

10 Importance of Ramadan

 line10s.com/10-importance-of-ramadan/

June 18, 2025



A Peaceful Start

The world is quiet. The sky is dark. A soft breeze moves the trees. Somewhere, a small kitchen light is on. Footsteps echo gently. A kettle whistles. Someone flips eggs. Another pours tea. The smell of toast and parathas fills the air.

The family gathers for suhoor—the early meal before fasting. Some are sleepy. Some are smiling. They eat simply: a boiled egg, oats, or just a date. Their voices are soft. Maybe someone reads a short prayer. Maybe someone watches the sky turn blue.

In this still moment, parents remind their kids of the **10 importance of Ramadan**—being grateful, kind, patient, giving, and thoughtful. They talk about helping others, reading the Quran, speaking gently, praying with heart, and fasting with meaning.

These aren't just rules. They're gentle reminders, shared like stories before dawn.

A Joyful Ending

Now the sun sets. The sky turns pink. The adhan begins. Someone turns off the stove. Dates are placed on a plate.

A sip of water. A sweet date. A quiet "Bismillah." Then comes iftar—the evening meal. Maybe soup, biryani, or just tea and bread. There are smiles and laughter.

From Indonesia to the USA, people share this moment. Different foods, same feeling—peace and togetherness.

Ramadan isn't just about meals. It's about what they teach: **gratitude, patience, kindness, generosity, reflection, unity, prayer, charity, forgiveness, and purpose.**

Morning starts with peace. Night ends with joy. And in between, a quiet journey of the heart unfolds.

A Simple Question

But let's pause for a second.

Let's ask something deeper:

What if these 30 days could change your whole year?

What if Ramadan wasn't just about not eating or praying more... but about becoming your best self?

What if it was a gift—a quiet restart for your body, mind, and soul?

Let's explore why this month matters so deeply. Why it touches so many hearts. Why it stays with people, long after it ends.

What Is Ramadan?

Ramadan is the ninth month of the Islamic calendar, and it's one of the holiest times in Islam. During this month, Muslims fast from dawn to sunset for 29 or 30 days, depending on the moon.

But it's more than not eating or drinking.

It's about discipline. Compassion. Growth. And peace.

Fasting in Ramadan isn't just about giving up food and water. It's also about giving up anger, gossip, bad habits, and harmful thoughts. It's about becoming aware of your actions, your words, and your heart.

Here's the truth

Ramadan isn't about the stomach. It's about the soul.

It's about making space for what matters. Cleaning out the clutter inside you. Reconnecting with what's real and beautiful.

Let's break it down—one reason at a time.

Ramadan is more than just fasting—it's a time to grow, reflect, and reconnect with what truly matters. Discover 10 reasons this sacred month holds deep meaning for millions around the world.

Reason 1: Spiritual Renewal

Ramadan gives your soul a fresh start. It's a chance to step back from the noise, reconnect with your faith, and feel closer to God—one quiet moment at a time.

[See also 10 Reasons Why We Celebrate Christmas](#)

Getting Close Again

Every day feels busy. Life keeps running—work, school, screens, messages, worries.

Ramadan says, *pause*.

People slow down. They pray more. Some read the Qur'an each day, even if just a few verses. Others close their eyes and talk to God in quiet whispers.

There's something beautiful about this return. It feels like going home after a long journey.

Special Nights

After iftar, many people walk to the mosque for **Tarawih**—special evening prayers. The lights are soft. The air is calm. The Qur'an is recited in a slow, melodious voice. Some stand for an hour. Some for just a few minutes.

In the last ten nights, many wake up before dawn for **Tahajjud**—a deep, private prayer in the silence of the night.

"It's when I feel closest to God," says Yasmin, 32. "No noise. No phones. Just prayer and peace."

That's the gift: space for the soul to breathe.

Reason 2: Self-Discipline and Willpower

Fasting during Ramadan isn't just about skipping meals—it's about learning control. Each day builds your willpower, helping you grow stronger from the inside out.

