



Ramdhan - Month of Fasting

Tarbiyyat Topic I

Majlis Atfal ul Ahmadiyya USA

**What is the month of
Fasting
called?**

When is it celebrated every year?



Ramadhan is the month of Fasting

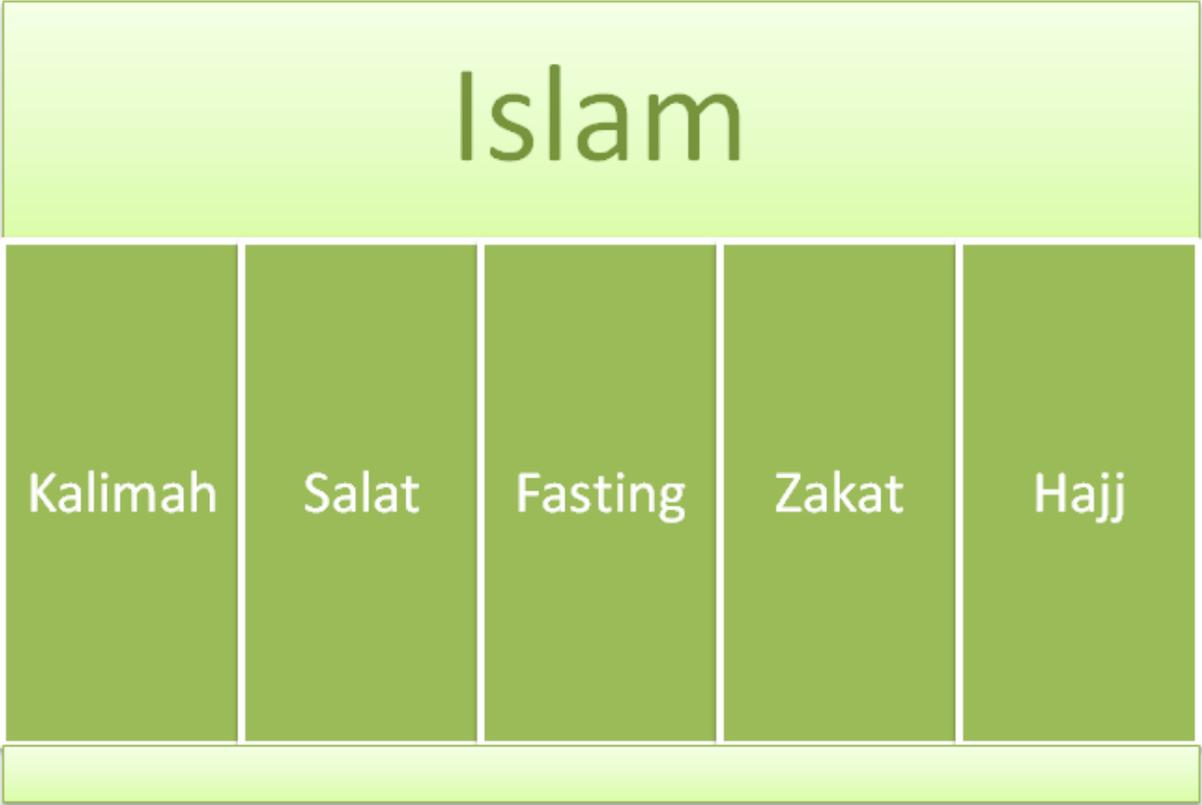
It is the ninth month in Islamic Calendar

How is Islamic Calendar different?

Why is
Fasting
important in Islam?

Part of the basic ...?

Islam

A diagram illustrating the Five Pillars of Islam. At the top is a light green rectangular box containing the word "Islam" in a dark green font. Below this box is a row of five darker green rectangular boxes, each containing one of the pillars: "Kalimah", "Salat", "Fasting", "Zakat", and "Hajj". The boxes are separated by thin white vertical lines. A thin light green bar is located at the bottom of the diagram.

