



**My**  
**RAMADHAN**  
**Mini Book**

QnA about Ramadhan for students  
to experience the best Ramadhan ever!

This book is for  
**Advanced**  
kids



# What is Ramadan?

Ramadan is the ninth month in the Islamic calendar called the **Hijri calendar**. Ramadan comes after the month of Sha'ban and before the month of Shawwal.

## Why is Ramadan one of the best months in Islam?

- The first revelation of the Quran was sent to the Prophet during the month of Ramadan.
- The rewards for our good deeds will be multiplied by Allah by ten times.
- The gates of Heaven are opened, and the gates of Hell are closed.
- During this month, the devil who tempts humans is chained up.



# What is Fasting?

**Puasa / Fasting / صَوْمٌ - صِيَامٌ**  
Indonesia English Arabic

The word **صَوْمٌ** means to restrain ourself. Because fasting is **about restraining ourself from anything that would invalidate the fast with a specific intention.**

If we are fasting, then we are not allowed to eat, drink (and do other things that invalidate the fast) from dawn (fajr) until dusk (magreeb).

That's why if we do not eat and drink throughout the day but do not have the intention of fasting, it doesn't count as fasting.



# What Invalidates Fasting?

**If we do or experience any of the following, our fast will be invalidated:**

- **Eating & Drinking (putting something into the stomach)**
- **Inserting something into the genitals or anus**
- **Vomiting deliberately**
- **Having sexual intercourse**
- **Ejaculating deliberately**
- **Menstruation & Postpartum bleeding (bleeding that occurs in women due to puberty)**
- **Insanity**
- **Apostasy (leaving the Islamic religion)**



Let's be strong in refraining from these actions to ensure that our fast remains valid.

# Why Do We Have to Fast?

Why

**Fasting is the third pillar of Islam. We have to fast to show our obedience to Allah in carrying out His commands.**

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ۝ ١٨٣

O you who believe, fasting is prescribed for you as it was prescribed for those before you, that you may become righteous.

Allah promises a great reward for those who fast.

Heaven has eight gates, one of them is called **Ar-Rayyan** and **can only be passed by those who fast.**

## Benefits of fasting:

- Fasting makes us more patient.
- Fasting is very good for our physical health.
- Fasting protects us from bad deeds.



# Who Must Fast?

All Muslims are required to fast.

However, there are some people who are allowed not to fast:



**Children**



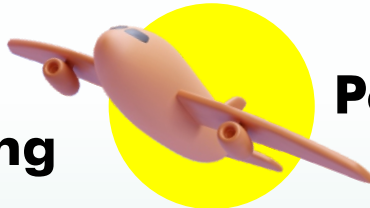
**Elderly people**  
who are not strong  
enough to fast



**Sick people**  
who are not strong  
enough to fast



**Pregnant  
and breastfeeding  
women**



**People who are  
traveling far**

If you don't fast, then you have to  
make up for it by fasting on another  
day, so don't miss fasting!

Children who are 7  
years old are already  
commanded to train  
fasting! They can be  
punished if they refuse  
to fast when they reach  
10 years old.



# When We Fasting?

**When the month of Ramadan arrives, Muslims all around the world are required to fast.**

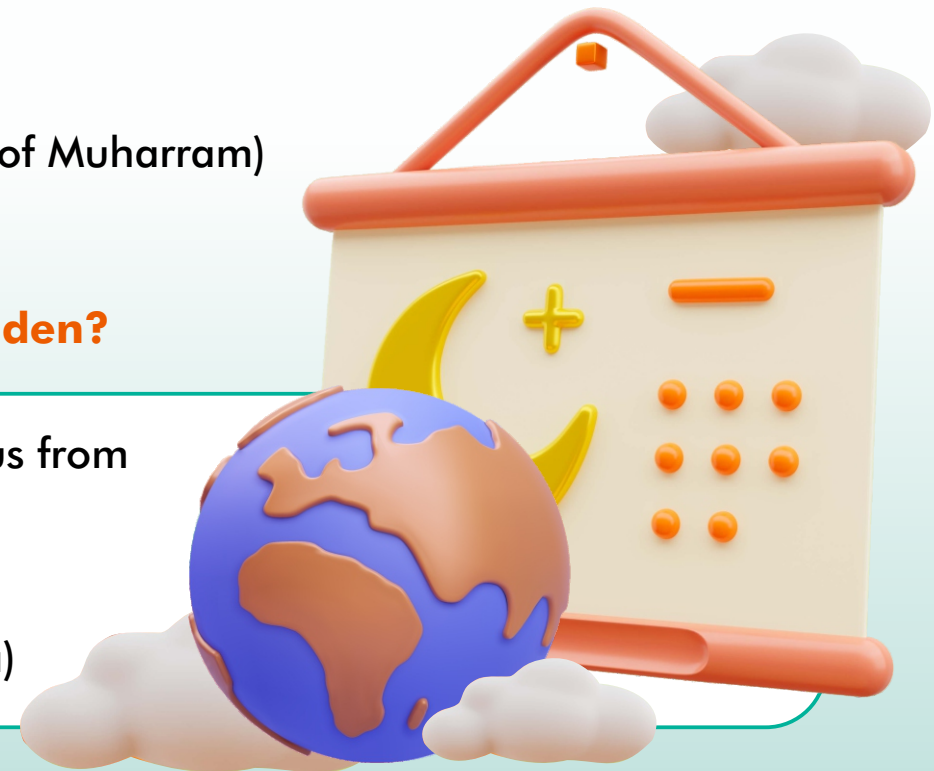
Other than in the month of Ramadan, we can perform many voluntary fasts, such as:

