

Benefits of Sawm for Muslims

<i>Fasting teaches you to have self-discipline and self-restraint</i>	<i>I fast to help me lose weight</i>
<i>Fasting helps me to focus on God and remember how good He is</i>	I feel a sense of solidarity with other people who are fasting, it makes you feel part of a community
It helps me break bad habits I have developed	It has helped me stop smoking
<i>Fasting helps me remember people who don't have enough food and clean drinking water</i>	I do it because everyone else is doing it
It gives me time to think about how I treat others. It reminds me to be careful with the things I say and do. Hopefully it will continue after Ramadan	It gives me an excuse to not work hard during the day
I get a great sense of achievement knowing I have done it!	It gives me a chance to think about God and remember to make Him the centre of my life again