

# It's Ramadan!

## Daily Activities for Ramadan

### Ramadan 12

## Iftar: The Importance of Hastening It/ Good Iftar Choices



### Today's Quote:

Sahl b. Sa'd (radiaAllahu anhu)  
reported Allah's Messenger (salla Allahu alayhi salaam)  
as saying:

"The people will continue to prosper as long as they hasten the breaking of the fast."  
Saheeh Muslim #2417)

### Goal:

To understand the importance of "hastening" to break the fast

### Overview of Today's Activities:

- Activity 1: Learn about hastening to break the fast
- Activity 2: Reasons for hastening to break the fast
- Activity 3: Daily Journal
- Activity 4: Breaking the fast
- Activity 5: Drawing, Tracing activity
- Activity 6: Copywork
- Activity 7: Daily Quraan Reading

## Activity 1:

What does hasten mean? Look up and discuss its meaning.

Read ahadith pertaining to hastening to break the fast

(Saheeh Muslim 2417-2420) & other Books of Hadith

If you do not have access to hadith books, you can view ahadith online at these sources:

Saheeh Muslim Book of Fasting Translation

<http://www.usc.edu/dept/MSA/fundamentals/hadithsunnah/muslim/006.smt.html>

correlates to the above hadith numbers

<http://www.sahihalbukhari.com/sps/sbk/>

<http://www.usc.edu/dept/MSA/reference/searchhadith.html>

You can also download free hadith software at:

<http://the-hadith-software.en.softonic.com/ie/51839>

## Activity 2:

Why must we hasten to break our fast?

Read and discuss:

1. It is from the sunnah of the Prophet (salla Allahu alayhi wa sallam)
2. It distinguishes us from others, such as the Jews and Christians who commonly wait until the "appearance of the stars" to break their fasts.
3. Breaking the fast early at sunset does not put unbearable hardship on fasters.
4. Keeping a close watch on the time of a religious duty creates a deeper consciousness of this duty (reword this for smaller children)
5. Creates humility as the one who "feels pangs of hunger and thirst is anxious to find relief from it." (Discuss the term "humility")

Source: Saheeh Muslim Commentary

### Activity 3:

Journal

Complete your Ramadan Journal for Ramadan 12:

[http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal\\_Ramadan12.pdf](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan12.pdf)

You probably have experienced the feeling and mood in your household of the fasters as maghrib approaches. What is it like? Write/tell an account of the last 30 minutes in your house before maghrib during a day of Ramadan. Be descriptive. You might pretend you are a news reporter reporting on this "event." You might want to tape record it.

### Activity 4:

Breaking your Fast

The food that we break our fast with is called Iftar. It is not the dinner meal, but rather something light.

#### Sample Iftar (to break the fast)

Dates, three

Juice, 1 serving (4 oz.)

Vegetable soup with some pasta or graham crackers, 1 cup

The body's immediate need at the time of **iftar** is to get an easily available energy source in the form of glucose for every living cell, particularly the brain and nerve cells. Dates and juices are good sources of sugars. Dates and juice in the above quantity are sufficient to bring low blood glucose levels to normal levels. Juice and soup help maintain water and mineral balance in the body. An unbalanced diet and too many servings of sherbets and sweets with added sugar have been found to be unhealthy, Gumma et al. (7).

(excerpted from: "Diet during Ramadan," Mohammad Zafar A. Nomani, PhD, RD, Professor of Nutrition, West Virginia University, Morgantown, WV,

Read the whole article at: [http://www.crescentlife.com/spirituality/diet\\_during\\_ramadan.htm](http://www.crescentlife.com/spirituality/diet_during_ramadan.htm)

The Messenger (S) of Allah (swt) used to incite the breaking of the fast with dates and if he did not find any, he would then break it with water.

Anas Ibn Maalik said: "The prophet (S) used to break his fast with fresh dates before he prayed. If he did not find fresh dates then he would use dried dates. If he did not find that also he drank a few sips of water. [Ahmad and Abu Dawood]

Source: [www.missionislam.com](http://www.missionislam.com)

Look back through your journal. How healthy and beneficial have your iftars been? Have they been like the Prophet's (salla Allahu alayhi wa sallam)?

If you have not been eating healthy iftars, like dates, try to make a point to break your fast with better choices like those mentioned above.

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After we have broken our fast, we say a duaa.

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوقُ،  
وَتَبَّتَ الأَجْرُ إِِنْ شَاءَ اللهُ.

Duaa to Break Fast Poster:

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/Duaa2breakfast.pdf>

Amir bin Al-As reported that the messenger of Allah (salla Allahu alayhi wa sallam) said "Indeed as to the one who fasts, during the time he breaks his fast, this supplication will not be turned away by Allah."

As reported by Al-Tirmidhi, the Messenger of Allah (salla Allahu alayhi wa sallam) has been reported as saying: "There are three categories of people whose supplications will not be rejected: the person who observes the fast until he breaks it, a just ruler, and a person who has been oppressed."

Source: [ahadith about ramadhan](#) (Crescentlife.com)

[http://www.crescentlife.com/spirituality/ahadith\\_about\\_ramadhan.htm](http://www.crescentlife.com/spirituality/ahadith_about_ramadhan.htm)

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Many people eat dinner before praying.

We should pray first, then eat our dinner meal as it is from the sunnah to do so.

Besides, after a heavy meal, we might not feel like praying and possibly miss the salaah.

## Activity 5:

Iftar: Drawing, Writing, Tracing

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/IftarDrawTrace.pdf>

## Activity 6: Copywork/Dictation

Practice handwriting skills by copying today's quote neatly.

You can copy the quote onto one of [TJ Ramadan's Copy work Stationery](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm):  
[http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan\\_daily\\_journal.htm](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm)

\*See TJ Ramadan's "[Ramadan Quotes](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanQuotes.pdf)" book or the daily quotes in larger print:  
<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanQuotes.pdf>

### Other ideas:

Give students dictation on randomly selected words from the

If student misses the spelling of words, keep a list and give dictation again later in the week.

Have students write selected words in sentences.

See [Talibiddeen Jr's Language Arts Spelling web page](#) for ideas for practicing the spelling of words.

## Activity 7: Daily Quraan Reading

Read from Juz 12: Hud 6 - Yusuf 52