



NEW MUSLIM
ACADEMY

What did
Ramadan
Teach Us?

Ramadan has come and gone. It was a full month of fasting, prescribed ritual devotion, Quran reading, charity and many other good actions. Yet now that Ramadan has left us, we must spend a moment to review what we learned and benefitted from this month.

Let us look at some of the main takeaway points of Ramadan...

Ramadan Taught Us Piety

Ramadan is a month in which we strengthen our connection with God. When God prescribed fasting in the Quran, He mentioned that its main purpose was to instil within us piety and God consciousness. This is further emphasised in the Prophetic narration in which we're told that every act of worship is multiplied in reward by ten times up to seven hundred times. The exception is fasting. God says fasting is exclusively His and He will reward it accordingly.

How is fasting for God? Fasting is one of the most private actions we can perform. On a normal day, we're unable to tell a person who is fasting simply by looking at them. Whilst fasting, one could eat behind closed doors without anyone else knowing. However, we don't, because we know that God knows. We can hide from others but we can't hide from God. This sense of awareness and consciousness is piety and is one of the greatest lessons of Ramadan.



Ramadan Taught Us Perseverance

Fasting is not an easy act of devotion. It can take its toll over the course of a month. It is even more difficult during the hot summer months and in countries where daylight hours are very long. Not only are we fasting, but life must continue as normal. We still have to work, do our chores and fulfill other responsibilities. However, we remain steadfast, hoping for God's reward. Ramadan teaches us to persevere in God's obedience and worship.



Ramadan Taught Us Sacrifice

We sacrificed our food, drink and carnal desires during the daytime hours in Ramadan. During the night, we sacrificed our sleep and comfort by spending a portion of it in prescribed ritual devotion and vigils. We endeavored to give more charity and dedicate more time to the Quran. All of this required sacrifice and that is one of the greatest lessons of Ramadan. Devotion and servitude to God require us to sacrifice our desires for what pleases God.



Ramadan Taught Us Gratitude

God has endowed us with many blessings and favors, not least of which are those blessings we often take for granted such as food and drink. When we voluntarily deprive ourselves of these blessings for a number of hours a day, we are reminded of the value of these bounties and in turn should increase in our gratitude to God. When we break our fast and find food so easily and conveniently, this should also remind us of God's favors and make us increase in thanks to Him.



Ramadan Taught Us to be Resiliant

Ramadan held great rewards, but in order to attain those rewards we had to push ourselves outside of our comfort zones. Perhaps for some of us, this was the first time in our lives we fasted in this way. It required us to push and strive. We had to adapt our minds and bodies, our daily routines and eating habits to gain the main rewards on offer in Ramadan. God loves us to excel and push ourselves to do better.



Ramadan Taught Us to Seek Forgiveness

Ramadan was a prime opportunity for us to seek God's forgiveness and to work on changing any bad habits we may have. Fasting is a blessed spiritual state to be in, and one in which supplications and acts of worship are more likely to be accepted. We felt spiritually closer to God. Ramadan taught us that we must repent for our sins and seek God's immense mercy and forgiveness.

These are some of the main lessons Ramadan taught us. We ask God to accept our good deeds during Ramadan and grant us the opportunity to witness this blessed month for many years to come.

May God's protection be with you.

