

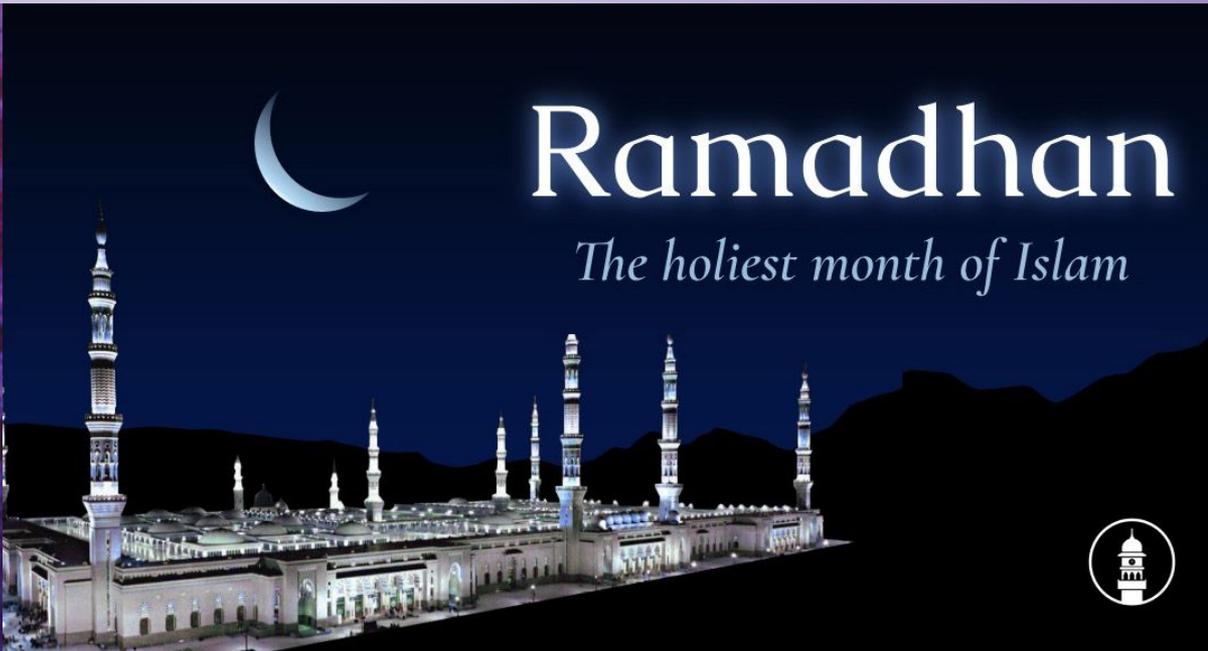


# St Barnabas

Monday 2nd March 2026

Church of England Primary Academy

A member of **CDARI**



# Ramadan

maher zain



Awakening Records



LENT PRAYER



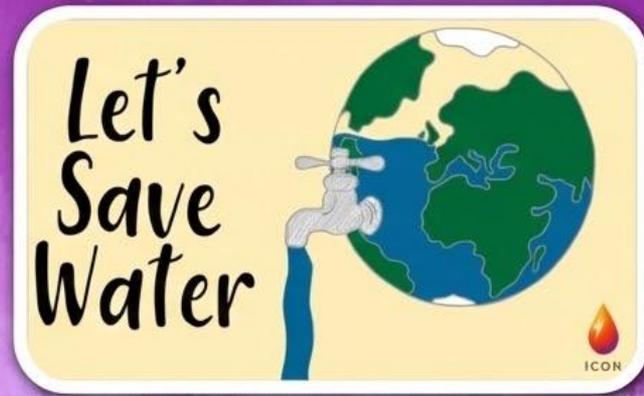
PEACE BE WITH YOU

*And also  
with you*



Lord Jesus,  
help us to use the days of  
Lent to grow closer to You,  
to seek forgiveness of our  
sins and to rejoice in the  
salvation You give us  
through the power of the  
cross.

