



# RAMADAN GUIDEBOOK

Sunalta Culture Nights | Iftar Event 2024



# What is Ramadan?

The ninth month of the Islamic lunar calendar.

In this month, Muslims worldwide are fasting, reflecting, and increasing their devotion to the religion of Islam.



# Why do Muslims fast?

Fasting during Ramadan is an act of devotion, self discipline and to feel empathy for the less fortunate. It is a way to spiritually cleanse oneself and strengthen their relationship with God. Muslims fast from sunrise until sunset.



# Who can fast?

All believers of Islam are expected to fast; however, exceptions include: people with health problems, women who are pregnant or nursing, menstruating individuals, elderly people, children, and travelers.



# What is Suhoor and Iftar?

Suhoor is the pre-dawn meal before fasting. It is essential to eat foods that provide sustained energy throughout the day.

Iftar is when the sun sets and the fast is broken. Traditionally, small snacks such as dates and water are consumed first, followed by the evening prayer.



# Why is Ramadan important?

1. **Spiritual Renewal:** a chance to deepen their connection with God through increased worship, prayer, and reading the Quran.
2. **Self-Discipline:** facilitate control over desires, extending to behavior and speech, including gossip, lying, and anger. It is a time to strive for self-improvement.



# Why is Ramadan important?

3. **Charity and Community:** bringing communities together through daily prayers and meals, fostering a sense of support and charity. Spending time with your community, family, friends, and neighbours.



# Why is Ramadan important?

4. Gratitude and Thankfulness: a reminder to appreciate blessings and express gratitude for necessities like food and water, creating a deeper appreciation for human life. While being grateful, also sharing such resources with those who may have less.