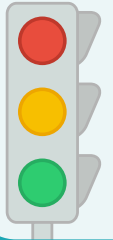


# I Love Ramadan



## Learning Objectives

In this lesson, I will:



- Identify the virtues of Ramadan
- Discuss the reward of fasting
- Explain why I love Ramadan



## Key Words

Deprived  
 Inner self (*nafs*)  
 Abandon

## T Thinking Starter

How can fasting make you a better person?



## Ramadan: The Best Month

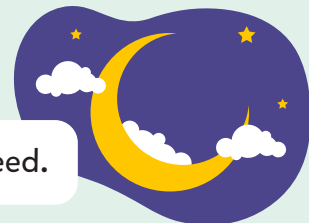
Fasting (*sawm*) in the month of Ramadan is the 3rd pillar of Islam. Ramadan is a special month in which Allah showers us with His mercy, love, and blessings more than in any other month.

Our beloved Prophet صلى الله عليه وسلم said:

“The month of Ramadan has come to you, a blessed month in which Allah–Great and Majestic is He–has made (its) fasting compulsory upon you. In it the gates of Paradise are opened, the gates of Hell–fire are closed, and the rebellious devils\* are chained. In it, Allah has a night which is better than a thousand months. Whoever is deprived of its good is truly **deprived!**” (Nasa’i)

\* The rebellious devils are the leaders and the worst of all devils.

**Deprived:** not having something important that you need.



What is the name of the ‘night’ mentioned in the above hadith?



Can you recite the surah related to this night?



### Task 1

#### What Am I?

I am the 9th month of the Islamic Calendar. \_\_\_\_\_

I am the Arabic word for fasting. \_\_\_\_\_

I am a night better than 1000 months. \_\_\_\_\_

My doors are open during Ramadan. \_\_\_\_\_

My doors are closed during Ramadan. \_\_\_\_\_

We are locked up in Ramadan. \_\_\_\_\_

### Fasting

Fasting is one of the best acts of worship. When we fast, we give up what we love—like food and drink—just to please Allah. We say ‘NO’ to our **nafs (inner self)** when it tells us to eat or drink. This makes us stronger and helps us say ‘NO’ to our nafs when it tells us to do bad things. Doing this leads us to taqwa (being mindful of Allah).

Allah loves fasting so much that He has kept its reward a special surprise! Every good deed is rewarded between 10 and 700 times, but fasting is unique! Allah said, “(Fasting) is for Me and I will (personally) reward it; he gives up his **desires** and food for My sake.” (Muslim)

If we fast for Allah, He will reward us in ways beyond our imagination, inshaAllah.

**Desire:** a strong feeling of wanting to do or have something.



In Level 3, we learned that one of the secrets of fasting is to fast with your whole body. How can you fast with your eyes and your tongue?

## We Love Ramadan

**Faisal, 10 | Bangladesh:**

My favourite thing about Ramadan is helping my grandad deliver iftar meals to poor families. I love giving to others.



**Musa, 9 | Sierra Leone:**

Ramadan is my favourite month of the year! Everyone in my family recites Qur'an throughout the day. I think the angels must be coming to listen because the house just feels amazing.



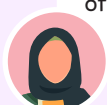
**Ahmed, 10 | Indonesia:**

Fasting is difficult sometimes, but I love iftar. My mum makes the best food, and always reminds me to imagine how much better the food of Jannah will be, inshaAllah!



**Nour, 9 | Gaza:**

I love going for tarawih and listening to the beautiful recitation of the Qur'an. It makes me feel calm and happy inside.



**Maryam, 7 | Australia:**

I love Ramadan because everyone is extra kind and helpful. My big sister Khadijah even shares her games with me!



Me

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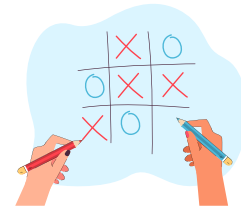
### Task 2

Draw a line from the empty box to the country where you live, and write about why you love Ramadan.

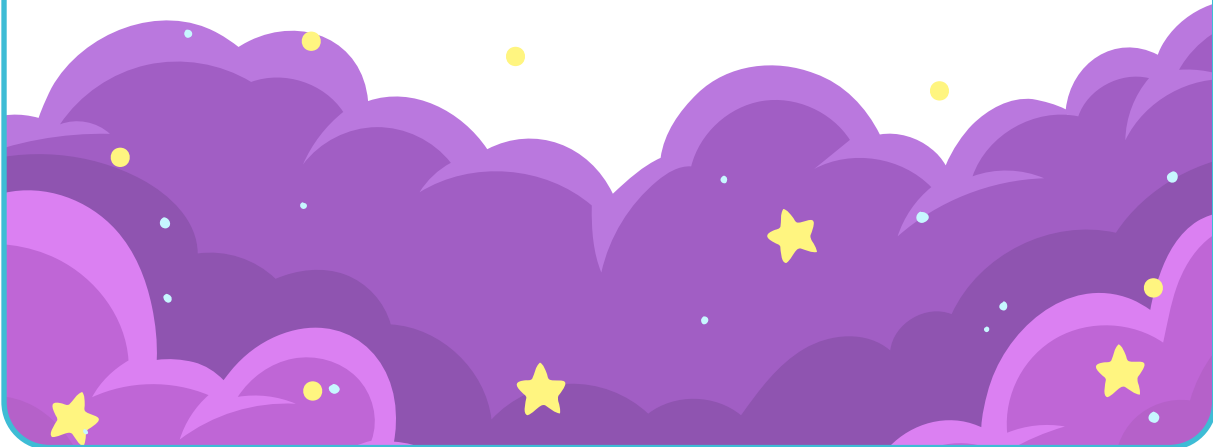


### Task 3

With a piece of paper, play **Noughts and Crosses** with your partner. You can only use a box by answering its question correctly.



|                                      |   |                                  |
|--------------------------------------|---|----------------------------------|
| What does nafs mean?                 | How many rewards do we receive for a good deed? | What is Laylat al-Qadr?          |
| What is the reward of fasting?       | How does fasting help us gain taqwa?            | What is taqwa?                   |
| What is the Arabic word for fasting? | How can you fast with your tongue?              | How can you fast with your eyes? |



### I Act On What I Learn

I will fast for the sake of Allah.



### P Progress Check



1. List two virtues of Ramadan.

2. What is the reward of fasting?

3. Why do you love Ramadan?