Amen



# What could you 'give' this Lent?



# St Barnabas CE Primary Academy fundraiser for WWF

🕒 37 days left

£175 raised of £100 target



By 18 Supporters

Donate

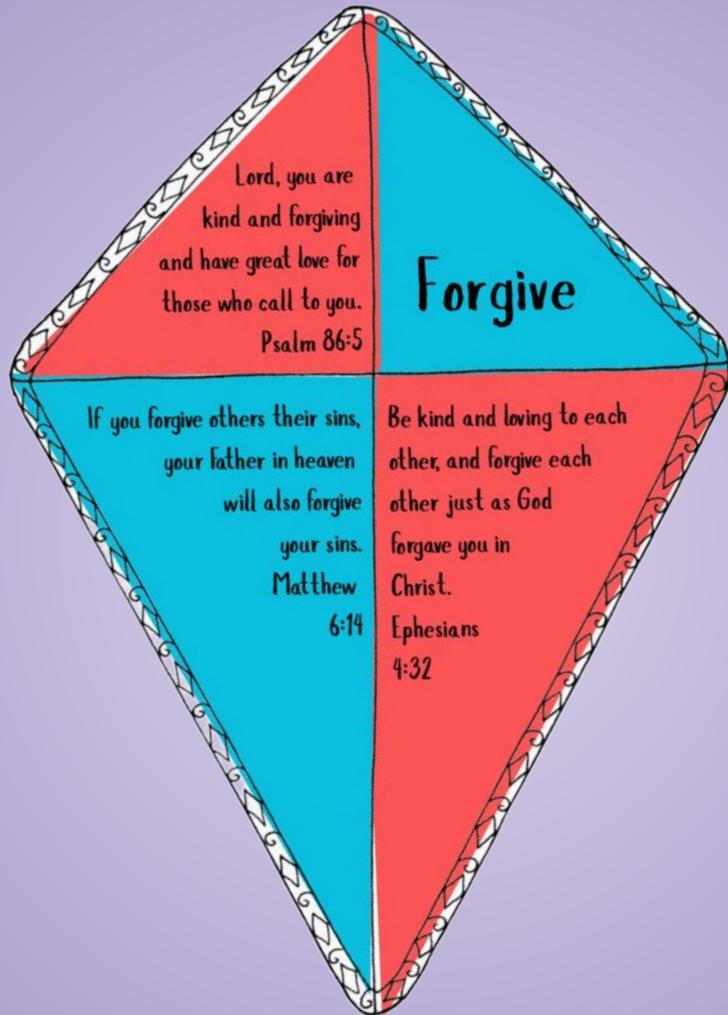
Share



*Lent* is a time for saying sorry.

God listens to our prayers and forgives us when we do things wrong.





# Ramadhan

What is Ramadan and its place in the Five Pillars?

## The 9<sup>th</sup> Month & Quran's Revelation



Ramadan is the 9<sup>th</sup> month of the Islamic lunar calendar. It is believed to be the month when the Quran (the holy book) was first revealed to the Prophet Muhammad.

## Fasting & The Five Pillars



For Muslims, fasting isn't just about food; it's a way to practice self-discipline and empathy for those less fortunate. It is one of the Five Pillars of Islam, which are the foundation of a Muslim's life.

# The Meaning of Fasting (Sawm)

It's not just about skipping lunch; it's about:

## God-consciousness & Self-restraint



Cultivating "God-consciousness" and practicing self-discipline in all aspects of life.

## Empathy for the Poor



Feeling the hunger that the less fortunate experience, fostering compassion.

## Appreciating Blessings



Recognizing and being grateful for daily blessings, like clean water and sustenance.

## Mental & Spiritual Detox



A cleanse from negative habits like anger or gossip, seeking spiritual purity.

# The Daily Rhythm of Ramadan

The daily rhythm changes completely during this month:

## Suhoor (Pre-dawn)



A high-energy meal eaten before the sun rises.

## The Fast



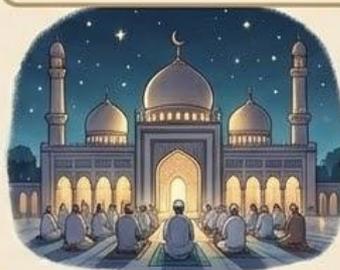
No eating, drinking (even water), or smoking from dawn until sunset.

## Iftar (Sunset)



The meal to break the fast, traditionally started with dates and water, following the example of the Prophet.

## Taraweeh



Special long prayers held at the mosque late into the night.

# Ramadan: The Most Social Month of the Year

Fostering connection through generosity, spirituality, and shared experience.

## Zakat & Sadaqah



Muslims are encouraged to be extra generous. Many give their obligatory 2.5% wealth tax (Zakat) during this month.

## The Night of Power (Laylat al-Qadr)



One of the last ten nights, considered the holiest night of the year, full of blessings and spiritual significance.

## Global Unity



Whether in London, Jakarta, or Cairo, millions of people are doing the exact same thing at the exact same time.

# The Grand Finale: Eid al-Fitr

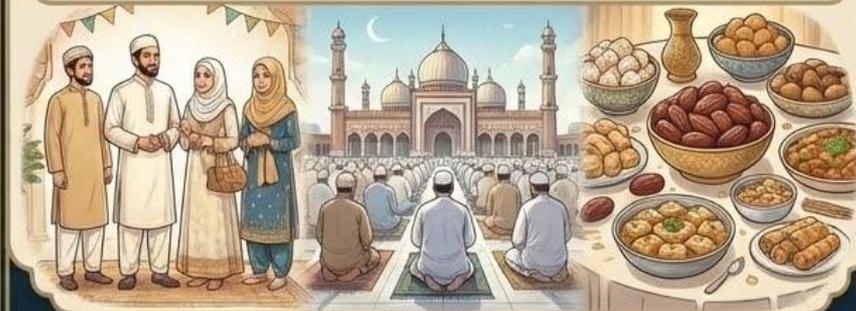
Time: 2 Minutes. Once the new crescent moon is sighted, Ramadan ends and Eid al-Fitr begins!

## Celebration



A 3-day festival of “Breaking the Fast.”

## Traditions



New clothes, communal prayers, visiting family, and—most importantly—lots of food and sweets.

## Eidi



Children often receive gifts or money from elders.

# Reflection

How can you 'be kind' and show generosity and 'give' during Lent to help others?



GENEROSITY



Be kind



FRIENDSHIP

*Thank you, God,* that you forgive me as I forgive others. Thank you for offering me forgiveness for all my wrong choices. Help me to be quick to forgive and slow to be angry. Amen



**Be kind**



# THE HERO

