A Prayer Guide for Ramadan 2026

18 February - 19 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. After each explanation we have included a reflection question which we hope you will find useful.

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

Day 1: Wednesday 18 February

When does Ramadan start?

Ramadan, the Muslim fasting month, starts today. For the next month Muslims around the world will be actively seeking to be holy before Allah as they fast during daylight hours. 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." (1:5)

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

Today is also the start of Lent, when Christians remember the 40 days fast that Jesus undertook in the wilderness. **Pray** for Christians to use the opportunity of the Lenten fast to be praying for followers of Jesus to be wise and respectful in how they bless their neighbors at this time.

Day 2: Thursday 19 February

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. Fasting during Ramadan also helps them practice patience and compassion as they experience what it is like to have hunger and thirst.

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: Friday 20 February

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.

Why not make an inventory of the practices 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: Saturday 21 February

How can I encourage Christians to show care toward Muslim peoples?

Let's be asking God to remind all Christians that Muslims are people made in God's image, and for them to be praying for opportunities to build relationships with their Muslim neighbors in order to love and bless them.

Could you help build the community of Christians praying for Muslims by inviting a Christian friend or your fellowship group to pray with you for them during Ramadan using this prayer guide?

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** today for Christians around the world to be burdened to connect with Muslim people, praying regularly for them and their needs.

Day 5: Sunday 22 February

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: Monday 23 February

Why is Ramadan an extra special month for Muslims?

Muslims believe the *Qu'ran* 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 East and Southeast Asian Muslims take time to read through the *Qur'an* during Ramadan, often in the original Arabic. Children also learn to recite parts of the *Qu'ran* in Arabic. **Pray** these dear people will learn more about Jesus, who is mentioned in the *Qur'an*.

Day 7: Tuesday 24 February

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

A Muslim's day starts long before sunrise, with an early meal called *suhoor*, which they eat before dawn prayers. During the day many will go to the mosque for lunchtime prayers. After sunset Muslims will break their fast with water and a snack of dates before going to the mosque for *maghrib* prayers; after which they eat *iftar*, the main evening meal. In late evening, some men will go to the mosque for special *tarawih* Ramadan evening prayers.

Why not watch this video about *Ramadan – A Day in the Life in Southeast Asia*?

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

Day 8: Wednesday 25 February

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. daily prayer, 3. giving *zakat*, an annual payment of alms, 4. fasting during the month of Ramadan, and 5. making *hajj*, 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: Thursday 26 February

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: Friday 27 February

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

After not eating or drinking anything during the day Muslim will break their fast immediately after sunset with a small snack of dates and water before doing their early evening 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 at sunset 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: Saturday 28 February

What happens to Muslims attitude towards spiritual disciplines in Ramadan?

Ramadan is a holy month because Muslims believe it was the month that the *Qur'an* was revealed. It is a time of intentionally focussing on good spiritual practices. During this month a Muslim person is supposed to spend their time in prayer and reflecting on spiritual matters, 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 like Jesus?

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

Day 12: Sunday 1 March

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

Muslims get up before sunrise to make sure that when they make *suhoor*, the meal before the fast, they have plenty to eat and drink before dawn breaks. This meal is so substantial it sustains them throughout the day. Even so, when they feel hungry and thirsty during the day they are reminded 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: Monday 2 March

Is it ok to talk to a Muslim about faith?

Muslim people love to talk about what they believe and how they practice their religion. They will welcome friendly, sensitive and thoughtful questions about their faith.

Could you meet up with a Muslim friend and learn more from them 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 14: Tuesday 3 March

How can I better understand the role of prayer in Islam?

The best place to start to learn about how a Muslim practices Islam is to ask a Muslim person about it. Muslims are usually eager to share more about their faith and how they practice it. You could ask a Muslim what the different sorts of prayers that they practice means for them.

Could you make a date to visit a mosque to meet with Muslims and learn more about how and why they pray?

Pray for God to open up an opportunity to meet with a Muslim friend and to build a relationship where you can talk about faith. **Pray** for more followers of Jesus to want to connect with Muslims so that they can pray God's blessing over Muslims this Ramadan.

Day 15: Wednesday 4 March

How could I use my interests to connect with Muslim people?

Despite what you may read in the media, Muslim people are like us. As people made in the image of God like us they are relational, they care about their friends, their family and community. So they like to do the things that everyone else does, such as, follow sport, see movies or meet for coffee, and offering hospitality is very important.

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

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

Day 16: Thursday 5 March

Is Ramadan the only time of year that Muslims fast?

Muslims may fast outside of Ramadan as well. Some choose to do so voluntarily by following the example of the Prophet Muhammad, who fasted on certain days throughout the year. Others fast at different times to make up days they missed during Ramadan due to reasons such as illness or travel.

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: Friday 6 March

Can Muslims drink anything when fasting in Ramadan?

During Ramadan nothing must pass a Muslim's lips between sunup and sunset, even water. So Muslim people make sure they drink plenty of water at *suhoor*, 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: Saturday 7 March

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

Yes, Muslim people have specific practices around what they eat and drink, as they consider some foods are *halal* or permissible. Foods that Muslim people do not eat are designated *haram* or forbidden. It might be easier to invite them to join you in a restaurant where you know *halal* or permissible food it served.

Could you ask your Muslim friends to join you 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: Sunday 8 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 refuge, justice and a peaceful solution to their problems.

Day 20: Monday 9 March

Is Jesus mentioned in the Qur'an?

Jesus, *Isa al Massih*, is mentioned in the *Qur'an* as one of Allah's prophets, born miraculously to the Virgin Mary. The *Qur'an* describes him performing miracles by Allah's permission and delivering the *Injil* or Gospel. Muslims consider that Jesus exemplifies *Islam*, which means submission to Allah's will. It is written in the *Hadith*, the sayings of Muhammad, that Jesus will return before the end of times.

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

Pray for Muslims to have good conversations with Christian friends or neighbors about what Lent and Easter means.

Day 21: Tuesday 10 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: Wednesday 11 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: Thursday 12 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: Friday 13 March

Who looks after poor Muslim people?

In Islam, giving *zakat*, an annual gift of 2.5% of a Muslim's wealth to the poor and vulnerable is a one of the five pillars. *Zakat* is often given during Ramadan when Muslims are reminded by their own hunger of those in their community who do not have enough to eat; they may also receive more merit if the gift is made in this holy month.

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

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

Day 25: Saturday 14 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: Sunday 15 March

Is it OK to ask Muslims about Allah?

Muslims love to talk about *Allah*, and they respect Jesus as the penultimate prophet sent by him 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.
Pray East and Southeast Asian Muslims will learn more of the God who sees them.

Day 27: Monday 16 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: Tuesday 17 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: Wednesday 18 March

How can I support those who bless Muslim people?

Partnership with people who seek to bless Muslims by living and serving in their communities overseas is key to sustaining them 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: Thursday 19 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: Friday 20 March

What happens at the end of Ramadan?

On the day Ramadan ends Muslim communities express their joy and happiness by offering a congregational prayer all together, outdoors if possible. The day is a holiday in Muslim countries. As 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 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.