



Making the effort: Ramadhan



# HOW DO YOU RECHARGE:

- YOUR MIND?
- YOUR BODY?
- YOUR PHONE?
- YOUR HOME?



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- YOUR MIND?
- YOUR BODY?
- YOUR PHONE?
- YOUR HOME?
  
- YOUR SOUL?



# THE FIVE PILLARS OF ISLAM

These are the duties of Islam, the religion of Muslims.

لَا إِلَهَ إِلَّا اللَّهُ  
مُحَمَّدٌ رَسُولُ اللَّهِ

**Shahadah**  
(Faith)

الصَّلَاةُ

**Salah**  
(Prayer)

الصَّوْمُ

**Sawm**  
(Fasting)

الزَّكَاةُ

**Zakah**  
(Almsgiving)

الْحَجُّ

**Hajj**  
(Pilgrimage)

KALIMAH SHAHADAH  
(The word of Testimony)

أشهد أن لا إله إلا الله  
وأشهد أن محمداً عبده ورسوله

I bear testimony that there is no deity but Allah,  
and I testify that Muhammad is the servant  
and Messenger of Allah.

The First Pillar of Islam is TESTIMONY.

1. FAJR  
2. ZUHR  
3. ASR  
4. MAGHRIB  
5. ISHA



The Second Pillar of Islam is PRAYER.



The Fourth Pillar of Islam is FASTING.



The Third Pillar of Islam is ZAKAH.



The Fifth Pillar of Islam is HAJJ.



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The Fourth Pillar of Islam is FASTING.

Fasting is one of the pillars of Islam meaning it is an integral part of a Muslim's identity and faith.

If something is part of the 5 pillars, it means that this action brings some sort of benefit and purpose which is essential to Islamic teachings.

The Third Pillar of Islam is ZAKAT.

The Fifth Pillar of Islam is HAJJ.

# So what is fasting and what benefit does it bring?

- Fasting is practised by most major religions in some form including Hinduism, Christianity and Judaism.
- In Islam, it comprises of no food or drink between the hours of dawn and sunset.
- So fasting in Ramadhan is not just about staying hungry, but it is also about realising the bad habits we have: lying, swearing, arguing, backbiting- and putting an end to those to!

**IT'S ABOUT BECOMING THE BEST VERSION OF YOURSELF FOR THE NEXT YEAR AHEAD!**





# What are the benefits and purpose of this month?

- It is also a time for self reflection- the practise of having to stop eating and drinking on a regular basis all day, automatically encourages the mind to be more reflective on everything it wants to do.
- Muslims are encouraged to spend as much time as they can reconnecting with their faith by reading the Quran, engaging in prayer, visiting the mosque and spending valuable time with loved ones.
- It is also an opportunity to think of the less fortunate: Muslims will stay hungry for many hours but most of us have the fortune of being able to look forward to a hot meal at the end of the day, and even choose what we'd like to eat!
- Many people around the world do not have this luxury, so fasting puts this into perspective. Muslims donate to the poor very generously in this month.

Yes that is A LOT of money!  
According to the  
[Huffington Post](#), in 2017,  
an estimated £100 million  
was raised by British  
Muslims in Ramadhan  
alone! Selflessness and  
generosity are greatly  
encouraged.

An estimated

**£100 million\***  
is about to be donated

The generosity of Britain's Muslims peaks in Ramadan.  
At NZF, we promote the local payment of Zakat so that  
we can make a difference with it right here in the UK.

So if you're a Muslim, **give your Zakat locally**  
and if you're not, do us a favour and let a Muslim friend know about NZF.

Zakat is a core obligation that requires Muslims to make an annual payment equal to 2.5% of their qualifying assets for poverty alleviation, economic empowerment and community development.  
\*Based on research by Muslim Charities Forum in relation to Ramadan 2016. This year, Ramadan begins on 5th May.

