

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Fasting the Month of Ramadhaan (Worksheet)

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One of the Pillars of Islaam is to fast the month of Ramadhaan. Ramadhaan is the ninth month on the Islaamic calendar. Fasting is obligatory on every Muslim. The month of Ramadhaan is a month that has in it many blessings. Allah says in the Qur'an,

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَنْ
شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ

“The month of Ramadhaan in which was revealed the Qur’an, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadân i.e. is present at his home), he must observe Saum (fasts) that month.”
[Surahtu Baqarah: 185]

The Muslim has to fast the whole month of Ramadhaan. We begin fasting at salaatul Fajr and end it at Maghrib. The meal before we start our fast is called Sahoor and the meal when we break our fast is called Iftaar. The month of Ramadhaan has in it a very special

night which is called Laylatul Qadr. This night is the night in which the Qur'an was revealed. Allah says in the Qur'an,

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ * وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ * لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ
* تَنزِيلُ الْمَلَائِكَةِ وَالرُّوحِ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ * سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ

Verily, We have sent it (this Qur'an) down in the Night of Al Qadr (Decree). And what will make you know what the Night of Al Qadr is? The Night of Al Qadr is better than a thousand months (i.e. worshipping Allah in that night is better than worshipping Him a thousand months). Therein descend the Angels and the Ruh (Jibra'el) by Allah's Permission with all Decrees, (All that night), there is peace (and goodness from Allah to His believing slaves) until the appearance of dawn.
[Suratul Qadr: 1-5]

During the month of Ramadhaan the gates of Jannah are opened, the gates of the Hellfire are closed and the shayaateen (devils) are locked up. The reward for the one who fast the entire month out of faith and sincerely for Allah is that he/she will have their prior sins forgiven.

Review Questions

1. What month are all the Muslims obligated to fast? _____

2. What was revealed during this month? And what is the proof?

3. What month is this on the Islaamic calendar? _____

4. When does a Muslim begin his fast? _____

5. When does a Muslim break his fast? _____

6. What is the meal called that we eat before we start fasting?

7. What is the meal called that we eat after we break our fast?

8. What night was the Qur'an revealed? _____

9. During this month which gates are opened? _____

10. What gates are closed during this month? _____

11. Who is locked up during this month? _____