



NOOR
International



**WHY DO
MUSLIMS
FAST DURING**

**THE MONTH OF
RAMADAN**





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

• IN THE •
NAME OF
ALLAH

﴿أَيَّامًا مَّعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى
سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ
طَعَامُ مِسْكِينٍ فَمَنْ تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ وَأَنْ
تَصُومُوا خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ ﴿١٨٤﴾﴾

[البقرة: ١٨٤]

{[Fasting for] a limited number of days. So whoever among you is ill or on a journey [during them] a then an equal number of other days [are to be made up]. And upon those who are able [to fast, but with hardship] a a ransom [as substitute] of feeding a poor person [each day]. And whoever volunteers good [i.e., excess] a it is better for him. But to fast is best for you, if you only knew }

Quran (2 : 184)

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