

HUNGER AND THIRST

One of the reasons for fasting is to sympathize with those brothers and sisters in the world who have little to eat and drink every day.

CHARITY

During Ramadan Muslims are encouraged to do charity to develop feelings of generosity and good-will towards others.

DEVOTION

Through an increased devotion we get closer to the Creator of the universe and recognize that everything we have in this life is a blessing from his.

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FAMILY

This is a time to gather our families or with others in the community with the aim to strengthen bonds of brotherhood and sisterhood.

SELF-DISCIPLINE

During Ramadan we practice good manners, good speech and good habits, not only ourselves, but everyone we interact with.

CHANGING OUR ROUTINES

We are given a chance to establish healthier lifestyle habits especially when it comes to diet and smoking.