

Name _____



Ramadan Insight Passage

Directions: Read the passage below about the origins and spiritual meaning of Ramadan. Then answer the questions that follow in complete sentences.

The month of Ramadan is the ninth month of the Islamic lunar calendar and holds deep significance for Muslims around the world. It is believed that during this month the holy book Qur'an was first revealed, offering guidance, mercy, and a path for spiritual renewal.

Fasting from dawn until sunset is one of the central practices of Ramadan. Abstaining from food, drink, and other daily comforts helps individuals develop self-discipline, deepen empathy for those who are less fortunate, and purify the heart and mind.

Beyond fasting, the month emphasizes increased prayer, reflection, acts of charity, and a desire to live more consciously. Many Muslims view this time as an opportunity to rebuild character, help their neighbors, and strengthen community bonds.

As the fast is broken each evening at iftar and the pre-dawn meal suhoor is shared, families and friends often come together, reinforcing the social and spiritual dimensions of the month.

Together, these practices remind participants that Ramadan is not only about giving up something, but also about gaining something deeper: a renewed sense of purpose, increased kindness, and a closer relationship with faith and fellow human beings.

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1. What are two origins or historical facts about Ramadan mentioned in the passage?

2. Explain in your own words why fasting from dawn until sunset is practiced during Ramadan.

3. How do family and community play a role in the spiritual meaning of Ramadan, based on the passage?

4. Choose one of the following ideas - self-discipline, empathy, or charity - and describe how Ramadan helps build that quality.

5. Reflect: How might the meaning of Ramadan, as explained here, be important for people of any faith or no faith? Write a short response.
