Ramadan Reflection Ì Week 3, 2022

It was around 10 years ago that I fasted for the first-time during Ramadan. Being so young, I remember it quite clearly. I remember the sense of accomplishment, I remember all the fun times with my cousins, I remember

the feasts we shared, I remember the staying up till sunrise,

AM, and all the memories in between. I often get looks of amazement when people find out that I have been fasting for the entire month, especially when I tell them that I cannot have water either. People have asked then that I must grow weary of this time. And I reply that this could not be further from the truth. I tell them that since I am making a sacrifice in the name of Allah, He gives me the strength and (patience) to be able to fast all day.

What Ramadan means to me is that it s a time for a spiritual reset. It s an opportunity to let go of what plagues us or troubles us and instead focus on how to make ourselves stronger. It s an opportunity to reconnect with Allah (God) and bring ourselves closer to Him. It s an opportunity to recommit to a path of worship and reflection. Often throughout the year, we get caught up