

Ramadan Q&A

What is the Month of Ramadan?

The Month of Ramadan is a month when Muslims fast and thus abstain from food, drink and sexual activities from dawn till sunset. This means that, this year (2020), it will be from 4.07 am till 8.16 pm at the beginning of the month and from 3:06 am till 8:59 pm at the end of the month.

It is also the month when the first revelation to Prophet Muhammad happened.

When does it start?

It should start either on Thursday 23rd or Friday 24th of April this year. However, it is determined by the sighting of the new moon. So, it is only confirmed the night before.

Who is obliged to fast?

Any person past the age of puberty should fast. However, if a person is sick, then they don't have to fast that day and can make up later. If a person is chronically sick and the doctor advises them not to fast, then they should feed a poor person instead.

Many children choose to fast or fast part of the day too.

What is the purpose of fasting?

The purpose of fasting is to attain righteousness. All Prophets did fast. So, the fast should remind one to be careful of his actions.

These are long hours, aren't you hungry?

Hunger might come and go for the first few days but, after the first few days, it is more manageable.

I could stop eating, but drinking? I don't think I would be able to not drink for a whole day.

That is the most common thing said. However, once you try, it is not that difficult. We sometimes drink a lot at night. It is actually easier in hot countries as the night is longer than here as the night can be quite short.

If I am hungry, I get angry quicker.

The Prophet emphasized that we should watch our own actions when fasting. He said: "Whoever does not give up false speech and evil deeds while fasting, then Allah is not in need of his leaving food and drink."

What else do you do during Ramadan?

We try to read the Quran as much as possible as it was the month when the first revelation happened. Many Muslims also go to the mosque at night for the night prayer. This year, that will of course only happen at home. It is also a month when, under normal circumstances, there is a lot of socialising and we invite each other a lot.

What happens after Ramadan?

We celebrate by having the Eid prayer, which when possible, is done outside in park, weather permitting; otherwise, it is done in the mosques. Then we usually gather with the whole family.

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