

## Lesson four

### Sawm – Pillar Four

This pillar is all about Ramadan. The ninth month of the Islam calendar is when Muhammad (Muslim prophet) began receiving messages from Allah.

For 30 days Muslims fast, they do not eat or drink during daylight hours. The time of Ramadan changes each year.

The fast is to remind them how difficult it is to be poor, hungry and thirsty. It reminds them to thank Allah for the gift of the Qur'an and not be greedy.



twinkl.com

When does Ramadan take place in 2020?

How many hours do Muslims go without food or fluids each day during Ramadan 2020?

Watch this link about a Muslim and her life:

<https://www.bbc.co.uk/programmes/p02mwkl7>

Which Muslim people do not have to follow Ramadan?

When would be the best time of year for Ramadan? Why?

Would you like to follow Ramadan? Why?

Some Christians also fast during Lent and at other times. Watch the video below to find out more:

<https://request.org.uk/festivals/lent/lent/>