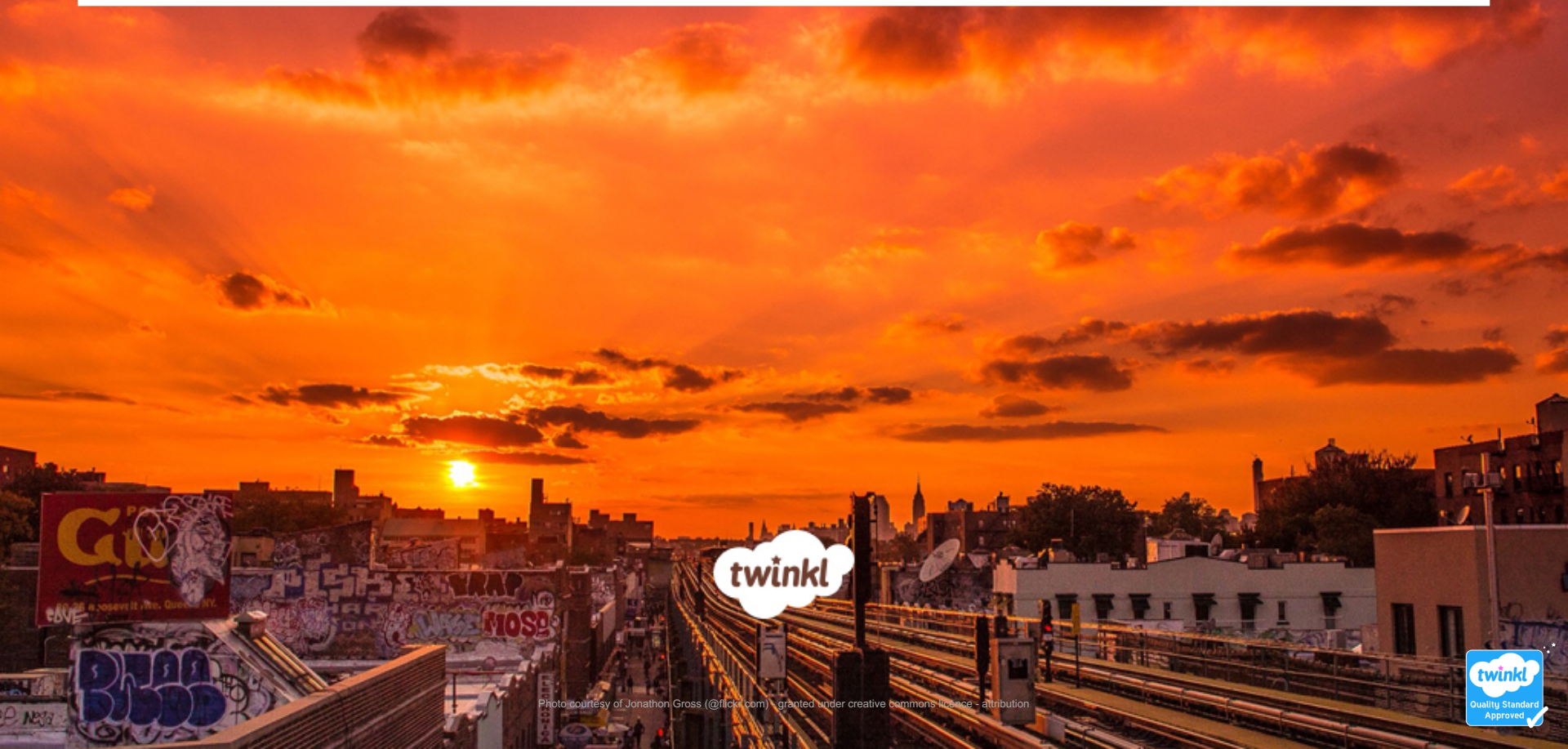


Islamic Practices

Sawm



twinkl

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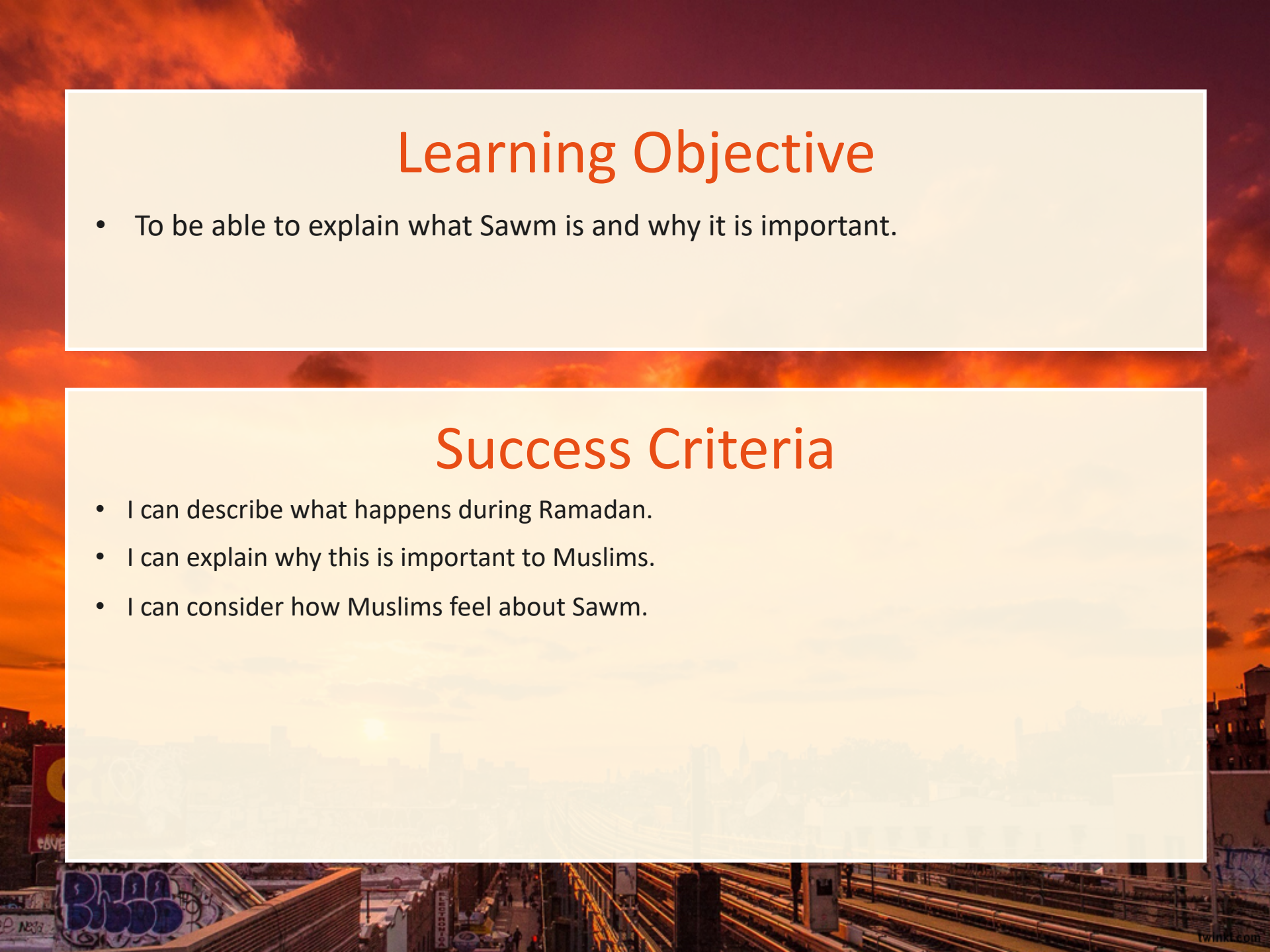


Learning Objective

- To be able to explain what Sawm is and why it is important.

Success Criteria

- I can describe what happens during Ramadan.
- I can explain why this is important to Muslims.
- I can consider how Muslims feel about Sawm.



What Is Fasting?

Quickly note down an answer to this question.

If you finish quickly, explain why you think a religious person would fast.

I will ask some of you to share your responses in one minute.

Answer:

Fasting is abstaining from food and drink.

A religious person may fast to focus on showing devotion or self-control.



Fasting in Islam: Sawm

Muslims are expected to fast during the month of Ramadan.

This is known as Sawm and is one of the Five Pillars of Islam.



Sawm in the Qur'an

The Qur'an makes it clear Muslims should fast during the month of Ramadan.

It also says that certain people are exempt, such as those who are too ill to fast. This is because Islam is not a religion that makes impossible or unfair demands on people.

**This shows
appreciation for what
God has
given you.**



What Happens During Ramadan?

Muslims fast from dawn till dusk.

During this time, Muslims cannot eat, drink or have sexual intercourse.

This can be very difficult. In 2016, Muslims living in Iceland had to fast for 21 hours!

Young children generally do not complete the full fast. However, they may fast for a few hours at a time to feel part of the event. As they get older, they will lengthen their fast and by the time they are teenagers many will complete the full fast.



Why Do Muslims Enjoy Ramadan?

Though Sawm is very challenging, Muslims often speak of it as an enjoyable event.

One reason for this is because it is a chance to focus on their religion. Many Muslims do this by using time they would have spent eating to perform religious activities. It is particularly popular to read the entire Qur'an during Ramadan.



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Another reason is because when Muslims break their fast, they do so surrounded by family and friends. These meals, known as iftar, are key social events.

The Training Programme

Many Muslims describe Sawm as a training programme. Why do you think this is?

Make a mind map of your answers.



The Training Programme

Muslims describe Sawm as a training programme because it:

- shows dedication;
- allows you to focus on your religion;
- will help you have self-discipline;
- builds relationships with the rest of community;
- improves self-esteem;
- tests your faith. this is especially true in a non-Muslim area where people are eating and drinking all around you.



