



# Fasting

## الصوم

JURISPRUDENCE

LEVEL 1

### Fasting

Allah (SWT) has created us and the world around us and has given us so many great things like:

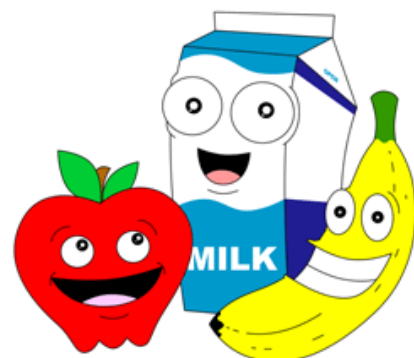
#### Water



#### Fresh Air



#### Food



#### Objectives >>>

#### Students should:

- Understand fasting is one of the major obligations in Islam
- Be able to define or describe fasting (ṣawm)
- Understand some of the basic benefits of fasting
- Recognise the main invalidators of fasting

**Class Activity:**

Can you think of one other thing that Allah (SWT) has given you?

Being a Muslim means that we recognise all of these blessings and in return follow all the rules that Allah (SWT) has given us to show Him that we are thankful and appreciate all of these lovely things.

One of the rules that Allah (SWT) has given us is that we should fast one month in each year- the holy month of Ramaḍān.

**WHAT IS FASTING?**

Fasting is called ṣawm in Arabic. This is when we stay away from eating and drinking completely from dawn (first light in the sky in the morning) until just after the sun has set and the sky goes dark.

Muslims need to fast in the month of Ramaḍān

**Class Activity:**

Colour in the name of the month that Muslims Fast



**WHY DO WE FAST?**

There are many reasons that Allah (SWT) has asked us to fast every year. Some of these are:

**REMEMBER THE POOR**

When we are fasting and hungry it is easier for us to remember the poor and those who do not have enough to eat. This encourages us to help them by sending them money or food.



**HEALTHIER LIFE**

Islam likes us to be healthy. When we fast we are not able to eat all day, which cleanses our bodies and gives them a rest. Also by Ifṭār time our bodies are hungry so they enjoy the food much more.

**REWARDS OF FASTING**

When we fast Allah (SWT) given us many rewards throughout the day. Even when we breathe while we are fasting we are given rewards because we are fasting for Allah (SWT). There are other things that we can do to gain rewards in Ramaḍān.

Draw a picture of the following:

Reading Qur'an

Being kind to our parents

## Class Discussion

Some children practice for proper fasting by doing a 'mini-fast' from when they wake up until the middle of the day. Talk to your parents and see if this something you can do with your parents' permission this year.

## Fasting II

Fasting is one of the most important duties in Islam. Last lesson we learnt that we fast because Allah (SWT) has asked us to and to show that we are thankful for all the blessings He has given us. In this lesson we will learn some of the actions we should not do when fasting.

## INVALIDATORS OF FASTING

There are some actions that Allah (SWT) has not allowed us to do when fasting. This means that for the entire time we are fasting we should not do the following:

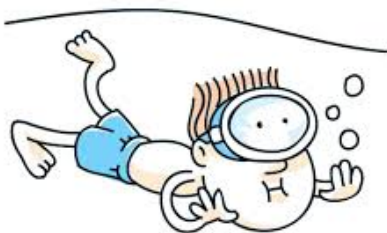
Eat



Drink



Place our head under water



However, because Allah (SWT) is so kind, if we do any of these things accidentally because we may have forgotten, our fast will still be okay.

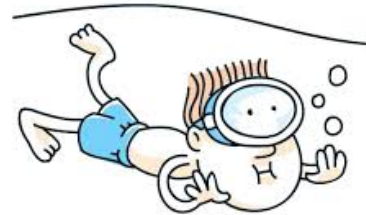
## ACTIONS THAT SHOULD BE AVOIDED

There are some other actions that we should also not do while we are fasting. These actions will not ruin our fast, however we will be given fewer rewards. We should always remember to:

- Be kind and not hurt anyone's feelings
- Not to lie
- Not to backbite
- Not to swear

## Activity

Put a red cross on the actions that break our fast.



## Class Discussion

- What does your



family do at Iftār time? Do they have any special traditions?

- What food does your mum like to cook for Iftār?
- What does your family usually do on ‘Īd day?
- What is your favourite thing about the month of Ramaḍān?

## Fasting III

### SIGHTING OF THE MOON

As we now know, Muslims have been asked to fast in the Holy month of Ramaḍān. The way to know that this month is beginning or ending is by looking at the stages of the moon.

When the moon is new, which means it is very thin, then we know a new month has started. Ramaḍān is the ninth month of the Islamic calendar.

### DOES EVERYONE HAVE TO FAST?

We have learnt in previous lessons that Allah (SWT) has asked us to fast because it is good for our body and soul. This teaches us that Allah (SWT) loves what is good for us and never asks us to do something that may harm us or be bad for us.

During The ninth month of the Islamic calendar is there are many reasons why people may not be able to fast. Therefore Allah (SWT) has allowed these people not to fast so that they are not harmed. Some of the reasons people cannot fast include:

#### Being sick



#### The elderly



#### Mother having a baby



#### Traveller



### Class Activity

Think of 2 scenarios where someone will be unable to fast and draw them in the boxes bellow.