- Fasting on the Day of Arafah (the 9th of Dzulhijjah for those who are not performing Hajj)
- Fasting on Mondays and Thursdays
- Fasting on the day of Mi'raj
- Fasting when we do not have food
- Fasting on Tasu'a and Asyura (9th and 10th of Muharram)
- Fasting for 6 days in the month of Shawwal

**Are there any times when fasting is forbidden?**

There are 5 days that Allah has forbidden us from fasting:

- Eid al-Fitr
- Eid al-Adha
- 3 days of Tasyrik (3 days after Eid al-Adha)



When



# How Do We Know When Ramadan Arrives?

The Islamic calendar is based on the movement of the moon in the sky, **the transition from the month of Sha'ban to Ramadan can be known by the sighting of the crescent moon, known as Hilal.**

Currently, we have an institution in the Ministry of Religious Affairs that researches and observes the movement of the moon in the sky. Therefore, to find out when Ramadan starts, we just need to wait for their decision and announcement.

Alhamdulillah..  
We are lucky to be Indonesian!





# How to Fast?

## 1. Intention

At night, we must first intend to fast. To avoid forgetting, in the mosque usually they read the intention together after tarawih prayer. You can make intention in any language if you can't speak Arabic.

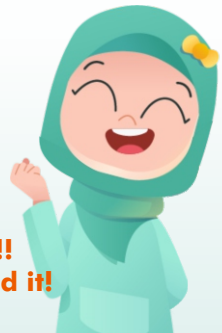


## 2. Sahur

To be strong in fasting, we are recommended to eat Sahur. Sahur means eating before dawn (when fasting begins).



Yeayy!!  
You did it!



## 3. Self-control

After dawn, fasting has begun. We must control ourselves so that we do not eat, drink, and do things that invalidate our fast until the time of Magreeb.

## 4. Iftar (Break the fast)

When Maghrib comes, we are allowed to eat, or break the fast. The Prophet liked to break his fast with sweet foods such as dates.

Perfect fasting intention recitation:

نَوَيْتُ صَوْمَ غَدٍ عَنْ أَدَاءِ

فَرَضِ شَهْرِ رَمَضَانَ هَذِهِ السَّنَةِ لِلَّهِ تَعَالَى

"I intend to fast tomorrow to perform the obligatory fasting of Ramadan this year for the sake of Allah."

For those of you who haven't memorized the long intention, you can read the short one:

نَوَيْتُ صَوْمَ رَمَضَانَ

"I intend to fast Ramadan."



# What Were Prophet's Habits During Fasting?

## Reading the Quran

Prophet Muhammad was eagerly waiting for Ramadan. When Ramadan came, he would be more diligent in performing worship, especially reading the Quran.

**During Ramadan, every night the Angel Gabriel would come to listen to Prophet Muhammad read the Quran.**

The reward for fasting and reciting the Quran during Ramadan will help us on the Day of Judgment.

## Giving Charity

In addition to reading the Quran, charity is another act of worship that the Prophet liked to do during Ramadan.

It is said that if we give food (to break the fast) to those who are fasting, then we will get the reward of the fasting person.



# What is Tarawih?

**Tarawih** is a special prayer that can only be performed during the month of Ramadan.

In the past, this prayer was called **Qiyam Ramadan** and the Prophet and his Sahabah performed it individually in the mosque. Later during the time of Umar Bin Khatab, the prayer was standardized and performed in congregation (jamaah) for orderliness, and called Tarawih.

**The time for Tarawih prayer is after the Isha prayer until the dawn prayer.**

**The number of Rakats for Tarawih is 20 or 8 Rakats.**

Tarawih is performed by praying two Rakats 10 times (for 20 Rakats), or 4 times for 8 Rakats. Usually, Tarawih prayer is concluded with Witr prayer for 3 Rakats.

