

# Why Muslims Fast in Ramadan?

## When do Muslims Fast?

Muslims fast from dawn to sunset in Ramadan, the 9th month in the Islamic Lunar calendar

## Eid Al-Fitr: End of Ramadan

Eid Al-Fitr marks the end of Ramadan, it is a day of congregational prayers, exchanging gifts, visiting and eating with family and friends.

## Increase Good Deeds

Muslims are encouraged to increase in good deeds such as feeding the poor, donating to good causes, visiting the elderly/sick, etc.

## Getting Closer to God

Muslims pray extra during nights at the mosque and home and read a lot of Qur'an, since Ramadan was the start of the Divine Revelation.

## Why do Muslims Fast?

- Achieve a higher level of God consciousness
- Improve personal character
- Develop compassion for the poor
- Realize blessings of God

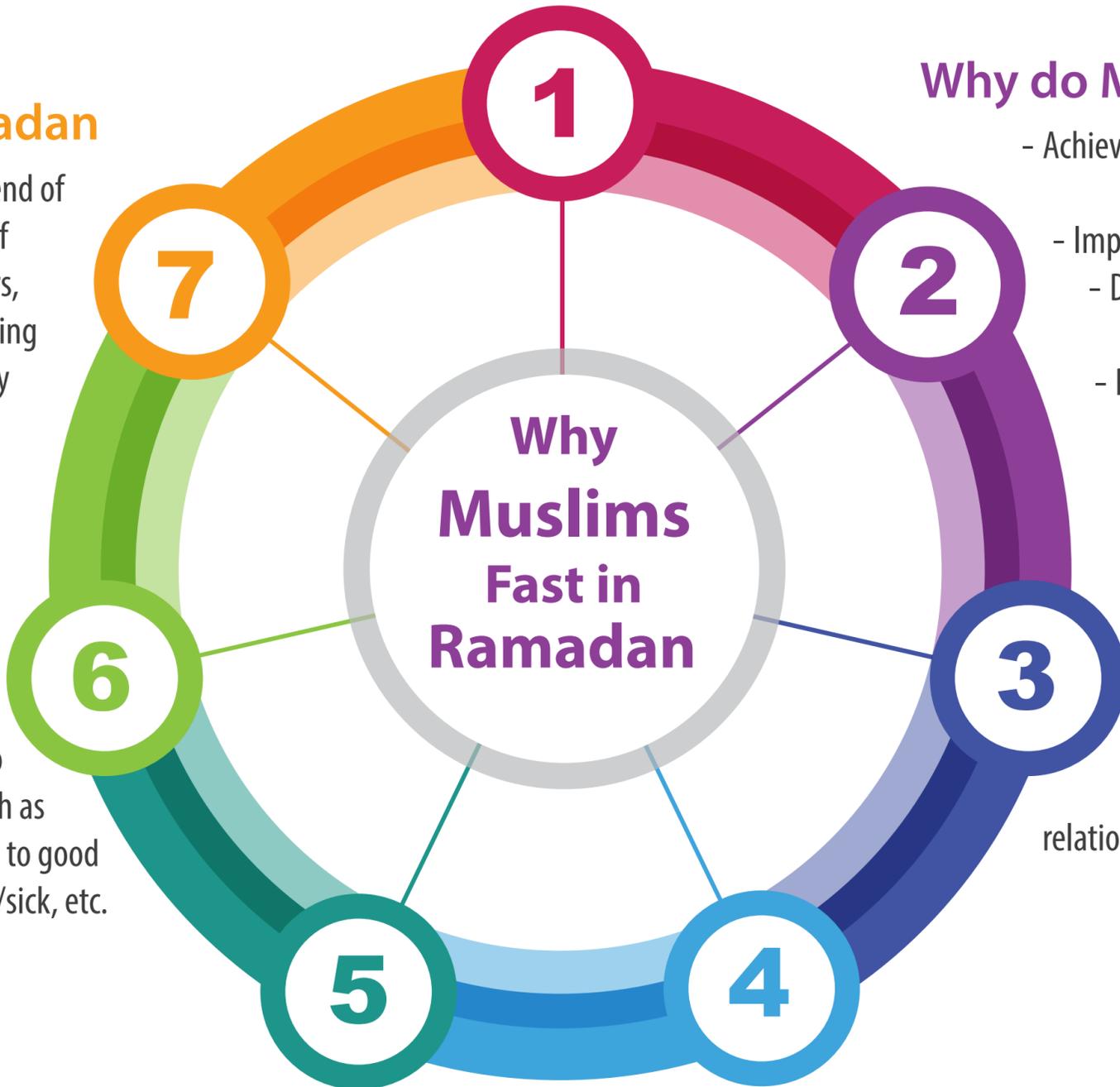
## Fast from What?

Muslims fast from food, drink, intimate relations with the spouse and immoral behavior.

## Do all Muslims Fast?

Pregnant women, children, travelers, the elderly and sick do not have to fast

## Why Muslims Fast in Ramadan



Share your experiences on social media with the hashtag #WhyMuslimsFast

**WHY  
MUSLIMS  
FAST**

BY THE GREATER GOOD



- [www whymuslimsfast.com](http://whymuslimsfast.com) / [greatergoodworld.org](http://greatergoodworld.org)
- [info@greatergoodworld.org](mailto:info@greatergoodworld.org)
- [facebook.com/GreaterGoodWorld/](https://facebook.com/GreaterGoodWorld/)
- [instagram.com/greatergoodworld/](https://instagram.com/greatergoodworld/)