

Ramadan Basics

- Name of the **9th month** of the Muslim (lunar calendar)
- Muslims **abstain from food & drink from dawn to sunset**
- If you are **ill, traveling, too old or too young, pregnant** then you do **not** have to fast
- The **Quran was revealed** in this month
- It is considered to be the **most holy, blessed month for Muslims**
- Time for **prayer, reflection, self-improvement, charity, giving back to the community** --- and through all these ways **come closer to God.**

What the Quran Says about Ramadan

O YOU who have attained to faith! **Fasting is ordained for you as it was ordained for those before you, so that you might remain conscious of God and become righteous.**

To fast is to do good unto yourselves - if you but knew it

Ramadan is the (month) in which was sent down **the Qur'an, as a guide to mankind**, also clear (Signs) for guidance and judgment (Between right and wrong). So every one of you who is present (at his home) during that month should spend it in fasting, but if any one is ill, or on a journey, the prescribed period (Should be made up) by days later.

God **wills that you shall have ease, and does not will you to suffer hardship.** (He wants you) to complete the prescribed period, and to **glorify Him** in that He has **guided you**; and perchance ye shall **be grateful.**

--- Chapter 2; Verses 183-185

Purpose of Ramadan: BE THE BEST VERSION OF YOURSELF With God Consciousness

- **Physical fasting** -- Practice self-restraint; increase your awareness, gratitude, & re-focus on what matters the most
- **Spiritual fasting** -- Become God conscious -- delete distractions & nourish your spirit
- **Emotional fasting** -- refrain from getting angry, impatient, jealous, procrastination/distractions, etc.
- **Central themes:** Forgiveness, repentance, gratitude, mercy, salvation

PRACTICES to BECOME MORE resilient, kinder, generous, sincere,

- Reading & reflecting on the Quran (**God's guidance**)
- **Charity** -- give back to the community in form of food, money, help, care, etc.
- **Refrain from all "harmful habits"** like lying, gossiping, consuming harmful substances or information -- all other big & small sins