



HOW DOES OUR RELIGION MAKE US BETTER PEOPLE?

Mrs Amjad and Mrs Khan

<https://www.youtube.com/watch?v=fm7DrLOc9U4>

Which religion do we follow?

There are 6 major world religions.



Buddhism



Christianity



Hinduism



Islam



Judaism



Sikhism



Which Islamic religious festival has just been celebrated?



Imagine



WHAT IS RAMADAN? رمضان

Ramadan is one of the **holiest** months in the Islamic Calendar.

In Arabic it is pronounced as Ram-a-dhan. رمضان

Muslims will say 'Ramadan Mubarak (blessed) /Kareem (generous)' to one another. **Everybody can say this, why not try it now?**

Ramadan

- During the month of Ramadan, Muslim people will fast. This means that they cannot eat or drink anything between sunrise and sunset.
- Not every Muslim person is expected to fast. Young children and older people are not expected to fast, although sometimes, they do.



What fasting looks like:

- Suhoor is the meal Muslim people eat before their day of fasting starts.

This meal is very important. The people who are fasting have to make sure they eat the right kinds of foods to give them energy for the rest of the day.

- Muslims will get up very early in the morning, before the sun comes up (around 4 a.m.).



Iftar

- Iftar is a very important meal during Ramadan. This is the time when Muslims will break their fast and are able to eat again.
- As the sun goes down, Muslims will break their fast with something small, like dates and water. Then, they will say the Maghrib prayer. Once the sun has completely gone down, they will eat a larger meal.



Why Ramadan Is So Special?

During the month of Ramadan, we have the chance to gain a lot of rewards when we do good deeds/actions.

If we do a good deed in Ramadan, the rewards will be multiplied compared to doing the same good deed in a normal month. Allah will also wipe away our sins – the not so good things we have done.



During a normal month.

Rewards x1



During Ramadan.

Rewards x70

Personally, how does fasting make us better people?



Muslims believe that fasting reminds them of people who are less fortunate and appreciate the blessing that Allah has given them.



It is an opportunity to devote more time to praying, reading the Qu'ran (holy book) and focus on worshipping Allah.



It helps us be more mindful of others and have self discipline. We are encouraged to only speak good words and control any bad habits.



A chance to seek forgiveness of our bad habits and start afresh.

How do we benefit from Ramadan as a whole community?

Mostly men and some women will make an extra effort to go to the mosque to offer extended prayers. They are read together. This particular pray usually only take 15 mins to read but during Ramadan it takes over 1.5hours if read at the mosque. There is a sense of belonging and togetherness.

Anything Muslims due during Ramadan for the community is an act of charity.

Some ways in which Muslims are charitable are:

- Donate money to the needy
- Make and distribute food to family, friends, neighbours and local communities.
- Open fasts together – making time for one another
- Helping one another when we can

What is Eid al-Fitr?

Eid al-Fitr is the festival that marks the end of Ramadan and the fast. It lasts for three days.

During Eid, Muslims thank Allah for the help and strength he gave them when they fasted.

The festival starts when the new moon is seen in the sky.



Eid Celebrations

Muslims take part in many activities to celebrate Eid.

They buy new clothes and some people decorate their hands with henna designs.

There will be special prayer services at the mosque and people will say special prayers in their homes.

Muslim people will say 'Eid Mubarak!', which means 'Have a blessed Eid!'.



Eid Celebrations

Muslims will visit their families and have a large feast for lunch or dinner.

The rest of Eid is then spent seeing family and helping others.



How do we better ourselves on this day?

- Give gifts to our loved ones
- See family we wouldn't usually see and appreciate spending time with them
- Invite family and friends to our houses, spend time together and eat
- Be generous by giving food to neighbours
- To celebrate our success and the effort we have put in during this month

<https://www.youtube.com/watch?v=6OF4HEGNBRQ>

Prayer

Dear God,

Thank you for all our religious festivals that bring us together. Thank you for all the wonderful foods that we are able to eat and enjoy. God has sent his love like sunshine in his warm ways to fill our heart, I pray he fills the hearts of those that are less fortunate than us with even more. May we continue to appreciate the blessings of God.

Amen

