



Ramadan and Lent

WHAT IS RAMADAN?

- Ramadan is a religious festival. It is celebrated in the ninth month of the Islamic calendar.
- Many Muslims believe that this is the month the Qur'an was revealed to the Prophet Muhammad.
- The Prophet Muhammad started the religion of Islam.
- Many Muslims believe that the Prophet Muhammad received messages from Allah.
- These messages were collected together into the Qur'an.
- The Qur'an is the holy book of Muslims

What Is Lent?

Lent begins on Ash Wednesday, which is the day after Pancake Day. It is the start of a very important time in the Christian Calendar.

What does Lent lead up to?

Lent leads up to Easter, the time that Christians remember Jesus' death and resurrection.

Lent is 40 days long (not including Sundays).

- Fasting in the month of Ramadan is the fourth of the five pillars of Islam.
- The five pillars of Islam are the five things that many Muslims do.

What is LENT?

LENT IS THE 40 DAYS BEFORE EASTER. IT BEGINS THE DAY AFTER SHROVE TUESDAY (PANCAKE TUESDAY) AND ENDS ON PALM SUNDAY.



Christians celebrate **LENT** to remind them of the time Jesus fasted in the desert.

Fasting

Fasting is one of the most important things that happens in Ramadan.

Fasting means that Muslims do not eat or drink from sunrise to sunset.

Young children and very old people do not have to fast.



WHAT IS FASTING?

Spiritual Discipline & Penance

Fasting consists of having one full meal, as well as two small meals that together are not equal to a full meal.



full meal



smaller meals

WHY DO WE PRACTICE FASTING & ABSTINENCE DURING LENT?



1

Imitating **Jesus'** temptation in the desert.

2

Opportunity to suffer for Christ & His Church!

3

Numerous **scriptural** roots of fasting.

Food and Fasting

some Christians give up meat
during Lent



Food and Fasting



Iftar

At the end of the day, after sunset, families all eat together.

This special meal is called 'iftar'.



Discuss it!

When do you have a special meal with your family? What makes it special? What do you like to eat together?

Think, Pair and Share

Questions

1. Discuss any similarities and differences you came across after learning about **Ramadan** and **Lent**.

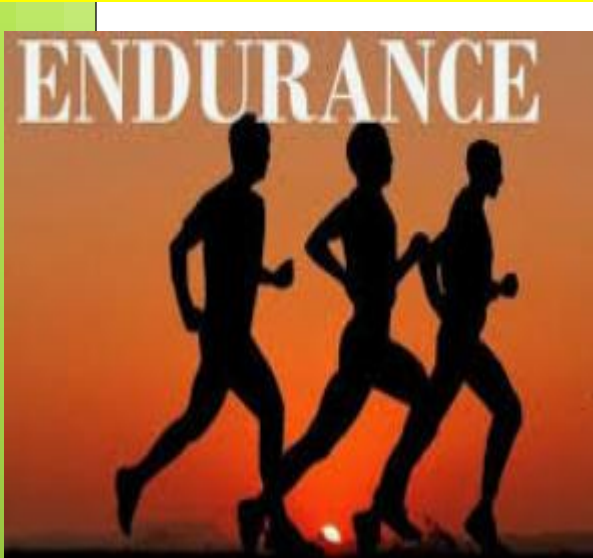
Ramadan and **Lent** are a **Sacrifice** .

2. Use **one of the terms below to define what the word **Sacrifice** means**

- Giving up
- Abandonment
- Surrender
- Foregoing
- Abstinence

https://youtu.be/1e4tOl3y_qg?si=vnsKlqj00dnHlw5M

Benefits of making sacrifices



CHA Values Linked to Ramadan & Lent

Love

Self-Discipline

Compassion



THINK. PAIR. SHARE.

Question

How can we support **Muslims** and **Christians** here at **CHA** to have a good Ramadan and Lent even if we are not religious ourselves?

Love

Self-Discipline

Compassion

Ways to support those observing Ramadan and Lent at CHA

- a. Allow them to pray in a quiet environment-** 1C10 and 1C6 are open lunch time for prayer.
- b. Show respect for e.g. not tempting them to eat if they are fasting.**
- c. Consider intensity of lessons for e.g. PE and dance**
- d. Be mindful of fatigue**
- e. Avoid negative language e.g. why don't you just give it up?**
- f. Fasting is personal so don't question anyone about it.**

Things we can sacrifice or give up



List one benefit of giving up or taking a break from some of the things listed below





FOOD FOR THOUGHT

SACRIFICE
IS THE
ART
OF GIVING UP SOMETHING
GOOD
FOR SOMETHING EVEN
BETTER.

BohoButterf

Explain this quote your own words by sharing an example:

This could mean giving up something like.....

Which would give us something better for example.....

.....

Applying this quote to your education at **CHA**



I could give up

.....

.....

This could help me to
better in

.....

.....

*(Think about your subjects, punctuality to
lesson and behaviour)*

Thanks for
listening

