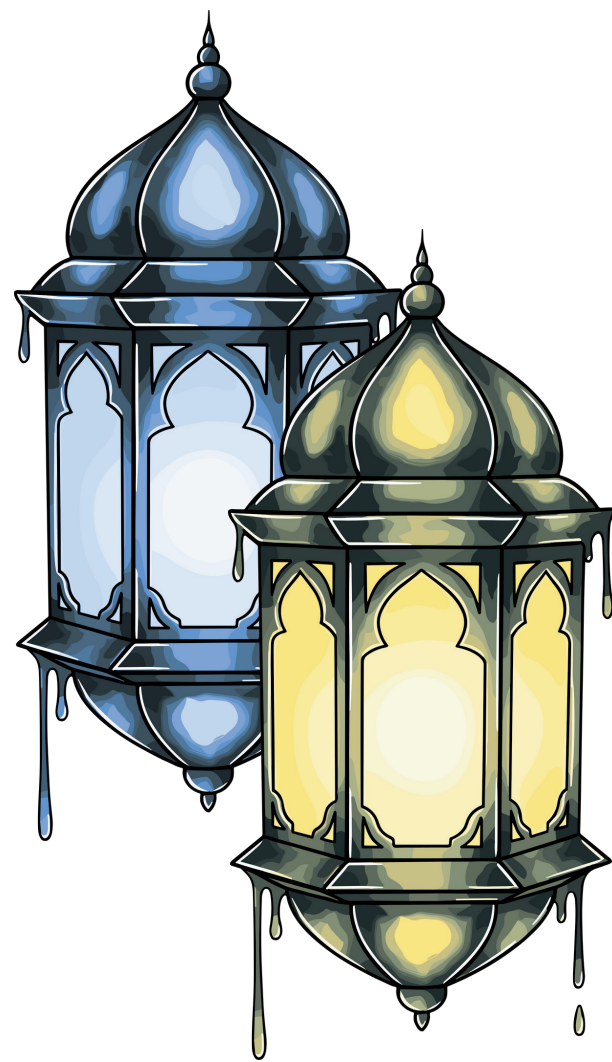
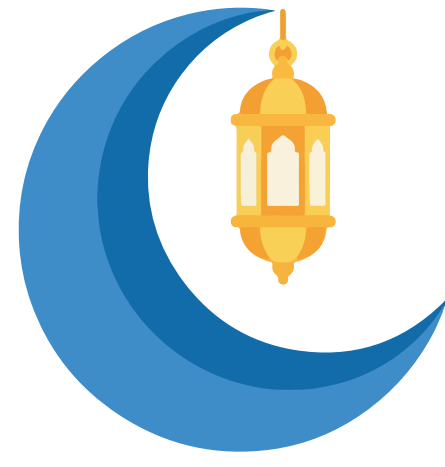




My Ramadan Guide





What I Should Know



What is Ramadan?



Why is Ramadan important?



Who should fast in Ramadan?



What can I learn from Ramadan?



What should I do in Ramadan?



What is Ramadan?

Ramadan is a blessed month of obligatory fasting

Ramadan is a blessed month of obligatory fasting for Muslims. This is also known as Sawm.

Ramadan is 30 days of fasting from sunrise to sunset

Muslims fast for the month of Ramadan (29 or 30 days, depending on the moon sighting). The daily fast begins at dawn and ends at sunset. It includes not eating any food, drinking any water or consuming any substances, as well as being as kind and patient as possible.



What is Ramadan?

Ramadan is the 4th Pillar of the 5 Pillars of Islam

The 5 Pillars of Islam are the core, obligatory practices that a person must follow to lead life as a Muslim. They are:

- **Shahadah** - The declaration of faith and belief in Allah Almighty and Holy Prophet Muhammad ﷺ as His Messenger
- **Salah** - Daily prayer
- **Zakat** - Annual charitable giving
- **Sawm** - Fasting during Ramadan
- **Hajj** - The Hajj pilgrimage

The 5 Pillars of Islam are structured in order of internal belief, then daily, yearly and lifetime actions. Fasting in Ramadan is the 4th Pillar of Islam and is a yearly action.



What is Ramadan?

Ramadan is the 9th month of the Islamic Calendar

The Islamic Calendar is 12 lunar months. This means that the month begins when the new crescent moon is seen in the sky and ends when the moon is full at the end of the lunar cycle.

