

# Ramadan: A Special Month



## Learning Objectives

In this lesson, I will:



- Define suhur and iftar
- Describe how to fast with the whole body
- Explain how to make your days and nights in Ramadan special



## Key Words

Suhur  
Iftar  
Tarawih

## T Thinking Starter

What do you like the most about Ramadan?



### 4 am - Suhur

It's 4 am. Musa yawns and rubs his eyes. He is not used to waking up this early. "Pancakes, darling," his mother says gently. *Pancakes?! Wow, Musa thinks. I think I can get up for pancakes, especially if they're with chocolate sauce.*

### Suhur

Suhur is the Arabic word for **the meal we eat before dawn, before starting the fast**. The Messenger of Allah ﷺ said: "Eat suhur, for indeed there is blessing in it." (Bukhari)



### 10 am - Controlling His Anger

It's 10 am, and it's Musa's least favourite lesson: Geography! His classmate Ahmad deliberately throws a ball on his head from the back of the classroom. Musa is about to yell at him, but then suddenly remembers that he is fasting so he stops.

## Fasting with the whole body

Fasting is not just about the stomach. When we fast, we should fast with the whole body. This means that we should not use any of our body parts to do bad things, or disobey Allah. If we want to fast like our beloved Prophet Muhammad ﷺ did, then we have to fast with the whole body. This is **one of the secrets of fasting**.

**Fasting teaches us to control our body from disobeying Allah.**



### Task 1

**How can Musa fast with his whole body?**

He can fast with his eyes by...

1. Not spying on his neighbour
2. \_\_\_\_\_

He can fast with his ears by...

1. \_\_\_\_\_
2. \_\_\_\_\_

He can fast with his hands by...

1. \_\_\_\_\_
2. \_\_\_\_\_

He can fast with his mouth by...

1. \_\_\_\_\_
2. \_\_\_\_\_



### 4 pm - Musa Gives Charity

Musa's mum is taking him and Maryam to drop off food parcels for 5 poor families who live in his area. They packed the parcels on the weekend. Musa's mum reminds him that on the way, he can do dhikr, to make the best use of his time.

## Good Deeds

Just as we have to try to stay away from sins, we have to fill our days and nights in Ramadan with extra good deeds. The more good deeds we do, the closer we will become to Allah, and the more reward we will gain for our fasting.



### Task 2

What other good deeds can Musa do throughout the day whilst he's fasting?

1

Smile at his neighbour

2

3

4

5



### 6 pm - It's Iftar Time!

It's Iftar Time! Finally! Musa can't wait to eat. He opens his fast with juicy dates and a big glass of water. Hawa has also cut up some watermelon, his favourite fruit. It's the perfect fruit to have as he's so thirsty. But before he can eat the delicious chicken and rice cooked by his mum, his dad gently reminds him that they have to go to the Masjid for Maghrib first.

### Iftar

Iftar is **the meal at the time of sunset, in which we open our fast**. Our beloved Prophet ﷺ used to open his fast with dates. Once we open the fast, we should say the following du'a:

ذَهَبَ الظَّمَأُ ، وَابْتَلَّتِ الْعُرُوْقُ ،  
وَتَبَّتْ الْأَجْرُ إِنْ شَاءَ اللَّهُ

The thirst has gone, the veins are moist, and the reward has been secured, if Allah wills.



### 8 pm - Tarawih

Musa is at the masjid with his dad. It's the first time that he is actually standing and praying his tarawih. Last year, he would just sit and listen to Imam Khalid recite beautifully. His calm voice would often make him fall asleep. But today, he's going to try his best to stand and pray. He asks Allah in his mind: *O Allah, please let me pray the full tarawih just as you let me fast today.*

**Tarawih** is the name for the special night prayer in Ramadan. It is performed after Isha. It is also known as Qiyam al-Layl.



### 11 pm - It's Bedtime

It's bedtime, and Musa is exhausted. He really enjoyed his fast. It was hard, but it really made him think about Allah a lot more than he would on a usual day. *Thank you Allah,* Musa whispered, and soon, he was fast asleep, dreaming about pancakes and watermelon.



### I Act On What I Learn

I will be careful of what I say when I am fasting.



## P Progress Check



1. What is suhur? What is iftar?



2. How can you fast with your whole body?



3. How can you make your days and nights in Ramadan special?

