

FASTING

1. Fasting is the fourth pillar of Islam.
2. We fast in the whole month of Ramadhan.
3. If we fast, we go to Heaven.
4. When we fast, we feel closer to Allah (S.W.T).
5. We fast because Allah (S.W.T) told us to.
6. Allah (S.W.T) is happy if we fast.
7. If we fast we get thawab.
8. Fasting is mentioned in the Qur'an.
9. We can't eat or drink anything when we fast.
10. After Ramadhan we celebrate Eid al-Fitr.
11. We don't fast on Eid.
12. Fasting erases our sins.
13. When fasting we should not do bad things.
14. Our fast starts at dawn and ends at sunset.
15. When we fast we feel how the poor people live.
16. We give charity to help poor people who are fasting.
17. We should recite the Qur'an when fasting.
18. If we are sick then we don't have to fast.
19. If we can't fast any day in Ramadhan, because we are sick or travelling, we can make up those fasts after Ramadhan.
20. Prophet Muhammad (S.A.W) also fasted some days after Ramadhan. For example, he fasted on Mondays and Thursdays. These are called Sunnah fasts. So, we should also fast on Mondays and Thursdays.

21. We should not miss our Salah, especially in Ramadhan.
22. If there is a new moon, then it means Ramadhan is over, so we do not have to fast.
23. We have to fast for 29 days or 30 days in Ramadhan.
24. We pray Tarawih Salah in Ramadhan.
25. It is best to give Zakat in Ramadhan.
26. We break our fasts with dates or water.
27. We begin to fast for at least one day at the age of 7. We fast more days as we get older. We have to fast the whole month of Ramadhan from the age of 12.
28. After we break our fast, we pray Maghrib Salah.
29. Fasting is good for the body.
30. Fasting makes us feel good and happy. When we complete our fast, we feel so happy.