

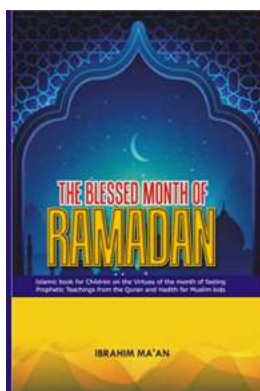
The Virtues of the Month of Fasting: An Islamic Guide for Children

Introducing children to the fundamental teachings and virtues of Islam is an essential part of their upbringing. One of the important aspects of Islam is fasting, particularly during the blessed month of Ramadan. Fasting not only teaches self-discipline and patience but also provides numerous spiritual and health benefits. In this article, we will explore the prophetic teachings about fasting and its virtues, focusing on how to introduce children to this significant pillar of Islam.

The Significance of Fasting in Ramadan

Ramadan is the ninth month of the Islamic lunar calendar and holds a special place in the hearts of Muslims worldwide. It is during this month that the Quran, the holy book of Islam, was first revealed to Prophet Muhammad (peace be upon him). Fasting in Ramadan is considered one of the Five Pillars of Islam, which are the foundation of a Muslim's faith and practice.

Teaching children about the significance of Ramadan and the value of fasting can help them develop a deep understanding of their religion. By providing them with age-appropriate explanations, you can instill a sense of reverence and love for this blessed month in their hearts.



THE BLESSED MONTH OF RAMADAN: Islamic Book for Children on the virtues of the month of fasting Prophetic Teachings from the Quran and Hadith for Muslim Kids by Ibrahim Ma'an (Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 41 pages
Lending : Enabled
Screen Reader : Supported



The Virtues of Fasting

Fasting in Ramadan holds numerous virtues that can be imparted to children, fostering a sense of spirituality and empathy. It is important to explain these virtues while maintaining a child-friendly approach. Some key virtues of fasting include:

1. Developing Self-Discipline:

Fasting teaches children the importance of self-control and discipline. By refraining from eating and drinking from dawn till sunset, they learn to resist their desires and practice patience.

2. Empathy and Compassion:

When children realize that many people around the world go through hunger and thirst every day, fasting becomes an opportunity to develop empathy and compassion. Understanding the struggles of others encourages them to be kind, generous, and appreciative.

3. Strengthening Spirituality:

By abstaining from worldly desires, children can focus more on their spiritual growth. Fasting helps purify the soul, strengthens the connection with Allah, and encourages reflection and self-improvement.

4. Purification of the Mind and Body:

Fasting aids in detoxifying the body and cleansing the mind. It allows children to recognize the importance of maintaining good health and lifestyle choices.

Prophetic Teachings on Fasting in Ramadan

The Prophet Muhammad (peace be upon him) set the perfect example for Muslims to follow. His teachings on fasting during Ramadan provide valuable insights for children to understand and follow. Some prophetic teachings on fasting include:

1. The Reward of Fasting:

The Prophet encouraged Muslims to fast in Ramadan by highlighting the immense reward that awaits them. Children can be motivated by learning about the spiritual blessings and the promise of Paradise for those who observe fasting sincerely.

2. Control of Tongue and Behavior:

The Prophet emphasized the importance of restraining one's speech and behavior while fasting. He taught that fasting is not just about abstaining from food and drink, but it also requires controlling one's emotions, avoiding arguments, and speaking kindly.

3. The Night of Power:

Children can be enlightened about "Laylat al-Qadr" or the Night of Power, which is a special night during the last ten days of Ramadan. The Prophet advised Muslims to seek this night for additional rewards and blessings.

4. Voluntary Fasting:

Besides the obligatory fasting in Ramadan, the Prophet encouraged voluntary fasting to earn additional rewards and please Allah. Children can be taught about the different types of voluntary fasting, such as fasting on Mondays and Thursdays or the white days.

How to Teach Children about Fasting

Introducing fasting to children should be done gradually and with a positive approach. Here are some effective methods to teach children about fasting:

1. Teach by Example:

Show children your own commitment to fasting and involve them in your daily routines during Ramadan. Let them observe your dedication and see the positive impact fasting has on your behavior and spirituality.