Kalimah

Salat

Fasting

Zakat

Hajj

Fasting is one of the Five Pillars of Islam

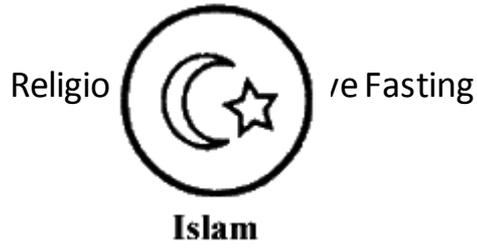
يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ
كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ
لَعَلَّكُمْ تَتَّقُونَ ﴿١٨٤﴾

[2:184] O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous.

“so that you may become righteous” discuss how Fasting helps?

Is
Fasting
only for Muslims?

list other religions whose followers observe fasting



Others?

Every religion has its own requirements and ways of observing Fasting

Is
Fasting
obligatory for Atfal?

What age does it become a requirement?

“In my opinion, the command for fasting is from 15-18 years of age because this is the age of puberty or maturity. One should practice at the age of 15 and make it mandatory at the age of 18. When we were kids, we used to want to fast, but the Promised Messiahas would stop us. For a child’s health and strength you should stop them from fasting. When they are 15 they should slowly begin fasting and increase gradually.”

Hadhrat Musleh Maood Al-Fazl, 11th April
1925

Hadhrat Musleh Maood (ra)

In what other ways can Atfal gain the
blessings of
Ramadhan?

What things should we be focusing on in Ramadhan? Discuss

Ways to Gain Blessings of Ramadhan

Salat Offer Salat on time and offer Nawafil prayers

Holy Quran Recite the Holy Quran - ideal finish one reading of the entire Holy Quran

Give Charity Atfal Chanda + Waqf-e-Jadid + Help the needy

Taraweeh Go to mosque to offer Taraweeh Prayer daily

Sehri Wake up early in the morning to eat sehri - say Nawafil before that

Dars & Classes Attend all classes and Darsul Quran

Others?

“Eat Sehri for there are blessings in eating Sehri”

Hadith of the Holy Prophet (SAW)
(Sahih Bukhari, Book of Fasting)

Atfal should wake up early in the morning for Sehri

What are the benefits of Fasting?

Make a list...

Benefits of Fasting

Physical Health Good for physical health - control on the urges to eat all the time

Discipline Promotes disciplines by following the rules and guidelines of Ramadhan

Pleasure of Allah Fasting is a sacrifice for Allah so it strengthens the bond with Him

Human Sympathy By staying hungry, one understands the condition of the poor and becomes more sympathetic to them

Others?

Atfal Ramadhan Challenge

atfalusa.org/ramadan

Atfal Ramadhan Challenge

1. Recite Holy Quran (Sitara 10 parts, Hilal 15 parts , Qamar 22 parts , Badar: 30 parts)
2. Salat @ Mosque/Salat Ctr: (Sitara/Hilal: at least 12 prayers Qamar/Badar: at least 20 prayers)
3. Donate at least one non-perishable food item for the Ramadan Food Drive
4. Write a Letter to Huzoor
5. Listen all Friday sermons
6. Participate in Waqf-e-Jadid
7. Pay your Atfal Chanda
8. Tahajjud & Sehri : (Sitara/Hilal: at least 8 days Qamar/Badar: at least 15 days)

**Let us pledge to try our best to gain
maximum blessings from Ramadhan.**

May Allah enable us to do so. Ameen.



Thank You

Next Slide - Monthly Tarbiyyat Questions

Monthly Tarbiyyat Questions

(survey for monthly report)



- i) Do you offer 5 daily Salat?
- ii) Do you recite the Holy Quran daily?
- iii) Are you studying the translation of the Holy Quran?
- iv) Are you currently enrolled in a Al-Furqan Quran Class online?
- v) Are you currently enrolled in a local Jama'at Quran Class?
- vi) Did you write a letter to Huzoor (aba) this month?
- vii) Do you listen to Huzoor's Friday Sermon?