

*In the Name of God, the Beneficent, the Merciful.*

## The Blessed Month of Ramadan

### A Short Introduction

The month of Ramadan is the ninth month of the Islamic (Lunar) calendar. Muslims all over the world observe Fast each day of the month from before sunrise until after sunset. During the day, they must not eat, drink, smoke or have sexual intimacy, otherwise permitted at other times. They must avoid actions like; backbiting, lying, unnecessary arguments, vain discourses, etc. All permitted foods and other lawful activities are allowed after breaking the Fast after sunset.

This is the month of Charity giving, spiritual pursuits, making up with estranged relatives, seeking atonement for sins, and striving to get closer to God Almighty.

A true Fast is more than just abstaining from food and other basic requirements. According to the teachings of the Prophet and Imams from his family (Peace be upon them all), our tongues, eyes, ears, limbs, thoughts should all observe the Fast, i.e.; abstain from all that is forbidden and sinful.

The month of Ramadan is the holiest month of the Islamic calendar. It brings many spiritual, social and health benefits for its observers.

The Prophets of the old and their followers also observed Fast.

God says in the Qur'an: "*O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, so that you may guard (against evil).*" (Chapter 2: v. 183)

### A Prayer for the month of Ramadan

O God, make my Fast (in this month) like those who fast (sincerely), and make my nightly prayers like those who pray (sincerely.) Awaken me from the sleep of the heedless. Overlook my wrongdoings, O' God of the universe; and Grant me forgiveness, O' He who forgives the wrongdoers.

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