

## THE WOMAN WHO WAS FASTING – MAKING YOURSELF STRONGER (KS2/3)

Concept – Fasting/religious practices

*Fasting is a common theme and modelled by leaders and prophets in most religions. It is a time when something specific is abstained from, often food. People fast to spend time in prayer and meditation, to begin to understand what it feels like to be hungry, to become stronger by resisting something and to heighten spiritual awareness.*

Here is an Islamic story about Muhammad.

Is there a time when it is right to break religious laws and practices or should they be enforced to the letter? Why?

One day Muhammad heard a woman shouting at her children. It was the month of Ramadan and her fast was making her so tired that she couldn't cope. Muhammad wisely advised her to take a little food to give her the strength to complete all the tasks she had to do, and then carry on with her fast.

This she did and all was well.



Does fasting always have to be about food? What else could be fasted from (mobile phones, TV, etc.)? What difference could 'fasting' make to pupils' lives?

Design a poster recommending fasting and giving reasons why someone should fast from something.