

# What Do You Already Know?

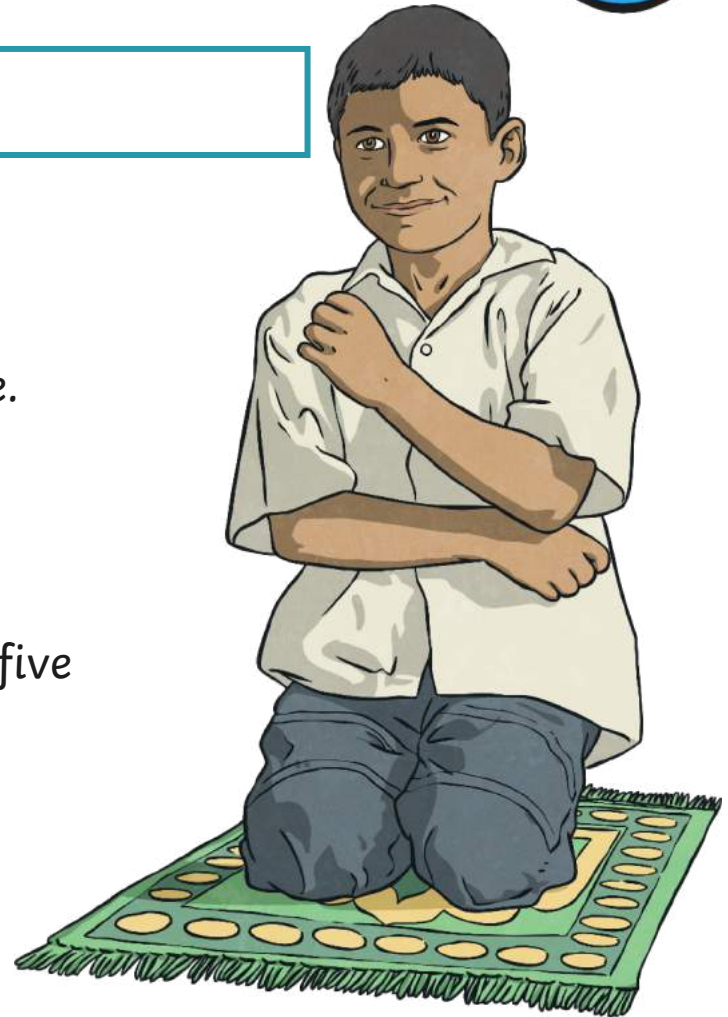


◆ You might have had these ideas...

- ◆ Muslims believe in Allah.
- ◆ Their special place of worship is a mosque.
- ◆ The Muslim holy book is the Qur'an.
- ◆ An important part of Muslim belief is the five pillars of Islam.



Sawm: Fasting



# Pillars of Islam: Sawm



◆ The five pillars of Islam are important to Muslims and their daily lives.



Shahada: Faith



Sawm: Fasting



Salah: Prayer



Hajj: Pilgrimage to Mecca



Zakat: Charity

# Pillars of Islam: Sawm



## ◆ Sawm: Fasting

◆ Sawm is the act of fasting. When fasting, people do not eat or drink anything at all.

◆ This happens during daylight hours, from the time when the sun comes up in the morning to the time when the sun sets at night.



◆ Muslims believe this is a sacrifice which helps them follow Allah's commands and demonstrate their commitment to their faith.



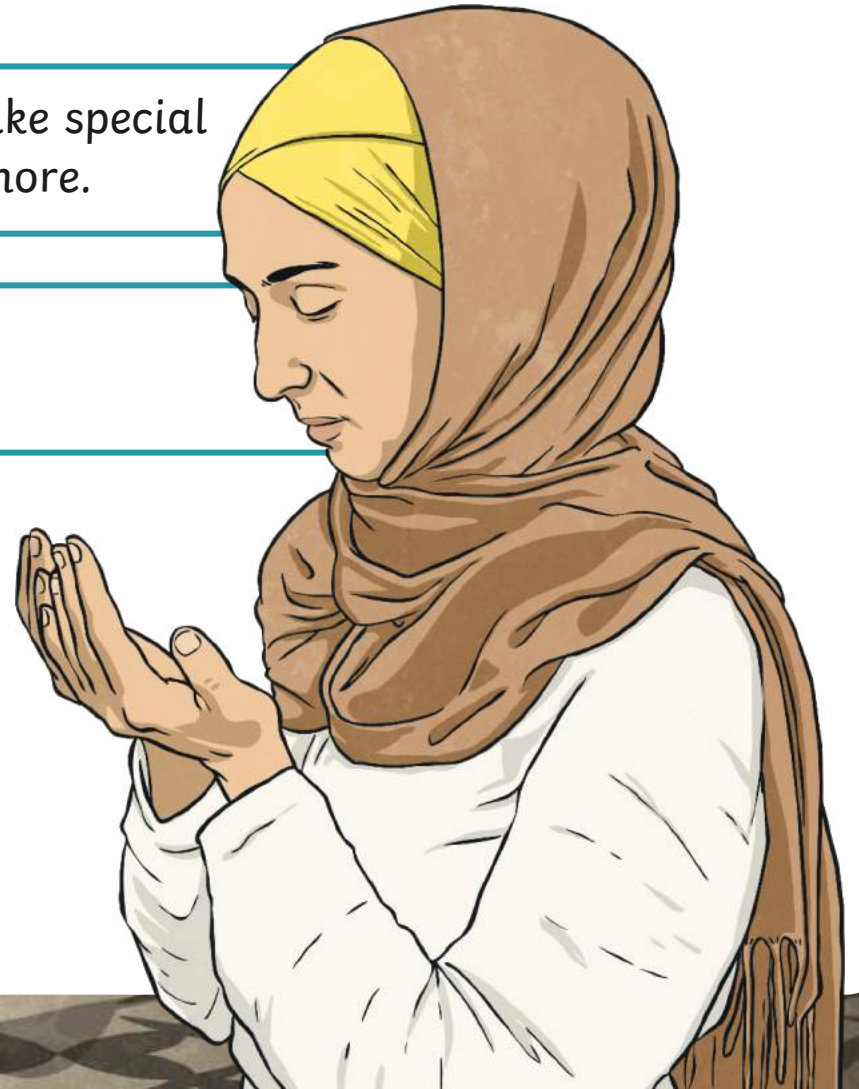
# Ramadan



◆ Is Ramadan just about fasting?

◆ As well as fasting, Muslims also make special efforts to do good deeds and pray more.

◆ They try to help their communities and reach out to people in need.



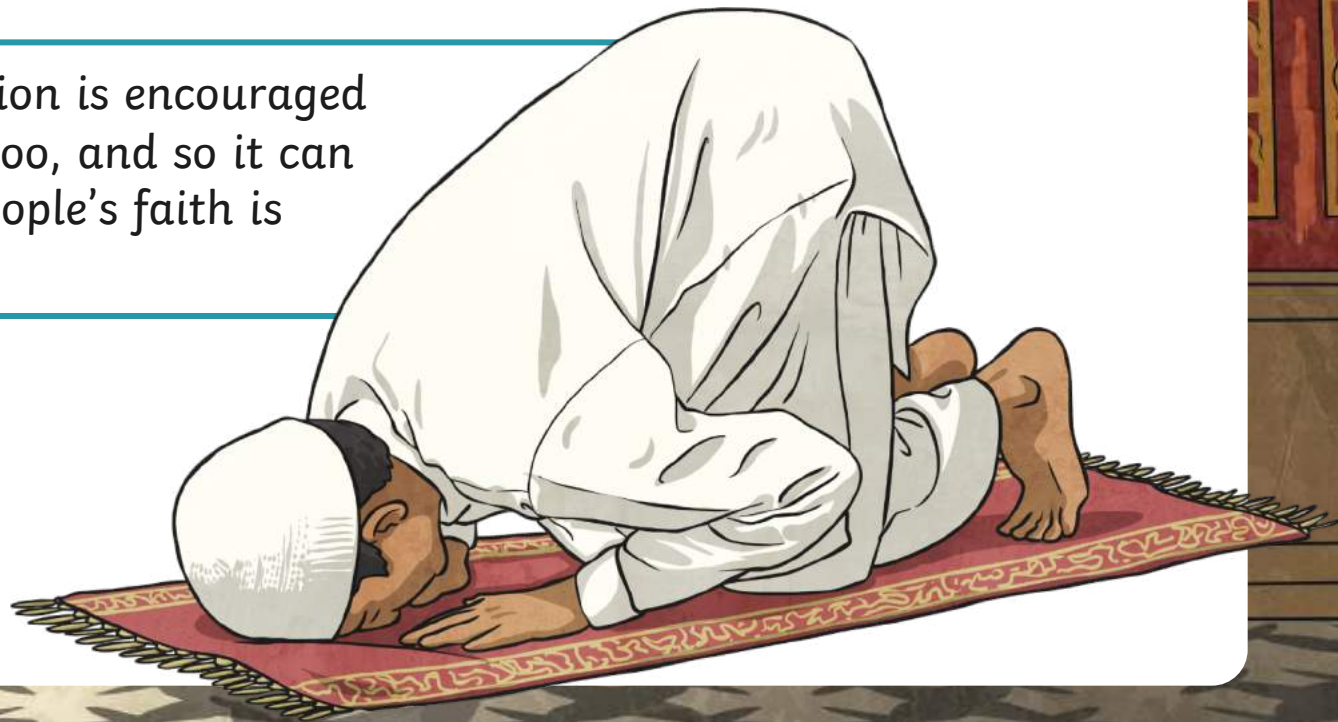
# Ramadan



## ◆ Why is Ramadan important?

◆ Ramadan is an important time of year for Muslims. It is believed to be a time when Muslims can improve their self-control, focus on helping others and make a sacrifice to show their commitment to their faith.

◆ Prayer and reflection is encouraged during this time, too, and so it can be a time when people's faith is deepened.



# Why Fast?



◇ Why do people choose to fast?

- ◆ To focus on different things other than food.
- ◆ To increase their self-control.
- ◆ To give more time for helping others.
- ◆ To give more time for their faith, such as for praying, reflecting, or reading their holy book.
- ◆ To remember the sacrifices and provisions of important people or gods in their faith.

