

WHAT IS FASTING? *Day 3*

LESSON

During the month of Ramadan, Muslims **do not eat or drink, including water, from sunrise to sunset**. They must also avoid temptations, anger and the use of bad language. It is a time to focus on prayer, patience, reciting the Qur'an and giving charity.

Fasting is not only about giving things up, it is also about filling that available space with something to remember Allah.

Those whom are elderly, ill, traveling long-distance, pregnant, nursing, or menstruating are not required to fast.



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And eat and drink until the white thread of dawn becomes distinct to you from the black thread [of night]. Then complete the fast until the sunset.

Qur'an 2:187



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