

What is Ramadan?

Ramadan is the ninth month of the Islamic lunar calendar. Every day during this month, Muslims around the world spend the daylight hours in a complete fast abstaining from food, drink, and other physical needs. As a time to purify the soul, refocus attention on God, and practice self-sacrifice, Ramadan is about much more than just fasting.

Sawm is the Arabic word for fasting. It indicates a restraint from food and drink but in a more general sense to also restrain from sinful actions, thoughts, and words. Muslims are called upon to use this month to re-evaluate their lives in light of Islamic guidance, to make peace with those who around them, strengthen ties with family and friends and do away with bad habits. Fasting is not merely physical, but rather the total commitment of the person's body and soul to the spirit of the fast. It's a time to cleanse the body and soul from impurities and re-focus one's self on the worship of God.

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