



RE

Commitment

Fasting



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Aim

- To summarise the importance of fasting in Islam.

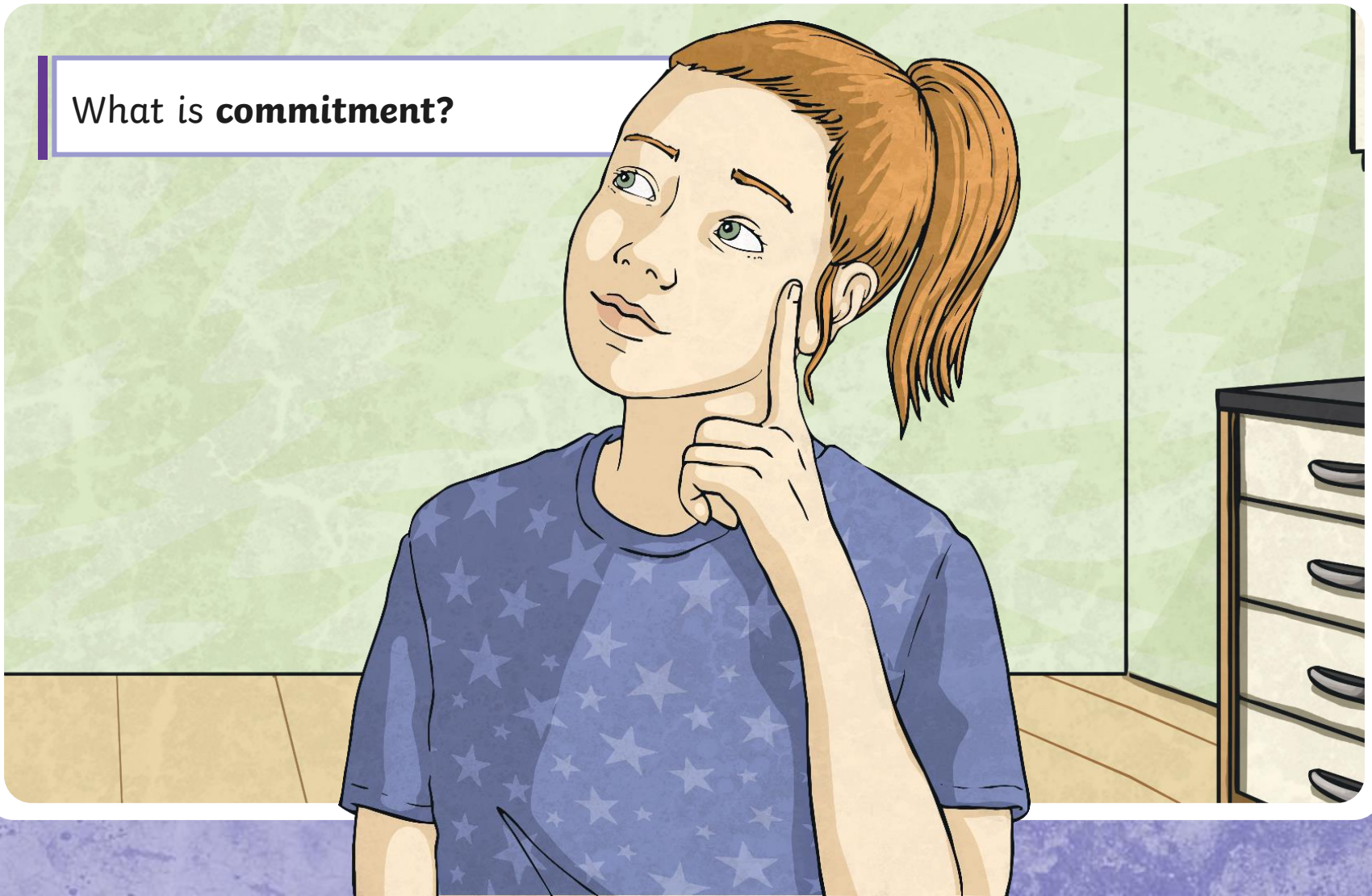
Success Criteria

- I can explain what is meant by fasting and how it is important to Muslims.
- I can discuss how fasting is used as a demonstration of commitment.

Commitment Recap



What is **commitment**?



What Is Sacrifice?



Can you remember what the word **sacrifice** means?



Sacrifice means 'to give up something which is valuable to you. A sacrifice is made for your own good or the good of someone else.'

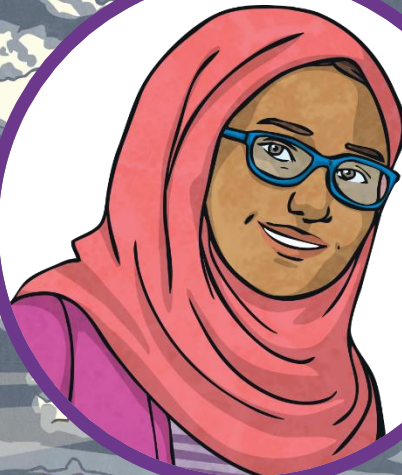
Give your partner an example of a **non-religious** sacrifice.

