



# Chapter 4

## Sarah and Omar are fasting

money

rewards

sunrise

sunset

1. Allah ﷻ \_\_\_\_\_ those who fast.

2. At \_\_\_\_\_ we break our fast.

When eating we should eat just enough and not too much.

3. In Ramadan we fast from



\_\_\_\_\_ to sunset.

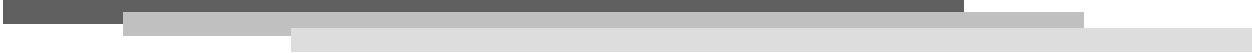
4. When we fast, we feel hungry, just like poor people who do not have \_\_\_\_\_ to buy food.

Put (√) by the correct sentence and (X) by the wrong sentence:

( ) When we fast we know how rich people feel.

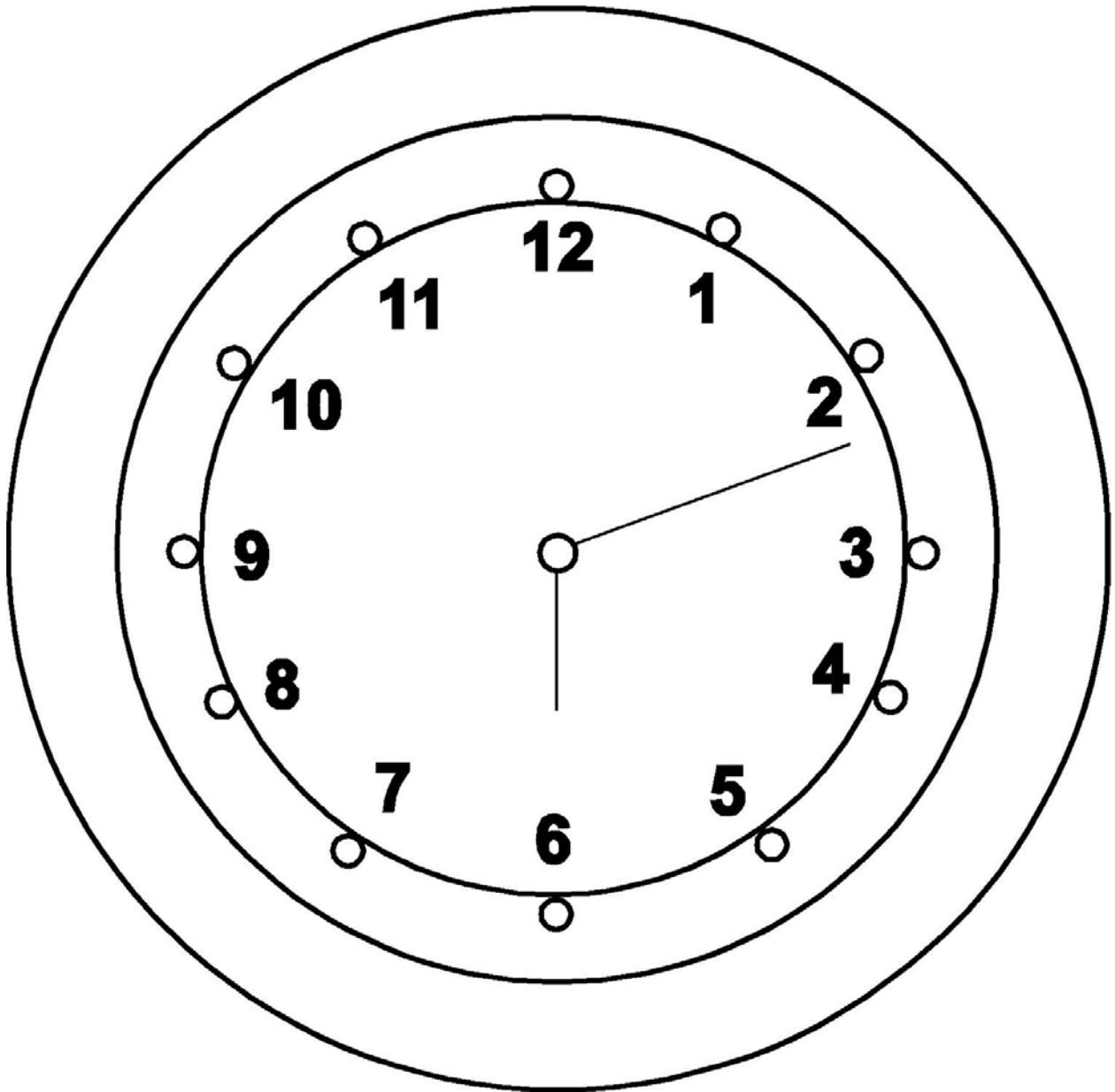
( ) The Prophet ﷺ taught us to eat only when we are hungry and to stop eating just before we got full.

( ) Eating too much at Iftar will make us feel lazy and tired to do Salat.

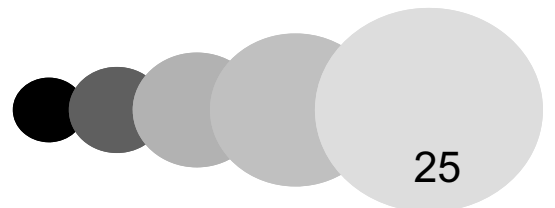


( ) Allah ﷻ revealed the Quran in the month of Shaban.

( ) Those who are sick or traveling are excused from fasting and should make up for it after Ramadan.



Time to break fast.





The month of Ramadan, in which Allah has revealed the Quran, which gives guidance to people. In the Quran there are signs for guidance and truth.

All who can fast this month should do so, but those of you who are sick or traveling should fast at another time. Allah wants to make things easy for you and does not want to make things hard for you.

Finish fasting the month and make sure to glorify Allah for guiding you and for this you must be grateful.

﴿١٨٥﴾ شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ

الْقُرْآنَ أَنْ هُدِيَ لِّلنَّاسِ

وَبَيِّنَتْ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ

فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ

وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ

فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ

الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ

وَلِتُكْمِلُوا الْعِدَّةَ

وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَانَكُمْ

وَلَعَلَّكُمْ تَشْكُرُونَ



# Remember!

- In Ramadan we fast from sunrise to sunset.
- When we fast, we feel hungry, just like poor people who do not have money to buy food.
- At sunset we break our fast. When eating we should eat just enough and not too much.
- Allah ﷻ rewards those who fast.