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.

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.

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.

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.

Do all Muslims Fast?
Pregnant women, children, travelers, the elderly and sick do not have to fast.

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.

Share your experiences on social media with the hashtag #WhyMuslimsFast