



**TODAY'S TOPIC:**  
**Golden Thread of Truth**  
**The Muslim Holiday of**  
**Ramadan**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What is the longest I have gone without eating? Have I ever not eaten for a long time? How did it feel?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	Know about Ramadan - a holiday that reminds us to be helpful.

**ASK:** There are lots of religions in the world. Can you think of some the names of different religions?

**ASK:** Each religion has it's own special holidays. What are some of your favorite holidays?

**SAY:** There are a lot of holidays that happen in the spring. There is a religion called Islam and they have a holiday that starts this week called Ramadan. Can you say that - Rah-mah-don. *Have the kids repeat it back to you.* This holiday starts in the 9<sup>th</sup> month of the Muslim Lunar calendar, when the new crescent moon is sighted by religious leaders. How cool is it to watch the night sky to know when to start a holiday! This holiday marks the time when Allah (Muslim word for God) revealed the Quran (the holy book for this religion).

SAY: One important thing about Ramadan, it lasts a whole month and is the holiest month of the year for Muslims. They hang decorations with crescent moon and lantern decorations, they say special prayers, they exchange gifts, they are extra helpful to others in need, and there are lots and lots of family meals together after the sun goes down.

SAY: After the sun goes down is important because for the whole month everyone over the age of 12 fasts. That means they do not eat from sun up to sun down. No food at all during the day, but then a big family dinner each night.

ASK: Why do you think people want to fast and not eat during the day for an entire month? Fasting is a way to clear your mind, a spiritual practice that cleans your soul and makes your connection to God better. Plus it is a way to have empathy – that is to try and understand – how it feels for people in the world who do not have enough to eat and are hungry.

SAY: Besides fasting, another important part of this holiday is being helpful by doing good deeds, giving to others, helping God by taking time to pray, and even helpful to ourselves.

ASK: What are some ways we are helpful to others?

SAY: So just as you might say Happy Saint Patrick's Day or Merry Christmas, for this holiday I wish you a blessed Ramadan by saying Ramadan Mubarek (moo-bar-eck). *Have the kids repeat it back to you.*

**AFFIRMATION** – I am helpful to others, to God, and to myself. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel [https://www.youtube.com/channel/UCUc3XHIHB9TF4FENneYoO\\_Q](https://www.youtube.com/channel/UCUc3XHIHB9TF4FENneYoO_Q) . An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch> .