Ramadan and the Qur'an



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Ramadan is also regarded as important as it is the month in which the Qur'an is revealed. This is known as the "Night of Power".

Though the exact date of the revelation is not known, many sources believe it to be the 27th day of Ramadan.

On this day, many Muslims may spend this whole night in prayer.

Let's Test Our Knowledge...

Click on the question to reveal the answer

1. When does Sawm occur?
2. What are the fast times for Muslims?
3. What must Muslims not do during these times?
4. Where is fasting commanded?
5. Name one group that are exempt from fasting?
6. How does fasting benefit Muslims?
7. What is iftar?
8. What are Muslims showing when they fast?
9. Besides fasting, name one other activity Muslims may perform during Ramadan?
10. Why else is Ramadan an important month for Muslims?

Learning Objective

- To be able to explain what Sawm is and why it is important.

Success Criteria

- I can describe what happens during Ramadan.
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- I can consider how Muslims feel about Sawm.

Did you meet today's aims?

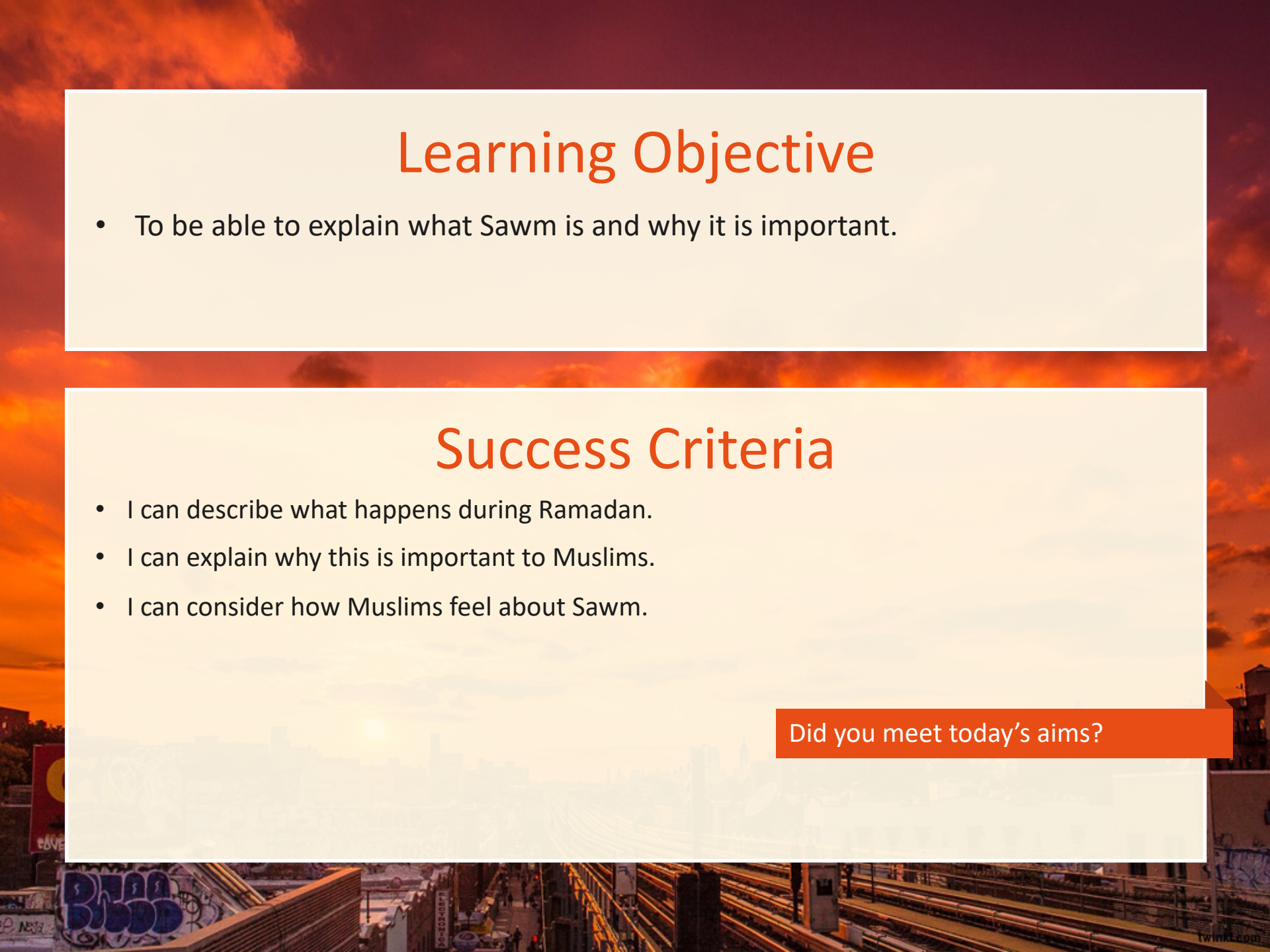




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