Ramadan can be divided into 3 sections or 'Asharas'

Ramadan can be measured in 3 sections of 10 days each, referred to as an 'Ashara' (meaning 10 in Arabic). Each Ashara has a special importance and helps Muslims focus on different spiritual goals as Ramadan progresses.

- 1st Ashara - Rahmat (Mercy)**
- 2nd Ashara - Maghfirat (Forgiveness)**
- 3rd Ashara - Najat (Salvation from the Fire of Hell)**



Why is Ramadan important?

The Noble Quran was revealed to Holy Prophet Muhammad ﷺ in Ramadan

*Allah Almighty revealed the Noble Quran to holy Prophet Muhammad ﷺ in Ramadan, on **Laylat Al Qadr** (the Night of Power). The Noble Quran is guidance for all people and this is why we should read, learn, and love the Noble Quran even more in Ramadan.*

Laylat Al Qadr (The Night of Power) occurs in the last 10 days of Ramadan

*Allah Almighty tells us that **Laylat Al Qadr** is 'better than a thousand months.' Worship on this holy night is worth more than a lifetime of worship, so on this night we should increase our **Ibadah and good deeds**. Laylat Al Qadr is on an odd-numbered night, in the last 10 days of Ramadan.*



Who should fast in Ramadan?

Muslim adults must fast in Ramadan

Fasting in Ramadan is obligatory for Muslims who have reached the age of puberty, and are able to fast safely and understand what it means. Adults and teenagers who are healthy should fast.

Some categories of people are excused from fasting in Ramadan

Children who have not reached puberty, sick people, travellers, and those who would be harmed by fasting do not have to fast in Ramadan. Allah Almighty knows the state of each person; He is Most Kind and has made Islam easy for all people.

Everyone should do good deeds, especially in Ramadan, and trying to fast for part of the day still earns reward and is good practice for all people.



What can I learn from Ramadan?

Ramadan is a time for personal and spiritual development, and growth in faith and good character

Ramadan teaches many good life lessons that will help you grow in both faith and good character.

*By fasting, you **learn self-control** and how to **manage your actions** even when no one is watching. Waiting to eat and pray **builds patience**, while sharing food and giving charity **grows kindness and generosity**. Reading and listening to the Noble Quran will **increase your love for Allah Almighty's** guidance. Taking time to make Dua and performing extra prayers will help **strengthen your relationship with Allah Almighty** and **bring you closer to Him**. Overall, Ramadan can help you **become more thankful, caring, and spiritually stronger**.*



What can I learn from Ramadan?

Self-Control & Patience

Fasting and prayer teach you to control hunger, anger, and bad habits, even with no one watching.

Thankfulness

You learn to appreciate food, water, family, and the blessings you usually take for granted.

Kindness & Generosity

Ramadan reminds us to help others, give charity, and care for those in need.

Increase Love for the Noble Quran

Many people read and listen to the Noble Quran more in Ramadan, learning guidance for daily life.

Closeness to Allah Almighty

Extra prayers, Dua, and worship help strengthen a person's connection with Allah Almighty.



What should I do in Ramadan?

Fasting from dawn to sunset

You should begin your day with Suhoor, a pre-dawn meal; then fast until sunset, without eating any food or drinking any water. You must open your fast at sunset, with a meal called Iftar. It is best to open your fast with some dates and water.

Praying 5 Daily Prayers and Taraweeh

Praying the 5 daily prayers is an essential part of everyday life for a Muslim. In Ramadan, Muslims are blessed to be able to read an extra beneficial prayer called Taraweeh, of upto 20 Nafal Rakats.

Read the Noble Quran more

During Ramadan, read the Noble Quran more to learn from its wisdom. Try to set yourself a routine and read a little each day to build a good habit.



What should I do in Ramadan?

Increase good deeds and Nafal prayer

Ramadan is a blessed month of mercy and reward.

Try to do more good deeds and Nafal actions of worship. Make Dua, ask for forgiveness, increase remembrance of Allah Almighty with Tasbeeh and Zikr. There are special Duas you can learn and say at Suhoor, Iftar, Taraweeh, during the three Asharas, on Laylat Al Qadr, as well as on the day of Eid Al Fitr at the end of Ramadan.

Give more Charity

Holy Prophet Muhammad ﷺ gave charity most generously in Ramadan. You should also follow this example and give charity to please Allah Almighty. This includes smiling, being kind and helpful, giving money and sharing food and water with others.



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