



RAMADAN

&

FASTING

# Six Pillars of Faith

Believing in

- The ONENESS of God
- The Angels
- The Revealed Books of God
- The Messengers of God
- The Day of Judgment, Resurrection, and Afterlife
- Divine Destiny including human free-will



# Five Pillars of Islam

- Testimony of Faith
- Daily 5 Time Prayer
- Fasting during Ramadan
- Alms-giving (Obligatory Annual Charity)
- The Pilgrimage to Mecca



# The Month RAMADAN

- The ninth month of the Islamic lunar calendar.
- Muslims are required to fast from dawn to sunset.



*“O you who believe, fasting is prescribed for you as it was prescribed for those before you, that you might achieve piety.”*  
*(Qur’an 2:183)*

# The Requirements

Abstaining from

- Food
- Drink
- Intimate Intercourse



***“Fasting is not only to restrain from food and drink, fasting is to refrain from obscene acts.”***

***Hadith (Prophetic Tradition)***

# The Four Dimensions of Ramadan

1. The behavioral dimension
2. The religious dimension
3. The social dimension
4. The spiritual dimension





# The behavioral dimension.

- Fasting in Ramadan is a means of learning self-control



# The religious dimension.

- Fasting is a way of experiencing hunger and thus learning sincere thankfulness and appreciation for all of God's bounties.





# The social dimension.

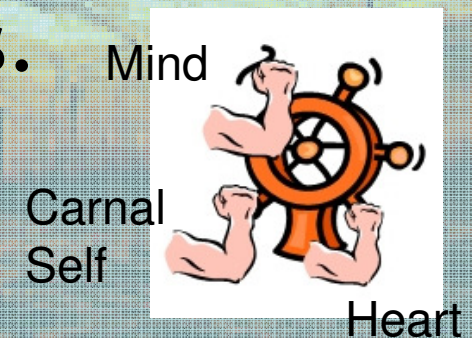


- Ramadan is a time for developing empathy/sympathy for the less fortunate and generosity
- People are more generous, more cordial, and more ready than at other times of the year to do good and charitable work.



# The spiritual dimension.

- Fasting during Ramadan is an act of obedience.
- It leads to sincere thankfulness, which is the heart of worship.
- It also empowers our spiritual side over our physical tendencies.





# Ramadan is about...

- Ramadan is a time of
  - intensive worship and devotion to God,
  - of reading The Qur`an and Reflecting on its teachings,
  - of comprehensive thanksgiving,
  - giving to charity,
  - practicing self-control and kindness,
  - of training oneself to be a better person spiritually and
  - improving relationship with others.

