

Marathon

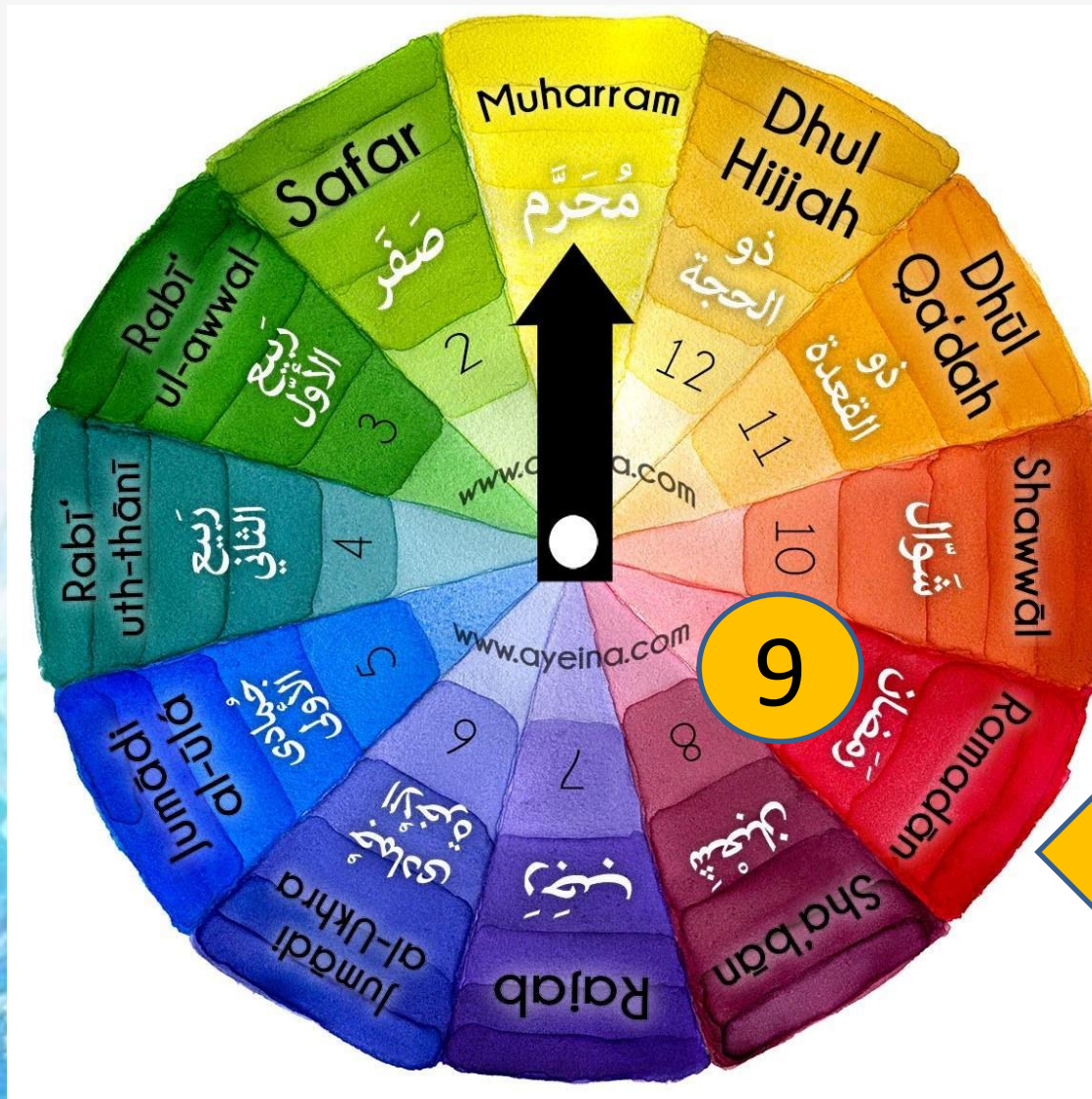


**30 Days before Ramadan
with Kids**

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.



