# **Disposition: Expressing Joy**

## **Lesson:** Two

### Question/LO: How do Muslims express their joy in worship?

| **Dimension of learning** | **Activities** | **Resources** |
| --- | --- | --- |
| Learning about religious traditions and non-religious world-views | The five pillars of Islam are the defining practices of being a Muslim. Ramadan is the fourth pillar of Islam;  1.Shahadah (Belief in one Allah and Mohammad ﷺ as the last prophet of Allah)  2. Salah (Five daily prayers)  3. Zakah (Charity)  4. Sawm (Fasting)  5. Hajj (Pilgrimage)  The five pillars of Islam help each Muslim to form a personal relationship with Allah (God) and understand the central principles of Islam; equality, justice and human dignity.  Followers of Islam are called Muslims. Muslims experience joy at Ramadan. This joy comes every night in Ramadan when the sun sets and those who are fasting stretch out their hands to eat a date or take a sip of cool, refreshing water to relieve thirst and hunger.  It is the joy of having control over the demands of one’s body and over the everyday habit of life for the whole day. When Muslims eat and drink after a full day of self-restraint, patience gets rewarded from Allah (God). It is in this way a spiritual joy. It is the joy of having successfully carried out the command of Allah.  Read the resource sheet ‘Ramadan’ to the pupils.  What are the two times of joy for Muslims because of their fasting in Ramadan? (when they breakfast after sunset, Iftaar time. When they meet Allah (God) because of their fast)  Tell pupils that Ramadan, the month of fasting, is a time of joy for Muslims. Fasting starts with breakfast, the Suhoor, taken before dawn. This is the fun part of Ramadan. Waking up to the smell of food, hearing the happy banter of the household and the inviting clatter of cutlery, even children cannot help but want to get up as soon as possible and join in the fun. After breakfast, Muslims do not eat or drink during the day until the sun sets in the evening.  Ask pupils to discuss what they would like to eat and drink if they were going to have breakfast before dawn knowing that they will not eat or drink all day, and why? (List of foods, balanced breakfast etc.)    As hours pass and the time for the sun to set nears indicating that it will be soon time to break the fast, called the Iftaar time, excitement mounts; especially if the dinners are arranged with generosity as feasts bringing together family and friends, in joy, which all Muslims strive to do during Ramadan.  The food served and the table setting is important. Rich or poor, Muslims from all backgrounds make their best efforts to prepare generously the most delicious food they can to share their joy with others, while making sure the table looks delightful.  If there are people in the neighbourhood, or members of the family or friends who cannot join the feasts, then every effort is made to get food to them in time for Iftaar. It is not unusual to see people joyfully rushing to share their food and show generosity, to the homes of their neighbours, family and friends. | Resource sheet, ‘Ramadan’ will have downloaded into the same folder as this lesson plan.  KS2\_Y6\_Unit\_09\_Su\_Wk\_02\_of\_03\_R123\_Resource\_Ramadan\_v1 |
| Learning from faith and non-religious world-views | Ask pupils how they would share their joy with others. (Joy of spending a lot more time with family and friends, catching up with friends and family they may not see as often, party atmosphere every evening etc.) | n/a |
| Learning about religious traditions and non-religious world-views | As Iftaar ends and Muslims thank Allah (God) for this beautiful experience, tea is served along with desserts. Yet the one thing that makes this entire experience truly beautiful is the praise and thanks given to almighty God (Allah) for His endless gifts and blessings. | n/a |
| Learning from faith and non-religious world-views | Ask pupils to think about things that they think of as blessings. (Good health, good friends, good family etc). | n/a |
| Learning about religious traditions and non-religious world-views | Muslims then start getting ready for an evening of worship at the mosque. During Ramadan, Muslims perform the five daily prayers. In addition, there are special prayers called Tarawih. There is a lot of joy in saying Tarawih and listening to the Qur’an being read. The night when the reading of the whole Qur’an is completed is a night of celebration. Sweets are distributed generously to celebrate.  As the warmth and friendliness overtakes the whole Muslim community, and everyone benefits from the all-enveloping air of warmth; negativity goes down and people feel more generous. As a result, the poor are helped more and the needy are protected more effectively. It is because of this feeling of generosity and joy that most Muslims chose to give Zakah in the month of Ramadan even though Zakah can be given at any time of the year.  Ask pupils to write an acrostic poem for ‘generosity’.  Diversity: Ramadan starts by the sighting of the new crescent moon. Due to time difference across the world, there could be a difference in one day in the start of Ramadan. | n/a |
| Learning to discern | Question: Has the significance of celebrating the month of Ramadan changed over time? Is keeping Ramadan a religious or cultural practice? | n/a |