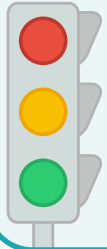


# Why Do We Fast?



## Learning Objectives

In this lesson, I will:



Recall why we fast

Define taqwa

Explain how fasting helps us to achieve taqwa



## Key Words

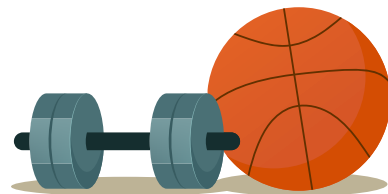
Obey

Taqwa (Being mindful of Allah) التَّقْوَى

Inner Self

## T Thinking Starter

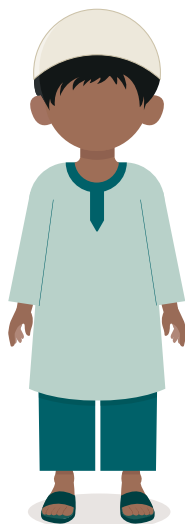
Can you think of something that might be difficult but is *good* for you?



## Why Do We Fast?

We fast because it is the command of Allah. We are Muslims: This means that when Allah tells us to do something, we **obey** Him.

I love Allah and I want to please Him!



Allah loves it when we fast. When we fast, we should fast only for Him. This should be our intention. We shouldn't fast so that other people say good things about us, or because we get yummy treats for iftar. We should fast only to make Allah happy.





## Task 1

Can you think of 2 good intentions you can have for fasting, and 2 bad intentions?

### 2 good intentions

1

2

### 2 bad intentions

1

2

## The Secret of Fasting

Just like salah, there are also secrets in sawm. These are special things Allah wants us to achieve through our fasting. The main one is **taqwa**. This might sound like a hard word, but it is a very important word.

So, what is taqwa? Taqwa is to **do everything Allah has asked us to, and to stay away from all bad things**. Taqwa is to be **mindful** of Allah. It is to always be aware of Allah, to think about Him, and to remember that He is watching you at all times.

Allah سبحانه وتعالى says,

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

“...Fasting is prescribed for you, as it was prescribed for those before you, so that you may attain taqwa (piety and being mindful of Allah).” (2:183)





## Task 2

Trace and define: Taqwa



Taqwa means... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Fasting and Taqwa

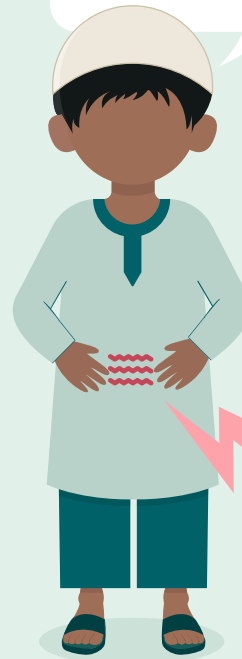
So how does fasting help you to achieve taqwa?

Musa likes his food. When he fasts, he feels hungry and his inner self tells him to “Eat!” Shaytan even whispers to him, “Eat something secretly. Your mum won’t find out.” But Musa tells his inner self, “No food for you till Maghrib. My mum can’t see but Allah can see me!”

This makes Musa strong. He is saying “No” to Shaytan and saying “No” to his inner self.

Now the next time Shaytan whispers to him to hit his little sister or to say a bad word, he will be able to fight Shaytan and say “No”. This way, he will be able to stop sinning, and attain taqwa.

Sorry tummy, I do like to keep you happy, but I love to keep Allah happy even more than you.



Please feed me!

**Fasting is a way of training ourselves to obey Allah.**  
**Fasting teaches us to say ‘NO’ to Shaytan and the inner self.**

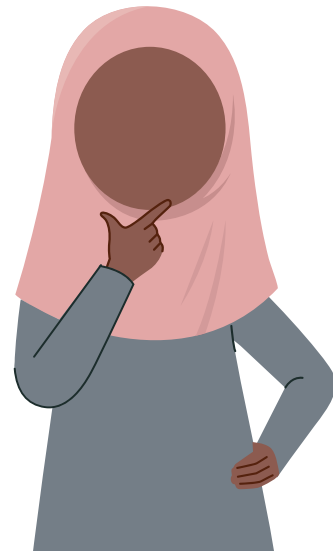


### Task 3

There are many benefits and virtues of fasting.

Help Maryam learn what some of these are by putting a tick [✓] next to the sentences which are true, and a cross [x] next to the sentences which are false.

- Fasting helps us to become closer to Allah.
- Fasting is good for the body.
- Fasting helps us to thank Allah and remember Him.
- Fasting makes our hearts dirty.
- Fasting reminds us to forget about the poor people who might not have food.
- Fasting helps us to become strong believers.
- Fasting teaches us how to say 'YES!' to the things Allah has made haram.



### I Act On What I Learn

I will try to keep as many fasts as I can only for the sake of Allah!

### P Progress Check



1. Why do we fast?

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2. What is taqwa?

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3. How does fasting help you to gain taqwa?

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