Now give them an example of a **religious** sacrifice.

Safiyya's Sacrifice



Today, we will look in depth at a **religious sacrifice** which takes a lot of **commitment** and **dedication**.



This is Safiyya.
Safiyya is a Muslim. As part of her faith, there are certain sacrifices that Safiyya must make to show her commitment to Islam.

Safiyya's Sacrifice



These sacrifices are so important to her faith that they form the five 'pillars of Islam' – the most important parts of life as a Muslim.

Shahada

Salah

Zakat

Sawm

Hajj

Each of these acts requires commitment but today we will look at **sawm** – the commitment of **fasting**.

Click on **sawm** to find out more.





Safiyya's Sacrifice



Sawm is the act of **fasting**. Fasting means not eating or drinking anything at all during daylight hours. So, from when the sun comes up in the morning to the time it sets in the evening, I cannot eat or drink anything at all.



Every year, all Muslims who are able to fast during **Ramadan** – the 9th month of the Islamic calendar. We fast because Allah commands us to in our holy book, the **Qur'an**. We believe that the Qur'an is the word of **Allah**. If Allah has told us to do something then we must do it.

Even though it is difficult, we sacrifice our comfort to follow Allah's word and commit to our faith.

Safiyya's Sacrifice



Do you feel hungry or thirsty when you fast?




Yes. The first week is the hardest – especially when Ramadan falls in the summer months.

It can be very hard to go so long without food and water on hot days but making this **sacrifice** reminds us that there are people in the world who must fast every day. These people do not fast by choice – they fast because they cannot afford to eat and do not have access to water.

Safiyya's Sacrifice

A circular portrait of a man with short brown hair, smiling. A blue play button icon is overlaid on the bottom left of the circle.

Do you eat at all during Ramadan?

A circular portrait of a woman wearing a pink hijab and blue-rimmed glasses, smiling. A blue play button icon is overlaid on the bottom left of the circle.

Yes. We eat and drink to keep ourselves healthy but only when the sun has gone down and it is dark.

We eat a very early breakfast at around 4 a.m., before the sun rises. We then fast all day until the sun sets again and then we eat a late evening meal at around 10 p.m.

Safiyya's Sacrifice



Are eating and drinking the only things you **sacrifice** during Ramadan?



There are other things that Muslims should not do during Ramadan.

We have to commit to being kind – we are not allowed to argue, fight or gossip either because a good Muslim should try their best not to do these things at all.

These aren't necessarily a sacrifice but they certainly do benefit ourselves and others around us.

Safiyya's Sacrifice



What do you do with all the extra time you have, that you would normally spend eating or drinking?



Ramadan, the month in which we fast, is the holiest month of the Islamic calendar because it is the month that the Qur'an, our holy book, was revealed to the Prophet Muhammad (Peace Be Upon Him).

Because of this, we spend lots of time reading the Qur'an whilst we fast. We try to read the whole Qur'an over the course of the month.

Safiyya's Sacrifice



Are there any other benefits to fasting?



Making the commitment to fast teaches us a lot of self-control. We must be patient and wait until the sun sets before we can have our next meal, instead of eating whenever we want to.

Fasting also helps us to control our behaviour – we cannot lose our temper or be unkind to other people.

Another benefit is that we have lots of time to pray and strengthen our faith. By sacrificing food and water for one month, we show commitment and dedication to our faith and try our best to become closer to Allah.

Sara's Sacrifice



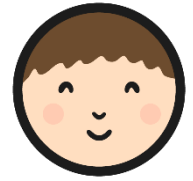
Click play to watch a video of Sara, a young Muslim, talking about why she sacrifices food and water and commits to sawm during Ramadan.

Teacher Note:

Please do not let the next video automatically play at the end of the clip. Please check the content in this link, including any comments, is suitable for your educational environment before showing. Twinkl accepts no responsibility for the content of third party websites.



Fasting Fact Flapbooks



You are now going to create your own fact files about **sawm** using the **Fasting Facts Petal Fold Differentiated Flapbooks**.

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Fasting Fact Flapbook

Read the twelve statements about sawm below. Decide which six of fact on each six of the petals of your flapbook. In the centre of your flapbook, write the meaning of the word 'sacrifice'.

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Sawm is the practise of fasting in Islam.	Sawm means giving up food and water during daylight hours each month of Ramadan.
Sawm means giving up food and water during the hours of darkness during the month of Ramadan.	Every Muslim must fast.
Muslims sacrifice food and water to save themselves money during Ramadan.	Muslims sacrifice food and water to understand the suffering of those who cannot afford to fast.
Whilst fasting, Muslims have more time to devote to their hobbies and interests.	Committing to fasting strengthens a Muslim's faith and brings them closer to God.
Ramadan is the practise of fasting in Islam.	Whilst fasting, Muslims have more time to devote to prayer and worship.
All Muslims who are able to must fast.	Committing to fasting is difficult for a Muslim and may make their life more difficult.

