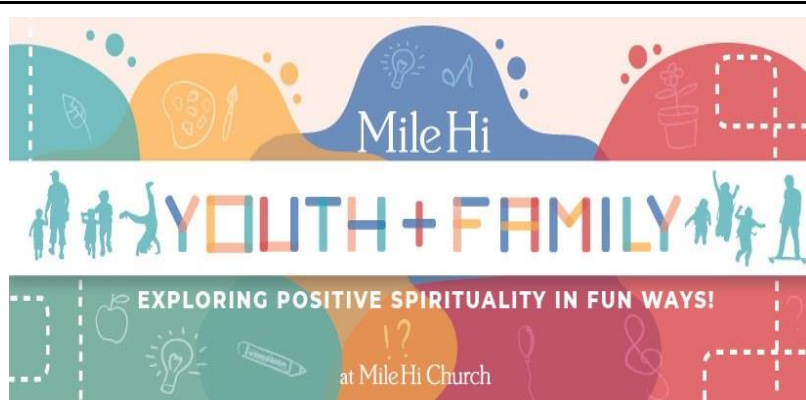




TODAY'S TOPIC: **Islam and the Holiday of Ramadan**

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.

Have I ever had to go a long time without eating?

Lesson

Materials	Things to Prepare	Today's Goal
n/a	n/a	To know a bit about Islam and the holiday of Ramadan – a holiday that reminds us to be helpful.

ASK: Reminder - There are lots of religions in the world. A **religion** is when a group of people get together and agree to believe the same things, call God by the same name, use the same book that talks about the religion. Can you think of some the names of different religions? Christianity, Islam, Hinduism, Judaism, Buddhism.

SAY: One quarter (or 25%) of the people in the world follow the religion of Islam. People who follow Islam are called Muslims, and they call God Allah.

ASK: Each religion has their own special holidays. What are some of your favorite holidays?

SAY: In Islam and they have a holiday that lasts an entire month called Ramadan. Can say together = Rah-mah-don.

SAY: In the United States we use the standard calendar and most of our holidays are on a very specific day. This holiday moves around a lot! It starts in the 9th 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 Quarn (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 of family meals together after the sun goes down.

SAY: Eating after the sun goes down is important because for the whole month everyone older than age 12 is fasting. Fasting means you do not eat from sunup to sundown. No food at all during the day, but then a big family dinner each night. It ends with a giant celebration and party together called Eid-al-Fitr

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. It is a time to remember that nothing is too big or too complicated for God.

ASK: What are some ways we can be helpful?

SAY: Just as you might say Happy Saint Patrick's Day or Merry Christmas, for this holiday you say "Eid Mubarak" (Blessed Festival) or "Eid sa'id" (Happy Eid).

AFFIRMATION – Nothing is too big for God. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .