

A Prayer Guide for Ramadan 2025

28 February - 30 March



What can I pray for Muslims this Ramadan?



Why pray for Muslims during Ramadan?

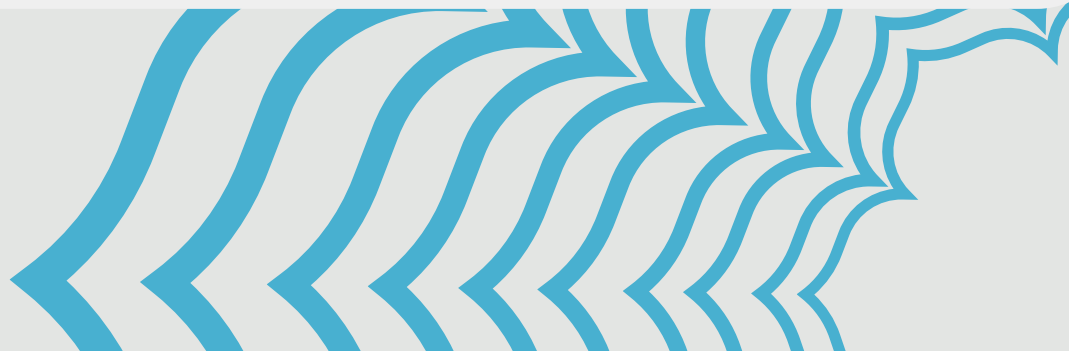


For the millions of Muslim people in East and Southeast Asia, the fasting month of Ramadan marks the time Muslims believe the *Qur'an* was first revealed to Muhammad.

It's a great time to pray for God to bless these Muslims and to pray that they would learn more about Jesus.

We also hope you'll find the questions and answers helpful as you get to know and bless your Muslim neighbors

We invite you to pray with us through Ramadan with these daily prayer points.



Day 1: Friday 28 February



When does Ramadan start?



Ramadan, the Muslim fasting month, starts today. A Muslim day starts at sunset, not midnight. This practice follows the biblical tradition found in Genesis: “And there was evening and there was morning, one day.”

How could you reach out to a Muslim friend today to let them know you will be praying for them during their fasting month?

For the next month Muslims around the world will be actively seeking to be holy before Allah as they fast during daylight hours. **Pray** for followers of Jesus living in Muslim communities to be wise in how they bless them at this time.

Day 2: Saturday 1 March

Q What does Ramadan mean to Muslims? 

It is a time of practicing living a life of purity so that they can grow spiritually and get closer to Allah. Ramadan also helps them practice patience and compassion.

Could this inspire you to make an inventory of your spiritual practices and see if there are any areas where God is calling you to make changes?

Give thanks that many of China's Muslim people living on the Silk Road long to live pure lives. **Pray** they will learn more of what Jesus teaches about purity.

Day 3: Sunday 2 March

Q How is Ramadan practiced?



Every day from sunrise to sunset Muslims abstain from anything passing their lips, either food or drink. At the Equator the fast lasts for 12 hours but north or south of the Equator during summertime a Ramadan day is much longer.

What practices do you use that draw you closer to God?

Pray for your Muslim neighbors who are abstaining from food and drink during the day.
Pray for them to learn more about Jesus and how he can provide for all their needs.

Day 4: Monday 3 March



How can Christians be praying for Muslims during Ramadan?



Let's be praying for Christians to be thinking creatively about how they can love and bless Muslims as people made in God's image.

Why not invite a Christian friend or your fellowship group to pray with you for Muslim people during Ramadan using this prayer guide?

Pray today for Christians around the world to be burdened to bless Muslim people, praying regularly for them and their needs.

Day 5: Tuesday 4 March

Q How does Ramadan connect Muslims?



Ramadan is a worldwide fast. Imagine if all your friends and family decided to fast together. Think of the sense of unity that would bring. Imagine if everyone in your community did the same. Ramadan reinforces the strong sense of identity of Muslims as followers of Islam together.

How can you welcome Muslim visitors to your church community in a way they would recognize?

Pray for Muslim people living away from their home country who may feel isolated and alone. **Pray** that followers of Jesus would understand better how to build relationships with the Muslim people in their communities.

Day 6: Wednesday 5 March



Why is Ramadan a special month for Muslims?



Muslims believe the *Qur'an* was first revealed to Muhammad through an angel during the month of Ramadan. The *Qur'an* prescribes fasting so that followers of Islam become mindful of *Allah*.

Could you ask your Muslim neighbor or friend what Ramadan means to them?

Many of China's Muslims on the Silk Road specifically take time to read through the *Qur'an* during Ramadan, often in the original Arabic. Children also learn to recite parts of the *Qur'an* in Arabic. **Pray** these dear people will learn more about Jesus, who is mentioned in the *Qur'an*.

Day 7: Thursday 6 March



What does a Muslim's day in look like in Ramadan?



It starts long before sunrise with *suhor*, a substantial breakfast, before dawn prayers, during the day many will go to the mosque for lunchtime prayers. At sunset Muslims will break their fast with water and a snack of dates before *maghrib* prayers after which they eat *iftar*, the main evening meal. In late evening, men will go to the mosque for special *tarawih* Ramadan evening prayers.

Why not reflect on what spiritual disciplines you could develop to bring honor to God?

Fasting throughout daylight hours is very challenging. **Pray** that Christians would be sensitive to their Muslim neighbors who are fasting.

Day 8: Friday 7 March



What are the five pillars of Islam?



The five pillars are the basic practices that a Muslim person needs to complete as a follower of Islam. They are: 1. saying the *shahada* the Muslim creed, 2. Prayer, 3. Charity, 4. Fasting during the month of Ramadan, and 5. Going on a pilgrimage to Mecca for those who are able.

Could you initiate a respectful conversation with your Muslim friend or neighbors about what their religious practices mean to them?

Pray for opportunities for Christians to have respectful conversations with their Muslim neighbors so that they can be sensitive to their needs and beliefs.

Day 9: Saturday 8 March



Where do most Muslims live?



You might be surprised to learn that most of the world's Muslims live in East and Southeast Asia. Indonesia is the country with the world's largest Muslim population.

Why not have a look at this video '[Where in the World do Muslims live?](#) and/or investigate where Muslims live near you?

Pray for more Christians to become aware of the large populations of Muslim people in Southeast Asia so that they can learn how to bless them with faithful prayer.

Day 10: Sunday 9 March



At what time of day do Muslims start to eat again?



A Muslim breaks their fast after sunset, usually with a snack of dates and water before prayers. After prayers they sit down together for a family meal called *iftar*.

Why not invite a Christian friend over for an evening meal and pray together for Muslims as they break their fast? You could use this guide to inform your prayers.

Pray for your Muslim neighbors who are fasting. May they have patience with each other, and those around them, when they start to feel hungry and thirsty.

Day 11 Monday 10 March

Q Can a Muslim lie during Ramadan?



A Muslim person is supposed to keep away from all bad actions during their fast. It is meant to be a time of purification of their thoughts, so that they become a person of good deeds and intentions.

Could you ask God to help you build practices that will make you more Jesus-like?

Pray for Jesus to help Christians living in Muslim communities to act justly and model integrity and forgiveness to those around them.

Day 12: Tuesday 11 March



How does a Muslim keep going during the day without any food or drink?



Muslims get up before sunrise to make sure that they have plenty to eat and drink before they start the day's fast. This meal sustains them through the day. When they feel hungry and thirsty during the day this reminds them to show compassion to poorer Muslims who do not have enough to eat.

Could you offer hospitality to someone in your neighborhood who you know needs compassion?

Long portions of the Qur'an are recited in *Tarawih*, the extra Ramadan evening prayers at the mosque. *Isa*, the Arabic name of Jesus, is honored in the *Qur'an*. **Pray** that those who hear about him will want to want to learn more.

Day 13: Wednesday 12 March



How can I better understand what a Muslim believes?



The best place to start to learn about Islam is to ask a Muslim person about their faith, they are usually keen share what they believe. You could ask them about their spiritual practices and what they mean for them in their daily lives.

Could you make a date to visit a mosque to meet with Muslims and learn more about what they believe?

Ask God to help us think of all people as he does. 'Then God said, "Let us make mankind in our image, in our likeness.' (Gen 1:26a) **Pray** for more followers of Jesus to pray God's blessing over Muslims this Ramadan.

Day 14: Thursday 13 March



What do Muslim people like to do in their spare time?



Muslim people are like everyone else, they care about their friends, their family and community and they like to do the things that everyone else does, e.g. follow sport or do hobbies, meet for coffee or offer hospitality.

Why not think about which sports or hobbies could you share or start with a Muslim friend to help you build your friendship with them?

Pray for Christians to find ways to connect with their Muslim neighbors over shared hobbies and interests.

Day 15: Friday 14 March



How many of the world's refugees are Muslim?



Worldwide, there are over 36 million refugees, that is well over half the population of the United Kingdom. Refugees from Muslim-majority nations Syria and Afghanistan as well as the Rohingya of Myanmar make up nearly half of this total. These refugees mostly stay in neighboring countries.

Could you check out the refugee organizations in your area to see if they need more support?

Pray for the Rohingya refugees in Southeast Asia and further afield, that God would provide them with a safe refugee, justice and a peaceful solution to their problems.

Day 16: Saturday 15 March



Is Ramadan the only time of year that Muslims fast?



Muslims can fast at other times of the year - and this is treated as an extra fast following the example of Muhammad. Also, those who are unable to fast during Ramadan, for example because they are sick, may choose to fast at another time.

How can you help support Christians in your community who are sick or unwell to connect with the wider body of Christ?

Pray for Christians to be compassionate toward those who are unable to fast and may feel left out during Ramadan.

Day 17: Sunday 16 March



Can Muslims drink water when fasting in Ramadan?



During Ramadan nothing is eaten or drunk between sun up and sun set. So Muslim people eat a meal before dawn and drink plenty of water to last them through the long daylight hours.

Why not reflect on how you react when you are tired and hungry and ask God to help you to put practices in place that will help you always speak with gentleness and respect?

As Ramadan progresses, tempers can become frayed by lack of food and sleep. **Pray** for friends on the Silk Road to speak with patience and gentleness, even when tempers are short.

Day 18: Monday 17 March



If I invite a Muslim to my home do I need to be careful about what I cook?



Muslim people have specific practices around what they eat and drink, some foods are *halal* or permissible. Foods that Muslim people do not eat are designated *haram* or forbidden.

Could you ask your Muslim friends what they can eat and then invite them over for a meal? Doing this after Ramadan may be easiest for your friend.

Pray for God's blessings on your Muslim friend and their family today as they fast.

Day 19: Tuesday 18 March

 Is it ok to talk to a Muslim about faith?



Many Muslim people like to talk about what they believe and how they practice their religion. Many will welcome sensitive and thoughtful questions about their faith.

Could you meet up with a Muslim friend and invite them to tell you more about their faith?

May Christians consider their Muslim neighbors at what is traditionally a time for religious devotion and pure living. **Pray** that Christians will have opportunities to share about Jesus' teachings on purity and devotion with their Muslim neighbors.

Day 20: Wednesday 19 March



Is Jesus mentioned in the Qur'an?



Yes, Jesus is mentioned in the *Qur'an* and known by the Arabic name *Isa*. He is respected in Islam as the penultimate prophet before Muhammad.

Why not check out what the *Qur'an* says about Jesus on Christian.net?

Today is the start of Lent, when Christians remember the 40 days fast that Jesus undertook in the wilderness. **Pray** for Muslims to have good conversations with Christian friends or neighbors about what Lent and Easter means.

Day 21: Thursday 20 March



Why are the last 10 days of Ramadan especially significant for Muslims?



One of the last 10 nights of Ramadan is known as *Lailat al Qadr*, or the Night of Power. It marks the time Muslims believe the first chapters of the *Qu'ran* were revealed to Muhammad. The *Qu'ran* promises double spiritual rewards and for worship and prayer on the Night of Power.

Why not ask your Muslim friend or neighbor to tell you about *Lailat al Qadr*? Or, invite a Christian friend to join in a special time of prayer for your Muslim neighbors in the last 10 days of Ramadan?

Many Muslim people will spend the last 10 nights of Ramadan in intense prayer and worship to Allah for revealing the *Qur'an*. **Pray** for Muslims in East and Southeast Asian regions to have opportunities to learn more about *Isa* (Jesus) who is honored in the *Qur'an*.

Day 22: Friday 21 March



Do Muslims and Christians have any scriptures in common?



Yes - Muslims believe the Torah specifically the Pentateuch, the Psalms and the Gospels are divine books, as they are mentioned in the *Qur'an*. They know them as the *Tawrat*, the *Zabur* and the *Injil*. Muslim scholars argue that the *Injil* is either lost or corrupted and so do not identify it with the Gospels of the Bible. Christians are referred to as People of the Book (*Ahl al-Kitāb*) as they are adherents to a religion that has been received by divine revelation.

What does divine revelation mean for you?

Give thanks that Muslim people believe Christian Scriptures have been given by divine revelation. **Pray** that they would have opportunities to read the *Injil* and learn more about Jesus .

Day 23: Saturday 22 March



People talk about the Muslim diaspora, what is it?



Muslim people who have left their own country to settle in another for social, economic or political reasons are known as diaspora peoples. If you live in a country where diaspora peoples have settled, look out for ways to make them feel welcome in your community.

Could you contact your local OMF center or other Christian groups to see if you could join with them in helping new arrivals into your community feel welcome?

Pray for opportunities for Christians to extend a warm welcome to their Muslim neighbors.

Day 24: Sunday 23 March

Q Who looks after poor Muslim people? 

In Islam, Muslims are expected to take care of the poorer people in their communities. Christians are often able to go and live among them and blessing them through their compassion for them by offering practical help, making a significant difference to the lives of those most in need.

