



Time with God

Week beginning: Monday 27 April 2020 · Theme: Ramadan

*Just as your classroom has a Prayer Corner, could you make your own in your home?
It could be very small but somewhere you can be still. What special things could you put there?*

Opening prayer

If you have a candle, ask an adult to light it as you remember that God is always with us. Say the words:

May the light of God shine in my heart and in the lives of everyone I love. Amen.

What is Ramadan?

The month of Ramadan is a very special time for Muslims. During this month, hundreds of years ago, an angel read the Qu'ran—the Holy Book of Islam—to the Prophet Muhammad.

During the month of Ramadan, Muslims won't eat or drink between dawn and sunset. This is called fasting. Fasting is important during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah, or God.

Ramadan is also a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends. Normally, people will make a special effort to connect with their communities and reach out to people who need help.

This year's Ramadan will be a bit different, as the Coronavirus means that many people will not be able to visit friends and family, or their place of worship—the mosque.

There is a special festival to mark the end of Ramadan. This is called Eid al-Fitr - the Festival of the Breaking of the Fast. It begins when the first sight of the new moon is seen in the sky. Often children are given presents and new clothes.

Activity

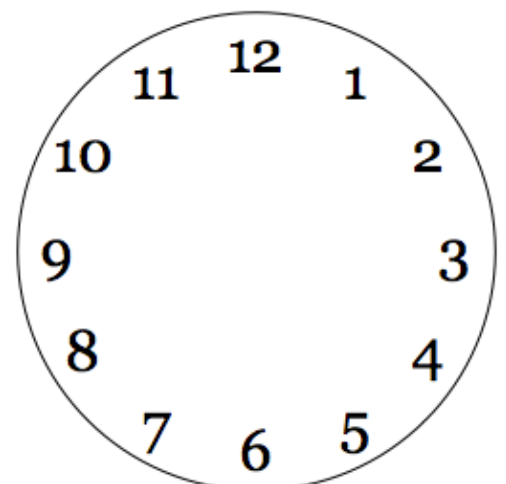
Draw a clock and show when day breaks at this time of year and when darkness falls.

You can find out the time of sunrise and sunset online.

How many hours of daylight do we have at the moment?

Questions to ask yourself

- ◆ *If you are a Muslim, what is it like to fast every day?*
- ◆ *If you are not a Muslim, how do you think you would find the experience?*



Word puzzle

See if you can fill in the blanks with the correct words:

1. Christians fast during the season we call _ _ _ _
2. It remembers the time Jesus spent _ _ days in the desert
3. It begins on Ash _ _ _ _ _ _ _ _
4. And ends at _ _ _ _ _

Reflection

At the end of the fast – when the sun has gone down – usually, Muslim families and friends will get together for an ‘iftar’ to break their fast.

- ◆ *If you are a Muslim, what do you like to eat at the end of your fast?*
- ◆ *If you are not a Muslim, what do you think you would choose to prepare?*

Prayers

Think about the people that you would like to pray about—in your home, in your school, in the world:

Heavenly Father,
we pray for those of our community who are fasting during Ramadan.
Help them to stay strong.
Help them to draw closer to God.
Help them to learn to be kind. Amen.

Loving God,
I pray for all who are sick at this time, especially the children.
They must be feeling miserable and lonely as well.
Please be close to them. Please be with the people who are looking after them.
Please help them to get better and to know that you love them. Amen.

Song

Ask an adult to help you find the song and see if you can sing along with it:

‘Be still and know that I am God.’

www.youtube.com/watch?v=AFoNZ_WKr_U

Blow out the candle and say:

I will go in peace to love and serve the Lord!

Have a wonderful week!

Fr. Nicholas