## Tarawih Intention

أُصَلِّي سُنَّةَ التَّرَاوِيحِ رَكْعَتَيْنِ  
مُسْتَقْبِلَ الْقِبْلَةِ آدَاءً مَأْمُومًا لِلَّهِ تَعَالَى

"I intend to pray two units of Tarawih prayer, facing the direction of the Kaaba, following the Imam, for the sake of Allah."



# What is Lailatul Qadar?

In the month of Ramadan, **there is a very special night that is even better than 1,000 months, and it is called Lailatul Qadar.**



Muslims believe that Lailatul Qadar is in one of the last 10 nights of Ramadan,

**so they will spend time in the mosque, doing zikr, and praying with i'tikaf during these nights, hoping to find Lailatul Qadar, which is better than 1,000 months.**



# What is Eid al-Fitr?

After the month of Ramadan, Muslims will celebrate a holiday called Eid al-Fitr. **Eid al-Fitr means "returning to purity"** because during the month of fasting, our sins to Allah have been erased by Allah with all our good deeds and fasting.

During Eid al-Fitr, **Muslims will visit each other to ask for forgiveness, share gifts, and food.**



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# How is Eid al-Fitr celebrated?

During Eid al-Fitr, we are encouraged to recite the Takbir as an expression of gratitude to Allah, who has given Muslims a special month, Ramadan, and the Night of Power, Lailatul Qadar.

Even the previous Prophets were not given this privilege.

## The Takbir recited during Eid al-Fitr:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

*"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is no god but Allah, and Allah is the Greatest, Allah is the Greatest, and all praise belongs to Allah."*

## In Indonesia, we usually pray for each other when we meet with the prayer:

جَعَلْنَا اللَّهُ وَإِيَّاكُمْ مِنَ الْعَائِدِينَ وَالْفَائِزِينَ

*"May Allah make us among those who return (to purity) and succeed (in worship)."*

Or people often shorten it to:

مِنَ الْعَائِدِينَ وَالْفَائِزِينَ

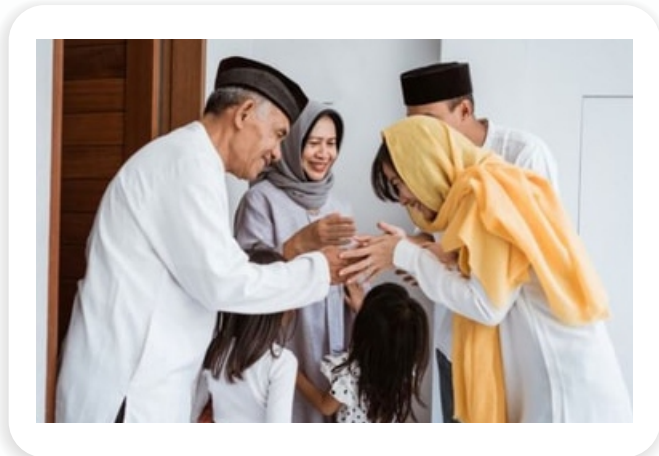


مِنَ الْعَائِدِينَ وَالْفَائِزِينَ  
Alif's Friends!

In Indonesia, there are several unique traditions that you can find during Eid al-Fitr:



**Eating ketupat and chicken opor**



**Sungkem (Asking for forgiveness)**



**Takbir Parade**



**Mudik / Going back to hometown**



When Eid al-Fitr arrives in Turkey, people bring candy as a gift when visiting family. There is a tradition called Seker Bayram, which means sugar festival. In addition, there is also a tradition of asking for forgiveness among family members. Children bow to their parents and apologize for any mistakes they made. The parents then kiss them as a sign of forgiveness, and give them coins, candy, or sweets as a gift.

In China, there are regions called Yunnan and Xinjiang, which are inhabited by Chinese Muslims. When Eid al-Fitr arrives, they go to their ancestors' graves to pray for them. After that, they wear traditional clothing and gather to visit and exchange gifts. Men usually wear white suits and caps, while women wear warm clothes and headscarves.







**In** Egypt, when Eid al-Fitr arrives, all schools, campuses, government offices, and restaurants are closed. Neighbors, friends, and relatives will visit each other. The typical food is Kahk, which are cookies filled with nuts and sprinkled with sugar. Additionally, children will be happy because there are many traditional entertainments such as storytellers, puppet shows, roaming magicians, bicycle parades, and many more.

**In** India, Muslim believers celebrate Eid al-Fitr by performing Eid prayer at Jama Masjid in New Delhi. This mosque is the main place of Eid al-Fitr celebration in the capital city of India. During family visits, they will enjoy a special dish called siwaiyaan. Siwaiyaan consists of sweet vermicelli mixed with dried fruits and milk. The colorful presentation makes the festive atmosphere more lively.