Why not make an inventory of your gifts that you could help those who need compassion and then use them to help them?

Pray today for Muslims in Southeast Asia who are living on the margins of their communities because of their poverty. May they receive compassion from their neighbors and be helped to flourish. **Pray** for Christian workers among them to be the loving hands and feet of Jesus to these communities.

Day 25: Monday 24 March



Do Muslims ever get persecuted?



Muslim people may be persecuted for their faith when they are the minority community in a country, e.g. the Rohingya in Myanmar.

Why not investigate online about the situation of the Rohingya people?

Pray for good relationships between majority communities and Muslims where they live as a minority. Pray for peace and stability in the regions they live in. Pray for authorities to seek flourishing and justice for all their citizens.

Day 26: Tuesday 25 March



How can I be sensitive to a Muslim person's beliefs?



Muslims love to talk about *Allah* and they respect Jesus as the penultimate prophet before Muhammad. They know Jesus by his Arabic name *Isa al Massih*. Asking questions and listening curiously will help you understand more about Islam and enable you to be respectful.

Could you make a date to meet with a Muslim friend or colleague to ask them more about what they believe?

“You are the God who sees me,” was the name Hagar gave to God, when she fled from Sarai to the desert. (Genesis 16:13). Ishmael, Hagar’s son, is recognized by Muslims as an important prophet and believed to be Muhammad’s ancestor. Muslims **Pray** that as East and Southeast Asian Muslims will learn more of the God who sees them.

Day 27: Wednesday 26 March



Where can I find out more about praying for and serving Muslims?



It's great to keep praying for Muslims beyond Ramadan. You can find further resources and prayer materials online at websites like Prayercast.com, HowtoPrayforMuslims.org, pray30days.org as well as omf.org/blessingmuslims

Over 23 million Muslims live in China and over 250 million live in Southeast Asia. **Pray** for Christians to have a deep and abiding concern to be praying for these people .

Day 28: Thursday 27 March



Could I be a person who goes to live among Muslim people?



A great way to bless Muslim people is to go and live among them using your skills to serve and build their communities. This includes things like community development, teaching English, medical, engineering and other professional skills are all valuable.

Why not take some time to ask God about the opportunities he wants to give to you to bless Muslims?

Pray for followers of Jesus exploring how to use their skills to bless the Muslims of East and Southeast Asia, for God to lead and guide them.

Day 29: Friday 28 March



How can I support those who bless Muslim people?



Partnership with people who live in Muslim communities overseas is key to sustaining them as they bless the people they meet on a daily basis for the long term. Your prayers, financial support and friendship can provide essential help to enable them to flourish.

If you know someone who is blessing Muslims, ask them how you can pray for them on a regular basis? Why not involve your church in sending them a care package?

Pray for those seeking to bless the Muslim people of East and Southeast Asia. **Pray** for them to have good opportunities to build friendships and be part of the community during the fasting month.

Day 30: Saturday 29 March



How can we encourage each other to better love our Muslim neighbors?



One of the biggest ways we can encourage one another in this area is by our example. If we are able to show how we have been getting to know our Muslim neighbors and break down cultural barriers, often this will help others do the same. Learn more about how you can do this by watching *'What does it look like to be a blessing to Muslim people?'*

How could you involve your fellowship in getting to know Muslim people in your area?

Muslims in Southeast Asia love to talk about what they believe, **pray** for more Christians to come and live amongst them who are comfortable with talking about spiritual things with their friends.

Day 31: Sunday 30 March



What happens at the end of Ramadan?



On the day Ramadan ends Muslim peoples express their joy and happiness by offering a congregational prayer all together, outdoors if possible. The day is a holiday in Muslim countries, and families and communities gather together for a feast, special dishes are prepared and presents are given to children. This feast is known as *Eid-al-Fitr* - 'the festival of the breaking of the fast' - it can last up to three days.

Why not give thanks for the wonderful feast promised in Isaiah 25:5?

After Ramadan ends many Muslims try and keep up habits formed over the month. **Ask** God to help you keep praying for his blessing to fall on East and Southeast Asia's Muslims beyond Ramadan.



Now that Ramadan is over, what's next for me?



At OMF, we want to be a community that blesses our Muslim neighbors. Not just during Ramadan, but throughout the year. Perhaps you could now extend an invitation to meet a Muslim friend or neighbor or have dinner with them?

Why not make doing a lunchtime fast a regular habit and use the time when you would have been preparing your food and eating to pray for Muslim peoples using this prayer guide and the latest Pray for East Asia's Muslims prayer points on omf.org.

If you want to know more then you can explore more ideas and resources or find out how you can get involved in Blessing Muslims in East and Southeast Asia at omf.org/blessingmuslims.

