

Why do Muslims fast during Ramadhan?

For followers of other religions,
do you fast like the Muslims?

Presenters :

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Ramadan Mubarak

- Ramadan is the ninth month of the Islamic Lunar calendar.
- It begins with the sighting of the new moon.
- **The month of Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends.**
- The fasting is intended to help teach Muslims self-discipline, self-restraint and generosity. It also reminds them of the suffering of the poor, who may rarely get to eat well.



WHY DO MUSLIMS FAST IN RAMADAN

1. Ramadan is the fourth pillar of Islam.

2. Fasting is an act of worship commanded by Allah. To

3. keeping Fast is a Zakat of our body.

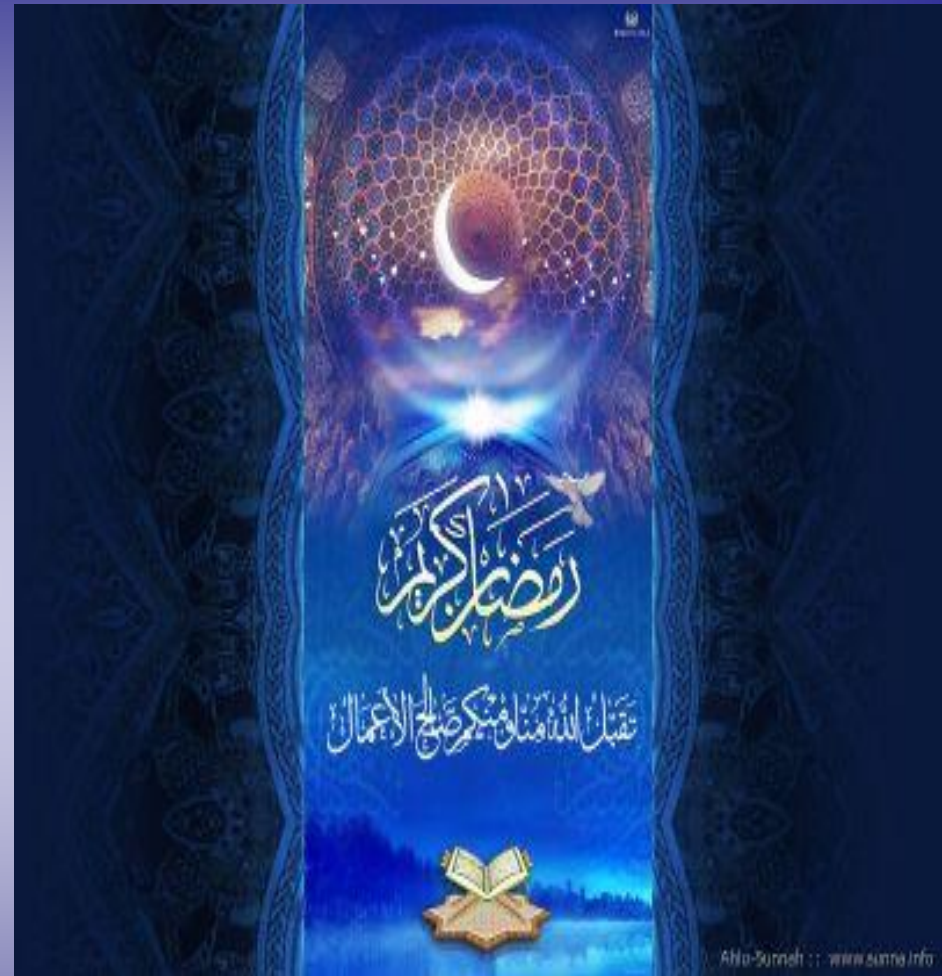


4. To practice the tradition and way of the pious people.
5. *The month of Ramadan keeps Muslims closer to ALLAH through recitation of the Qur'an and prayers more than other months.*
6. *To learn how to attain piety.*
7. To behave as Prophet



**.Keep away from gossiping,
backbiting, slandering, lying,
cheating,duping, hatring,
nursing grudge and keeping
Malice.**

**The act of fasting redirects the
hearts away from worldly activities,
towards the Divine.**



Who are not obligatory to fast?

- Children under the age of puberty
- People who are elderly
- People who are sick
- People who are mentally incapacitated or not responsible for their actions
- Travelers who are on journeys of more than about fifty miles
- Pregnant women and nursing mothers
- Women who are menstruating

Muslims welcome the Month of RAMADAN by Heart

- *It is a blessed month in which all Muslims in the world come together in worship and perform spiritual exercises to win Allah's pleasure.*
- *In Ramadan all Muslims "no matter where they may be in the world" will fast from daybreak until evening.*



- Another aspect of Ramadan is that it is believed that one of the last few odd-numbered nights of the month is the Laylat ul-Qadr, the "Night of Power".
- The deed in this night is better than the rewards of deeds of 1,000 months
- At this night, all Muslims are invited by Allah.
- No one knows exactly which night it is.



