

Eid al-Fitr



Why Do Muslims Fast?

Fasting is intended to help teach Muslims to focus their attention on Allah (God), to be self-disciplined and to be generous. It also reminds them of the suffering of the poor, who may not get to eat well. The **prophet Muhammad (PBUH)** was one of the first Muslims to fast — other Muslims follow his example.

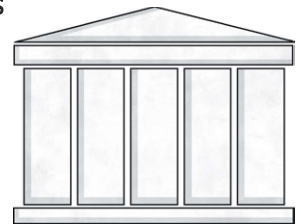
Each day during the month of Ramadan, Muslims all over the world do not eat or drink from dawn until sunset. At the end of the day, Muslim families will often all eat together and celebrate their day of fasting.



Eid al-Fitr is a **Muslim** festival that marks the end of Ramadan: the holy month of **fasting**. An estimated 2.1 billion Muslims across the globe will celebrate Eid al-Fitr.

What Is Ramadan?

Ramadan is in the ninth month of the Islamic **lunar calendar**. The festival begins at different times for Muslims depending on when the new moon is first sighted. Ramadan lasts from dawn until sunset for 29 or 30 days. It is a very important time for Muslims and it is celebrated all over the world. During Ramadan, Muslims ask for forgiveness, pray regularly and practise self-control. It is a time of fasting for Muslims as fasting is one of the five duties called pillars that Muslims obey. Another name for fasting is 'sawm'.



How Do Muslims Mark the End of Ramadan?

The end of Ramadan is a big celebration called 'Eid al-Fitr': The Festival of the Breaking of the Fast. Muslims celebrate the end of fasting and thank Allah (God) for the strength given to them throughout Ramadan. Eid al-Fitr officially begins when the new moon is first seen in the sky and lasts for up to four days.



Glossary

fasting:

Eating little or no food for a period of time.

lunar calendar:

A dating system that uses the monthly cycle of the Moon's phases to track the progression of time.

Muslim:

Relating to the followers of the religion of Islam.

prophet Muhammad (PBUH):

The final messenger of Allah (God) to whom the Qur'an was revealed. PBUH means 'Peace Be Upon Him'.

How Is Eid al-Fitr Celebrated?

On the first morning of the celebration, many Muslims gather in local mosques or open-air locations for special prayers and they have breakfast. Muslims put on their finest clothes for what will be their first daylight meal in a while. While there, some Muslims will exchange gifts and greetings cards. Celebrations continue for one, two or maybe even three days and usually include gatherings to view the new moon, decorating homes inside and out, family visits, eating special foods, neighbourhood parties and wearing special, new clothes. People wish each other 'Eid Mubarak' (Blessed Eid) or 'Eid Said' (Happy Eid).

In some parts of the world, Eid al-Fitr is known as 'sweet Eid' because many Muslims like to celebrate the end of fasting by enjoying sweet treats, such as biscuits and pastries.



Questions

1. What are the five duties that Muslims obey known as? Tick one.

- ☐ promises
- ☐ oaths
- ☐ pillars
- ☐ rules

2. Draw **four** lines and match each word or phrase to its correct definition.

Eid Mubarak	the holy month of fasting
prophet Muhammad (PBUH)	the final messenger of Allah (God) to whom the Qur'an was revealed
Ramadan	a greeting meaning 'Blessed Eid'
Eid al-Fitr	the Festival of the Breaking of the Fast

3. Give the two places that Muslims may gather on the first morning of Eid al-Fitr celebrations.

- _____
- _____

4. Fill in the missing words.

It also reminds them of the _____ of the poor, who may not get to _____ well.

5. Look at the section called **Why Do Muslims Fast?**

Find and copy a phrase which shows that Muslims behave in a similar way to the prophet Muhammad (PBUH) because they admire him.

6. **Muslims celebrate the end of fasting and thank Allah (God) for the strength given to them throughout Ramadan.**

Discuss what strength Muslims might need during Ramadan.

7. **Ramadan lasts from dawn until sunset for 29 or 30 days.**

Explain why the exact length of Ramadan cannot be predicted.

8. Sum up what you have learnt about Eid al-Fitr.
