



## 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*

