



QURAN STORY

(Person 1): Has anyone ever heard of the Qur'an before?

(Person 2) Do you know much about it?.....well let me tell you a story about how it came to be.....Once upon a time, 100s of years ago a young man was born in Arabia. He wasn't rich, he wasn't famous, he didn't come from a royal family or anything, but he was always very kind and generous. He would give food to poor people, he would help the weak and those who needed his help and he was very honest. In fact he never ever lied. He'd never say bad things about people behind their backs, and was always good at keeping promises.

His name was **Muhammad** (pbuh)

Muhammad (pbuh) loved God very much and he would always try to do things to please God or try to get closer to God. Sometimes he would go up to a cave on a mountain just to get away from the hustle and bustle of life, so he could be alone with God... to pray to Him...to talk to Him....sometimes he would stay there for days and nights....God loved Muhammad (pbuh) too, so He began to speak to Muhammad through the angel Gabriel, just as he did with Mary many hundreds of years before. The messages that came from God throughout the rest of Muhammad's life were collected together and were called the **Qur'an**, which just means something that is read. (Could play tape of Qur'an – 'Iqra').

The Qur'an teaches us to believe in **one God**, and that we shouldn't worship anyone else except Him. It also teaches us to be kind and fair to others, to help the poor and those in need, that we shouldn't be arrogant. That we shouldn't say or do things to hurt people.

Because the first words of the Qur'an were read to Muhammad (pbuh) in **Ramadan**, this is a very special month for Muslims. During the month of Ramadan, Muslims will fast – this means they will not eat or drink any food or water all day – from very early in the morning before the sun rises, to very late at night – when the sun has set. But its not just about not eating and drinking, Its also important to be good to others, not to lie or to swear, and be extra kind to your parents – remembering God in everything that you do. Muslims believe that if you fast like this during Ramadan for 30 days each year you will be a better person.



QURAN STORY CONTINUED

(Person 1) But can you imagine what it must be like not to be able to eat or drink for all those hours??.....not even a drop of water. Of course if you're very old or very young you don't have to fast. Even if your young like yourselves, you don't have to fast – but I remember when I was small I used to love to try. It makes you feel very special when you fast.

I want you to close your eyes and imagine that you're fasting...

(The chocolate story - see presentation)



(Person 2) Muslims fast like this every year – believe it or not it gets easier after the first few days. Fasting is not just something you do for yourself; when you feel hungry in your fast, it reminds you of what hunger must be like for those who don't have, or can't afford food and drink like we can. It makes you a more kind and caring person, and Muslims are encouraged to give more money to poor people and charities during Ramadan. Most importantly fasting is done to please God, and like Muhammad (pbuh), it's a chance for us to get closer to Him.

We have brought some dates for you to try... and as you've been so good and so patient, I think we can also leave the chocolate...

NB pbuh = peace be upon him

