

Marathon



**30 Days before Ramadan
with Kids**

Look up at the sky!
This crescent moon welcomes the month of Ramadan!



Ramadan is the ninth month of islamic lunar calendar



Ramadan is the month of Sawm - fasting during the daylight hours. It should be done solely for Allah. It is a way that we worship and show our servitude to Him.



Islamic fasting means not consuming food and drink, including water.



**It's time to get up and have Suhoor.
In Arabic this means a pre-dawn meal.**



I am so sleepy. I don't know if I can get up and eat.



Prophet Mohammad (peace be upon him) advised us to wake up before Fajr and have something to eat in Ramadan.



The Prophet (ﷺ) said,
"Take
Suhoor
as there is a blessing in it."

Sahih al-Bukhari 1923



QuranSchool.com

**So go wash your face and brush your teeth.
The yummy breakfast is waiting for you!**



We still have time before the Azan. So we can pray Tahajud and ask Allah for His mercy.