Learning to Say No

Fasting isn't easy. You feel thirsty. Your head hurts. Someone annoys you. You want to lash out. But you stop.

You stay calm. You stay kind. You take a deep breath.

That's real strength.

Stronger Every Day

The first few days are hard. But by day five or six, something shifts. Your body adjusts. Your patience grows. Your focus sharpens.

“I didn’t think I could go a whole day without eating,” says Sameer, 19. “Now I know—I can do so much more than I thought.”

This strength doesn’t disappear when the month ends. It stays.

Reason 3: Empathy and Compassion

Feeling hunger helps you feel others’ pain. Ramadan opens your heart, reminding you to care, share, and walk with kindness in someone else’s shoes.

Feeling What Others Feel

When you’re fasting, you feel it in your body. Hunger. Thirst. Fatigue. You don’t just imagine what others feel. You *feel* it.

You think of:

- A child who has no lunchbox at school
- A family living in a refugee camp
- A homeless person sleeping in the cold

Your heart opens. You soften.

Giving Becomes a Habit

Giving isn’t just encouraged in Ramadan—it’s a big part of it. Every Muslim must give **Zakat al-Fitr**, a small charity to help someone in need enjoy Eid.

But many give more.

They:

- Cook and share meals
- Leave groceries at someone’s door
- Sponsor an orphan
- Give clothes and toys to children
- Support a struggling friend

Try this:

- Share your iftar with a neighbor
- Leave a kind note for a delivery worker
- Smile at someone who looks lonely

Every little act counts.

Reason 4: Community and Family

Ramadan brings people together. From shared meals to nightly prayers, it's a time to strengthen bonds, build unity, and cherish moments with loved ones.

Doing It Together

Ramadan connects people.

Even if you're fasting alone, you're never truly alone. Across cities and countries, others are fasting with you.

See also [10 Reasons to Celebrate Diwali](#)

Mosques open their doors for iftar. Friends invite each other over. People reconnect—sometimes after a long time.

Family Moments That Matter

Families form tiny rituals that become lifelong memories.

“My mom and I always made mango milkshakes together for iftar,” says Leena. “Now I make them with my own daughter.”

Kids learn to set the table. Grandparents share stories of old Ramadans. Parents teach children to pray. Siblings pass each other dates with quiet smiles.

These little moments become big memories.

Reason 5: Health and Healing

Ramadan gives your body a break. Fasting can refresh your system, boost energy, and offer a natural path to healing—inside and out.

A Break for the Body

Fasting gives your body time to rest and reset.

Modern science agrees. Studies show fasting can:

- Boost metabolism
- Improve blood sugar control
- Lower inflammation
- Support brain health
- Help manage weight

But beyond weight loss, Ramadan teaches **mindful eating**.

More Mindful Eating

During Ramadan:

- People eat slower
- Meals are more thoughtful
- Water is valued more
- Junk food is reduced

“I didn’t just eat less,” says Ahmed, 44. “I ate better. I appreciated food more.”

Your body isn’t just fed—it’s healed.

Reason 6: Real Gratitude

When you go without, you learn to appreciate what you have. Ramadan teaches you to see blessings in the small things—and to be truly thankful.

Water Tastes Like Heaven

Try going without water for 14 hours. Then take one sip at sunset.

That sip?

It feels magical.

Suddenly, the small things feel huge:

- A clean glass of water
- A soft pillow
- A gentle breeze
- A loving hug

Fasting teaches you to notice. To really see the blessings all around you.

Try This Daily Practice

Before bed, ask:

- What made me smile today?
- Who helped me?
- What did I eat that I was thankful for?

Write it down. Say it in prayer. Let it grow your gratitude.

Reason 7: Breaking Bad Habits

Ramadan is the perfect time to hit reset. By stepping away from daily distractions, you get the strength to let go of habits that no longer serve you.

Time to Let Go

Ramadan gives you time to reflect. What habits are holding you back?

- Too much scrolling?

- Late-night junk food?
- Negative thoughts?
- Quick temper?

Now is the perfect time to pause—and change.

