

Nine Things To Know About Ramadan

1. Ramadan is the ninth month of the Islamic calendar, and also is the month of daily fasting. It begins and ends with the appearance of the new moon.
2. According to Islamic tradition, on the night of 27 Ramadan, called the “*Night of Power*,” Allah (God) revealed to the Prophet Muhammad the Quran, Islam’s holy book that serves as a guide for people to practice their faith.
3. Estimating the beginning of Ramadan is usually easy, but because of the association with the moon, the start of the holiday may vary, depending on time zones and geographical differences.
4. The sighting of the new moon of Ramadan is conducted by religious authorities in various countries to establish the beginning of the month of fasting. Some prefer to observe the new moon with telescopes, others simply prefer to use the naked eye to determine its phase, which is also why Ramadan may begin at different dates in different parts of the world.
5. Ramadan is a time of reflection and introspection that includes prayers in the mosque and reading from the Quran.
6. Throughout the month, Muslim fast from dawn to sunset. Fasting is meant to be a spiritual ritual when people can reconnect with God, engage in intense prayers and study the Quran.
7. Fasting is said to be a must for adult Muslims, except those who are chronically ill, pregnant, breastfeeding, menstruating or diabetic.
8. Fasting in Ramadan is one of the five pillars of Islam, together with the Muslim declaration of faith, daily prayer, charity, and the hajj pilgrimage to Mecca.
9. Traditionally, many Muslims decide to break their fast with a date, the fruit that is said to have prompted Prophet Muhammad to break his fast.

