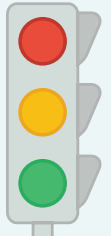


The Blessings of Suhur and Iftar



Learning Objectives

In this lesson, I will:



- List some of the blessings of suhur
- Summarise the etiquettes of iftar
- Explain how fasting helps us feel closer to Allah سبحانه وتعالى



Key Words

Reward - أَجْرٌ

Suhur - سُحُورٌ

Iftar - إِفْطَارٌ

T Thinking Starter

How do you think fasting can make us feel closer to Allah?



Suhur: A Blessed Meal

The meal before we start our fast is called **suhur**. Not only do we get to eat, but we also get rewarded for it! The Prophet صلى الله عليه وسلم said:

“There is blessing in eating suhur; so, do not skip it, even if one of you has a sip of water. For indeed Allah and His Angels send blessings and mercy on those who eat suhur.” (Ahmad)

Imagine—Allah remembers you, and the angels pray for your forgiveness just because you wake up to eat!

If possible, we should add at least one date to our suhur meal. The Messenger of Allah صلى الله عليه وسلم said: “How excellent are dates as the believer’s suhur.” (Abu Dawud)





Task 1

There are so many blessings in eating suhur. Match each blessing to the picture that shows it.

You are following the sunnah.



You get strength to worship Allah.

You can pray the special night prayer and make du'a.



You can share your food with a poor person at that time.



Did You Know?

The last part of the night is a special time when du'a is accepted.



The Joy of Iftar

Eating iftar after a long day of hunger and thirst is very exciting! The Messenger of Allah صلى الله عليه وسلم told us that the fasting person will have **two** moments of joy: one when they open the fast, and **the other when they will meet their Lord**. This means that although we feel happy at iftar time, we will be even happier when we meet Allah and finally get to see Him, inshaAllah!

Kids Iftar

MENU

- Make du'a before iftar.
- Du'a at the time of iftar is accepted.
- Open your fast with dates.
- Do not delay eating iftar.
- Say the special du'a after opening your fast.
- Thank Allah after eating.

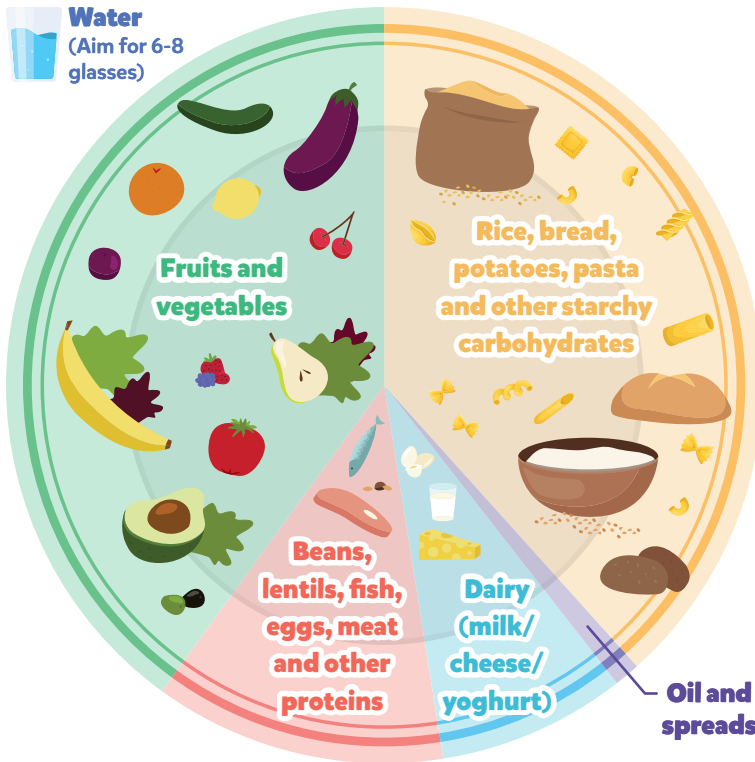


Task 2

Allah wants us to eat but also to be mindful of what and how much we eat. We must choose foods that are good for our bodies and hearts.

Plan a suhur and iftar meal for your family. Use the guide below to help you eat healthy.

Water
(Aim for 6-8 glasses)



Suhur Plan

Iftar Plan

Fasting Teaches Us Shukr

Fasting is a special act of worship which helps us to get closer to Allah. During the fast, we feel hungry and thirsty. When this happens, it's a good time to stop and think: Who gives us every drop of water? Who provides us with delicious food every single day?

Allah ar-Razzaq (the Provider)! Allah al-Karim (the Most Generous)!

This feeling should remind us to thank (shukr) Allah for always giving us what we need. Allah loves it when we show gratitude (shukr) to Him. The more we thank Allah, the more He blesses us. Isn't that amazing?



One of the secrets of fasting is gratitude.



Task 3



a Trace and memorise:

Du'a for Opening a Fast

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوقُ،
وَتَبَّتَ الأَجْرُ إِنْ شَاءَ اللهُ

The thirst has gone, the veins have been moistened, and the reward has been secured, if Allah wills. (Abu Dawud)

b We should try to fill our fast with 'ubudiyah (servitude). We should think of Allah سبحانه وتعالى and how much He gives us. Instead of moaning and groaning, we should be patient and remember why we are fasting.

Write how Baba could respond to encourage Musa to fast.



I Act On What I Learn

I will thank Allah for allowing me to fast.



P Progress Check



1. List two blessings of suhur.

2. List two etiquettes of iftar.

3. How can fasting make us feel closer to Allah?
