

# The Siyam: Fasting

Term\_\_\_\_ / Week: 1

## Lesson Objectives

Students will be able to:

- Identify the literal and symbolic meaning and purpose behind Siyam, especially in the month of Ramadan.
- Describe the various attributes of a Muttaqi with examples from their own lives.
- Appreciate the value of fasting beyond refraining from food and drink, as a means to please Allah (SWT).

## Daily Routine

- Greet students with a friendly smile and a warm “Assalamualaikum.”
- Introduce yourself to your students.
- Take attendance and acquaint yourself with their names.
- Explain the rules of your classroom to your students.

## Warm-up

- Show **Overhead Transparency 1.1**.
- Arrange students in groups of three or four and have students discuss and answer the questions on the overhead on a sheet of paper or in their notebooks.
- Discuss answers with students, trying to have different students participate, emphasizing that Ramadan is a communal and individual experience. There are things like the fast, taraweeh, etc that are for the whole community to partake in. There are individual acts (like no lying or using bad words) that people strive to achieve.

## Direct Instruction

- Students can remain in their groups and read page 2 in their textbook out loud to each other. Once they reach the end of the page, have them stop and ask the following questions.

## Materials Needed

- “Our Faith and Worship” Volume 2 textbook
- “Our Faith and Worship” Volume 2 Workbook
- Overhead Projector
- Overhead Transparency 1.1 “Ramadan Has Left a Mark”
- Activity Sheet 1.1 “Getting It Under Control”

## Lesson 1

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- Look at the ayah on page 2. What are two ideas that we are supposed to take from the ayah? (Fasting is prescribed for you –Muslims- just like it was for other communities; and we fast so that we may become amongst the Muttaqi.)
- Why does Allah (SWT) mention that other people of the past had to fast as well? (People feel that fasting for a month is easier; if others have done something before, you know that it can be done; not just an “Islamic” experience but other religions have this as well.)
- On the middle of page 2, we have the definition of “Muttaqi.” Open the Workbook to page one and use the definition to complete the activity. Once students are done, have them share some good deeds.
- Students are to complete reading page 3 of the textbook in their groups. Ask:
  - What is a true Siyam? (Siyam is to refrain from food, drink, and bad habits.)
  - Emphasize that fasting is about CONTROL.
  - Have students open their workbooks to page 6 and have students identify which issues can be controlled by us and which ones are controlled by Allah (SWT).

### Reflections

- Look at the hadith on page 3 in the textbook. Fasting is the one act that is reserved for the pleasure of Allah (SWT). He will reward His servants accordingly.
- Reflective Take Away: Now that the students know the true meaning of fasting, students are to write out a few personal goals that they feel they can work on for next Ramadan. They can keep these papers as a reminder and revisit them next year.

### Stretching Points

- Pass out Activity sheet 1.1 “Getting It Under Control.” Have students work on this independently.

# Lesson 1

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## Homework

- Assign students activities from the workbook lesson 1. Be aware that Activity 4 is a research paper.

# RAMADAN HAS LEFT A MARK!



What is Ramadan all about for you?



What was your favorite Ramadan experience?



Has Ramadan changed you? If so, how?

# Getting It Under Control

## ✓ Identifying the Problem

Everyone has both positive and negative feelings. We deal with these feelings in different ways. What is one negative feeling that you have that you feel sometimes gets out of control?

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Why does this feeling overwhelm you? Why do you lose control?

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## ✓ Finding a Solution

Everyone has different ways of calming themselves down or dealing with a situation.

What are some ways that you deal with your negative feelings? What makes you calm?

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