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SAWM

Definition: The month of the year during which Muslims fast in daylight hours.



No food or drink

→ Muslims start their fast at sunrise and stop at sunset.

→ They usually have a big meal with their families and then say prayers.

→ It isn't just food and drink Muslims must avoid. No sex or other entertainments - they should be focused on God.

The 9th month of the Muslim Calendar Year. It is the month that Muhammad first started to receive the Quran.



Quran.

Night of Power:

A special festival in the middle of Ramadan to remember the night Allah started to reveal the Quran to Muhammad. Muslims try to stay awake all night and pray.



There are exemptions to fasting. Pregnant and breast feeding women are exempt as are ill people (diabetes). People who do not fast are expected to try and make up at a later date, if they can.

JIHAD: To struggle against evil either as an individual or as a collective group of Muslims.

GREATER

Striving to be the best possible Muslim. Following the 5 pillars correctly etc.

LESSER

Striving to defend Islam from direct threats. Not allow violence against innocents.

More detail in your peace + conflict booklet.

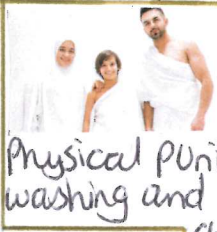
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HAJJ

Definition: Once in a lifetime journey fit + healthy Muslims take.



ORIGIN STORY: Ibrahim leaves his wife Hajira and son Ishmael in the desert. Pray for help and Ishmael finds a spring of water. Ibrahim told to build a Shrine to God on this spot - the Ka'bah. A place of Purity + worship.



IHRAM:

A state of mental and physical purity. Ritual washing and simple white clothing. All are equal in eyes of Allah.

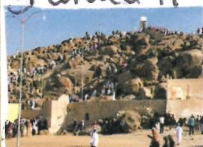
Day 1:

1. Circle the Ka'bah and recite the pilgrim's prayer. Touch black stone - ancient Muslim relic. 2. Walk in covered walkway between hills Safa + Marwah 7 times. Well of ZamZam.



Day 2:

Walk to Arafat - where Muhammad last preached. All day praying - forgiveness granted if you admit wrong doing. Reminder of Judgement Day.



Day 3:

3 stone pillars - Jamarat - at Mina. Represent the devil and temptation. Throw stones to reject this evil. Finish with the celebration of Id-ul-Adha.



Significance of Hajj:

- Deeply spiritual experience - more aware of God's continual presence in life.
- Self-discipline developed
- Importance of equality and unity between all.
- Reminds Muslims of the examples of their prophets.
- It can lead to forgiveness of sin.

ISLAM PRACTICES PILLARS 4+5