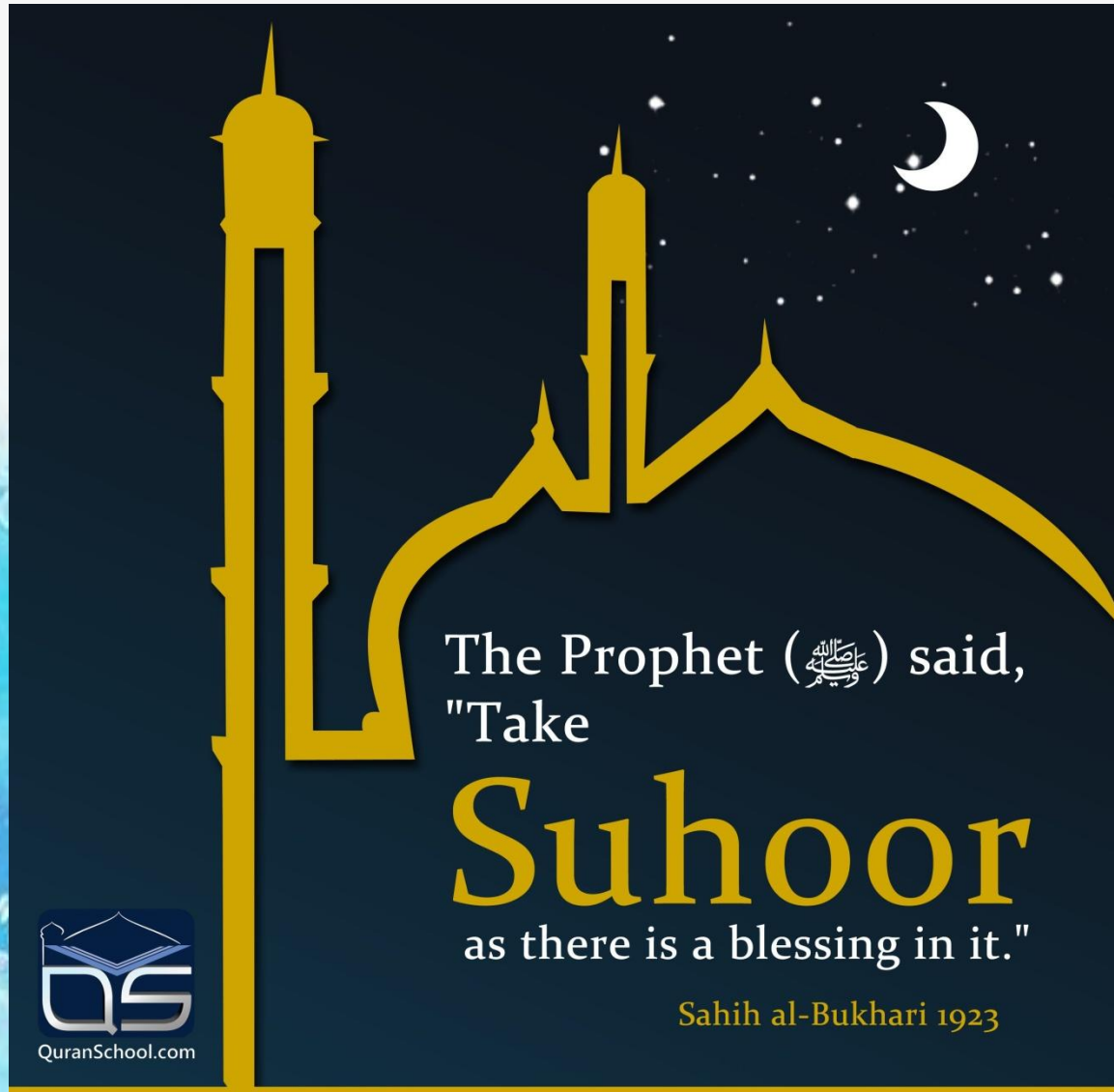
**It's time to get up and have Suhoor.
In Arabic this means a pre-dawn meal.**



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.



**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.