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Fasting Fact Flapbook

Read and answer the question about sawm on each petal of your flapbook. Write the meaning of the word 'sacrifice'.

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Fasting Fact Flapbooks

Read the subheading about sawm on each petal of your flapbook. Recall and write your own facts about sawm which belong beneath each subheading. In the centre of your flapbook, write the meaning of the word 'sacrifice'.

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RE | Year 5 | Comprehend (Fasting) Lesson 4

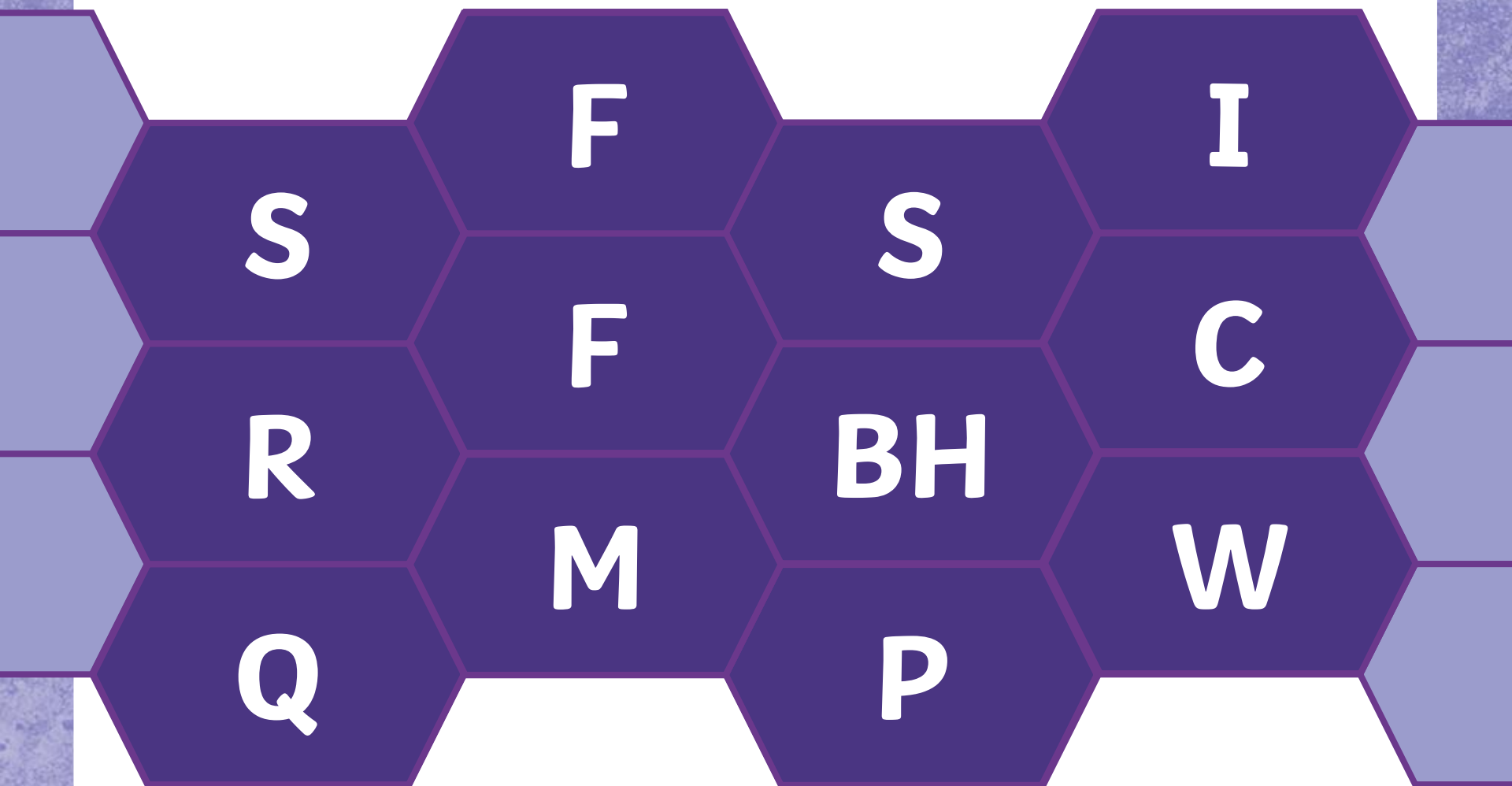
Sacrifice Brick Busters



Split into two teams. Which team knows the most about **sawm**? You must make a path from the top to the bottom, or from the left to the right, of the board. The first team to complete their path wins.



Sacrifice Brick Busters



Aim



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Success Criteria

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