2. Storytelling and Visual Aids:

Engage children in storytelling sessions that recount the stories of Prophet Muhammad and his companions during Ramadan. Utilize visuals, such as picture books or multimedia presentations, to make the stories more captivating and relatable for children.

3. Involve them in Preparations:

Encourage children to participate in the preparations for suhoor (pre-dawn meal) and iftar (meal to break the fast). Let them assist in setting the table, preparing simple dishes, and decorating the house. This involvement will make fasting a shared family experience.

4. Explain the Spiritual Benefits:

Discuss the spiritual merits of fasting with children and help them understand that fasting is not just about abstaining from food and drink. Explain that by controlling

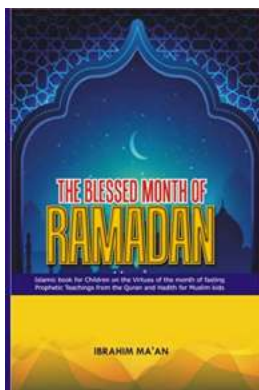
their desires, they can attain closeness to Allah and a peaceful mind.

5. Encourage Acts of Worship:

Motivate children to engage in acts of worship beyond fasting, such as reading the Quran, offering optional prayers, giving charity, and performing kind deeds. Teach them the importance of utilizing Ramadan to improve their character and connect with Allah.

As parents and educators, it is our responsibility to familiarize children with the significance of fasting in Ramadan and the virtues associated with it. By teaching them about the prophetic teachings and virtues of fasting, we can instill a love for Islam and encourage them to develop their spiritual selves.

Remember to present the information in a way that is relatable and understandable to children, allowing them to interact with the teachings through stories, visuals, and practical involvement. In doing so, we can ensure that the virtues of fasting are embraced and cherished by our children, making them righteous Muslims who understand the beauty and wisdom of their faith.



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Give your child a golden lesson on Ramadan

The month of Ramadan is a blessed month in which Allah revealed the Quran. It is a time Muslims come together as family and friends, fast the day, eat & drink and pray the night, along with the recitation of the Quran.

But the month of Ramadan is more than that, it is a month to be treasured, an opportunity of a lifetime that comes once a year. This book explains why we fast and pray as Muslims, the teachings of Islam, the virtues and benefits of the month of Ramadan, and what to seek from it.

There are many virtues and benefits in this month, the most important being making amends for our sins and bringing us closer to Allah. Many lessons are waiting to be discovered in this book. Among which are:

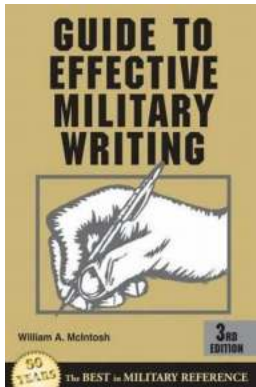
- The reason behind fasting and its importance
- How fasting strengthens the body
- How it makes us more grateful to Allah
- Allah's favors on us and its multiplication in the month of Ramadan
- Stories and examples of good character to emulate in the month of Ramadan and afterward.
- Activities to get the most out of the month. And more.

Give your child a new view in the month of Ramadan

The way to appreciate Allah is to know and be aware of His favors, and this book gives a little light on fasting and Ramadan, the importance of doing actions for Allah and hoping for His Mercy, as well as many benefits from verses of the Quran and Prophetic sayings.

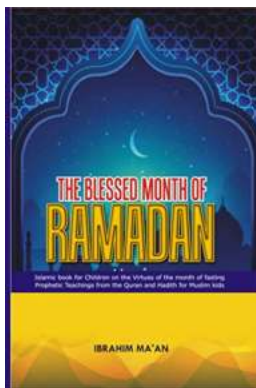
A lot of benefits are left behind when one is not aware of these, and he loses out on opportunities for Mercy, forgiveness, and reward. So take advantage of the month of Ramadan and Allah's favor.

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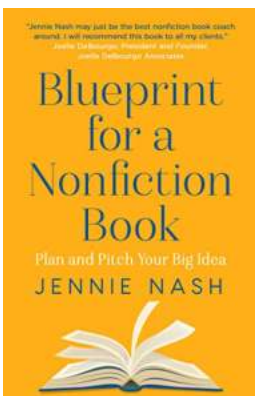
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