Name: ..... Date: .....

Fasting in Ramadan

Lesson 7 · sawm

📖 **The story: Fasting in Ramadan**
Read together, part by part.

Part 1 – The first day

It is the first day of Ramadan. Malak is fifteen and this year she is fasting the whole month for the first time. At half past four she quickly eats a sandwich and drinks water: the suhur. At school she smells chips in the canteen. Her stomach rumbles. “Why are you doing this?” asks her friend Emma. Malak thinks. “Allah asks it. And I learn to be strong. If I can say no to chips, I can also say no to other things.” Emma laughs. “Then I’ll eat somewhere else today.” Malak finds that sweet. She feels less alone.

⭐ **Fasting teaches you to be strong and to say no.**

suhur = the meal before dawn · **canteen** = dining hall at school

Part 2 – What is fasting?

At home her mother explains exactly what fasting is. “From dawn to sunset you don’t eat or drink. But you also fast with your tongue, your eyes and your hands: no gossiping, no lying, no swearing.” She counts on her fingers who does not have to fast: the sick, travellers, pregnant women, old people who cannot manage it, and children who are not yet adults. “Whoever misses a day makes it up later if possible.” At nine minutes to six the maghrib adhan sounds on the phone. Malak breaks her fast with a date and a glass of water, as the Prophet did. The iftar has begun.

⭐ **You also fast with your tongue, your eyes and your hands.**

dawn = the first light of the morning · **iftar** = the meal at sunset

Part 3 – The last nights

In the last ten nights Malak stays up a little longer with her mother to pray. Somewhere in those nights is Laylat al-Qadr, the Night of Decree. On that night the Quran was revealed for the first time. “That night is better than a thousand months,” says her mother. Malak asks Allah for health for her grandfather, and for a work placement. At the end of the month the family gives zakat al-fitr, a small gift for the poor, so that they can also celebrate. Then it is ‘Eid al-Fitr. Malak puts on her new dress and brings a box of biscuits to Emma.

⭐ **Laylat al-Qadr is better than a thousand months.**

decree = what Allah decides · **gift** = something you give for free

💬 **Let’s talk:** What do you find hardest about fasting: the food, the drink or your tongue?

💡 Did you know? – The month of Ramadan

- Ramadan is the ninth month of the Islamic calendar. It begins when the new moon is seen.
- Because the lunar calendar is shorter, Ramadan comes about eleven days earlier every year.
- Fasting is the fourth pillar of Islam. Whoever is ill does not have to fast: health comes first.

📖 From the Quran

Quran 2:183

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

Yaa ayyuha lladhina aamanu kutiba ’alaykumu s-siyaamu kamaa kutiba ’ala lladhina min qablikum la’allakum tattaqun.

“You who believe: fasting has been prescribed for you, as it was prescribed for those before you, so that you may become mindful of Allah.”

Fasting in Ramadan

Lesson 7 · questions and writing

✔ Questions

Tick the correct answer.

1. What is the meal before dawn called?

- ◯ iftar
- ◯ suhur

2. What does Malak smell in the canteen?

- ◯ pizza
- ◯ chips

3. Who does not have to fast?

- ◯ the sick and travellers
- ◯ everyone must fast

4. What does Malak break her fast with?

- ◯ a chip
- ◯ a date and water

5. On which night was the Quran first revealed?

- ◯ the night of ‘Eid
- ◯ Laylat al-Qadr

6. What does Malak bring to Emma?

- ◯ a dress
- ◯ a box of biscuits

☆ **Remember this:** Fasting: from dawn to sunset, with your whole body.

✍ Think and write

Answer in a few sentences.

1. What do you learn from fasting, besides not eating?

2. Why should sick people not fast?

Puzzles

Lesson 7 · Fasting in Ramadan

🔤 Word search

Find the words: from left to right and from top to bottom.

E	S	M	R	H	M	D	A	T	E	D
M	G	O	F	M	R	N	N	T	H	A
S	I	O	A	F	A	F	U	R	A	M
F	D	N	S	D	A	F	D	G	Q	E
D	D	R	T	R	Q	N	A	M	T	M
U	K	H	I	T	Q	A	D	R	M	M
O	E	A	N	F	I	T	R	T	A	A
I	A	R	G	I	F	T	A	R	L	A
O	S	I	N	R	O	K	A	T	A	H
A	R	A	M	A	D	A	N	A	K	A
R	S	U	H	U	R	T	A	O	A	I

☐ RAMADAN ☐ FASTING ☐ SUHUR ☐ IFTAR ☐ MALAK ☐ DATE ☐ EMMA ☐ QADR ☐ FITR ☐ MOON

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.

