

It's Ramadan!

Daily Activities for Ramadan

Ramadan 15

Benefits of Fasting



Today's Quote:

Abû Hurayrah relates that the Prophet (salla Allahu alahyi wa sallam) said:
"Allah says: 'Every deed of the child of Adam is for himself, except for fasting.
It is for Me and I shall reward it.'

Goal:

To learn about some of the many benefits that we can receive from fasting,
all a mercy from Allah

Overview of Today's Activities:

- Activity 1: Read about the benefits of fasting
- Activity 2: Make a poster about the benefits of fasting
- Activity 3: Ramadan Daily Journal
- Activity 4: Copywork
- Activity 5: Daily Quraan Reading

Activity 1

Fasting has many, many benefits.

You can explore some of the benefits of fasting through the following article, inshaAllah:

1. The Inner Secrets of Fasting, by Imaam Ibn Qudaamah al-Maqdisee, <http://www.troid.org/ibaadah/siyaam/the-inner-secrets-of-fasting.html>
2. Why Do We Fast ? from Mission Islam <http://www.missionislam.com/ramadan/whyfast.htm>

Activity 2

Make a poster showing some of the Benefits of Fasting.
It can be an illustrated poster or one with just text.

Hang it up on the Ramadan Bulletin Board (if you have one) as a reminder.

Activity 3

Journal:

[Ramadan 15](#)

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan15.pdf

In the first activity, you read about some of the benefits of fasting. Among them are:

- Fasting is a means of attaining taqwa
- Fasting is a means that makes us appreciate and give thanks for pleasures
- Fasting enables us to control our desires
- Fasting makes us feel compassion and empathy towards the poor,
- Fasting humiliates and weakens the Shaytaan

Choose 1 and describe how fasting can achieve that goal, insha Allah.

Activity 4: Copywork

Practice handwriting skills by copying today's quote neatly.

You can copy the quote onto one of [TJ Ramadan's Copywork Stationery](#).

*See TJ Ramadan's "[Ramadan Quotes](#)" book or the daily quotes in larger print

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 5: Daily Quraan Reading

Read/recite from Juz 15: Bani Isra'il 1 - Al Kahf 74