Replace with Good

Don't just quit bad habits. Replace them with good ones.

Try this plan:

- **Week 1:** Less sugar → More fruit
- **Week 2:** No phone in bed → Evening prayer
- **Week 3:** Fewer complaints → More gratitude
- **Week 4:** Less Netflix → More reading

Change doesn't have to be loud. Even small shifts matter.

Reason 8: Clearer Mind, Calmer Heart

With fewer distractions and a slower pace, Ramadan helps clear the mental clutter. You think better, feel lighter, and find a calm that stays with you.

Quiet Inside

No coffee. No snacks. No constant entertainment.

Just silence.

And in that silence—you find peace. Your thoughts settle. Your heart slows down. Your focus sharpens.

“Fasting clears the clutter in my head,” says Raziya, 29. “It’s like a mental cleanse.”

[See also 10 Reasons to Celebrate Diwali](#)

Mindful Living

Ramadan helps you slow down and notice:

- Birds chirping
- Children laughing
- The smell of bread baking
- The glow of lanterns at night

You live more deeply. More presently.

Reason 9: Feeling Part of History

When you fast during Ramadan, you walk a path millions have taken before you. It's a powerful link to faith, tradition, and generations who lived with the same devotion.

A Sacred Story

Ramadan is not just a month—it's part of a bigger story.

It's the month the Qur'an was revealed to Prophet Muhammad (peace be upon him). A book that changed history.

And the most special night of all?

Laylat al-Qadr—the Night of Power. A night better than a thousand months. A night of mercy and miracles.

People stay awake. They cry. They whisper prayers. They ask for peace, forgiveness, and hope.

Traditions Around the World

Across the world, cultures bring color to Ramadan:

- **Egypt:** Children light lanterns and sing songs
- **Turkey:** Drummers wake people for suhoor
- **India:** Markets glow with lights and smells of kebabs and sweets
- **Indonesia:** Villages hold prayer parades

These traditions connect hearts—no matter where you are.

Reason 10: Setting Intentions for Life

Ramadan isn't just about the month—it's about what comes after. It helps you reflect, refocus, and set new intentions for the kind of life you truly want to live.

A Time to Plan

Ramadan isn't about grand promises. It's about gentle goals.

Try setting intentions like:

- Pray every morning
- Call your mom more
- Say "thank you" more often
- Read one page of Qur'an daily
- Be more patient with yourself

And After Ramadan?

When Eid comes, don't just drop the habits.

Keep going.

Try this:

Write a letter to your future self.

- What did you learn this Ramadan?
- What changed in you?
- What do you want to keep doing?

Read that letter in six months. Let it remind you of your growth.

Final Thoughts: Why Ramadan Truly Matters

Let's look back.

Here are 10 reasons Ramadan truly matters:

1. **Spiritual Renewal** – Feel closer to God
2. **Self-Discipline** – Strengthen your willpower
3. **Empathy** – Understand and feel for others
4. **Community** – Share beautiful moments
5. **Health** – Heal your body and mind
6. **Gratitude** – Appreciate small blessings
7. **Breaking Bad Habits** – Reset your life
8. **Mental Clarity** – Find peace and focus
9. **Cultural Connection** – Celebrate worldwide unity
10. **Goal Setting** – Create a better future

Your Ramadan, Your Journey

Here's the truth:

You don't have to be perfect. You don't have to do it all. You just have to try.

One step. One prayer. One small change.

That's enough.

Ramadan isn't just about the fast. It's about the feeling. The growth. The hope. The journey.

So when the last day comes... ask yourself:

- What did I gain?
- What did I learn?
- What will I carry with me?

Because Ramadan may only last 30 days—but its impact? That can last a lifetime.

Let this Ramadan be your turning point.

Simple. Honest. Transforming.



Marco

Maroc Jameson is a dedicated educator with a strong commitment to enhancing learning experiences. He specializes in presenting information through concise “10 tips” formats, covering various topics such as “10 reasons to pursue a new skill” and “10 important benefits of reading.”