“The month of
Ramadan is the one
in which the Qur'an
was sent down as
guidance for
humanity, with clear
signs containing
guidance and
discrimination... “
(Surat al-Baqara:185)



• EID UL-FITR

- The end of Ramadan is marked by a three-day period known as Eid ul-Fitr,
- The "Festival of Fast-breaking." It is a joyous time beginning with a special prayer, and accompanied by celebration, socializing, festive meals and sometimes very modest gift-giving, especially to children.
- When Ramadan ends, Muslims give charity. This is known as fitra.



رمضان كريم

May Allah,
Give us the strength &
Patience to fast during the
whole month of Ramadan.
Accept all our fasts in this
holy month.
Give us the opportunity to
worship in the night of Qadr
and accept our worship.
Help us to continue all the
good deeds we do in this
holy month.

Bihar
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انجمن
بھار

Website: www.biharanjuman.org

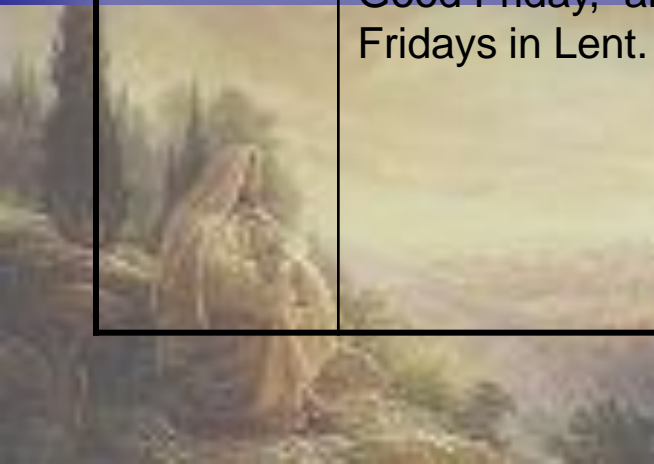




For followers of other religions, do you fast like the Muslims?



Religion	Fasting Period	Way of Fasting	Reason of Fasting
Baha'i	During Ala, the 19th month of the Baha'i year, from March 2 nd -20 th	Abstain from food and drink from sunrise to sunset.	To focus on love of God and spiritual matters
Buddhist	Usually on full-moon days and other holidays	Abstaining from solid food, with some liquids permitted	Purification. Freeing the mind. To aid yogic feats, like generating inner heat.
Catholic	Ash Wednesday and Good Friday, all Fridays in Lent.	Meat is forbidden. For the optional Friday fast, some people substitute a different penance or special prayer instead of fasting.	Control of fleshly desires, penance for sins, and solidarity with the poor. Prepares the soul for a great feast by practicing austerity. Commemorates the day Christ suffered.



Religion	When they fast	How they fast	Why they fast
Eastern Orthodox	Apostles' Fast, Dormition Fast, and the Nativity Fast, and one-day fasts.	Meat, dairy products, eggs are prohibited. Fish is prohibited on some fast days and allowed on others.	Strengthens resistance to gluttony; helps open a person to God's grace.
Hindu	New Moon days and Shivaratri, Saraswati Puja, and Durga Puja (also known as Navaratri), Karva Chauth.	May be 24 hours of complete abstinence from any food or drink, or elimination of solid foods, with drink of milk or water.	To enhance concentration during meditation or worship; purification for the system; sometimes considered a sacrifice.
Jewish	Yom Kippur, the Day of Atonement, The Jewish calendar has six other fast days, including Tisha B'Av	On Yom Kippur and Tisha B'Av, eating and drinking are forbidden for a 25-hour, from sundown to sundown. On the other fast days, eating and drinking are forbidden only from sunrise to sundown.	Atonement for sins and/or special requests to God.

Religion	When they fast	How they fast	Why they fast
Mormon	The first Sunday of each month. Individuals, families, or wards may hold other fasts at will	Abstaining from food and drink for two consecutive meals and donating food or money to the needy. Participate in "fast and testimony meeting."	Closeness to God; concentration on God and religion. Individual or family fasts might be held to petition for a specific cause
Pagan	No organized fast days, but some pagans choose to fast in preparation for Ostara (Spring Equinox).	At the discretion of the individual--some totally abstain from food, others reduce how much they eat.	Purify a person energetically; often used to raise vibrational levels as preparation for magical work. Ostara fasting is used to cleanse oneself from heavier winter foods.
Protestant (Evangelical)	At the discretion of individuals, churches, organizations, or communities.	May be abstain from food or drink entirely, or drink only water or juice, eat only certain foods, skip certain meals, or abstain from temptations, edible or not.	Spiritual nourishment, solidarity with impoverished people, a counterbalance to modern consumer culture, or to petition God for special needs.
Protestant (Mainline)	Not a major part of the tradition, but fasts can be held at the discretion of communities, churches, other groups, and individuals.	Discretion of those fasting.	For spiritual improvement or to advance a political or social-justice agenda. One example: the ELCA's "Campaign of Prayer, Fasting, and Vigils"

Thank You