03333 123 123  
info@nzf.org.uk  
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**National Zakat  
Foundation**







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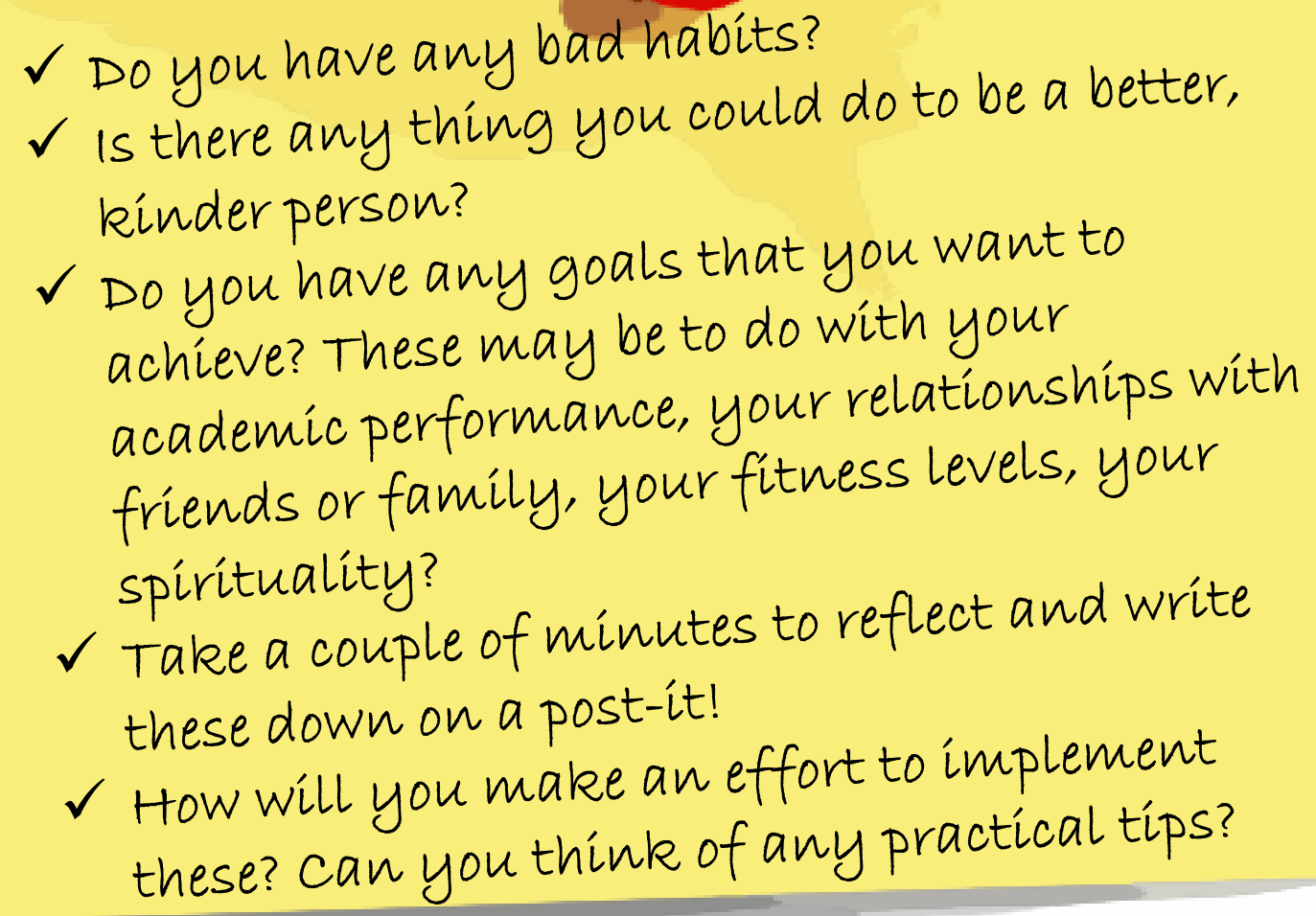


So in other words...

Ramadhan is about becoming the best  
version of yourself!

Image: An open community Iftar in Minnesota, USA.

# Think about it: how can I be the best version of myself?

- 
- ✓ Do you have any bad habits?
  - ✓ Is there any thing you could do to be a better, kinder person?
  - ✓ Do you have any goals that you want to achieve? These may be to do with your academic performance, your relationships with friends or family, your fitness levels, your spirituality?
  - ✓ Take a couple of minutes to reflect and write these down on a post-it!
  - ✓ How will you make an effort to implement these? can you think of any practical tips?

# Video Links

- Questions that Muslims get asked during Ramadhan:

<https://www.youtube.com/watch?v=fF2g22wwh8I> (start at 1:43)

- What Ramadhan means to Muslims:

<https://www.youtube.com/watch?v=w8PPo-SyThU&list=PLvWODEkOt4bISRY-wkWw7fNWXYkhFW2Di&index=49&t=0s>