**Appendix Lesson 4c:**

**Some reasons why many Muslims fast during Ramadan**

**Which two statements do you think are the most important reasons as to why many Muslims fast during Ramadan? Can you say why?**

* Obeying God.
* Learning self-discipline.
* Becoming spiritually stronger.
* Appreciating God's gifts to us.
* Sharing the sufferings of the poor and developing sympathy for them; realising the value of charity and generosity.
* Giving thanks for the Holy [**Qur'an**](http://www.bbc.co.uk/religion/religions/islam/texts/quran_1.shtml), which was first revealed in the month of Ramadan.
* Sharing friendship with other Muslims.