



**interreligious institute**

*Video 1*

## *What Ramadan Means to Me*

*Discussion Guide*

For many American Muslims, Ramadan is a month that holds religious, family, cultural, and deeply personal meaning, each informing how they share, reflect, and celebrate together. This video shows just a small sample of some of those meanings from those we encountered on our Ramadan Road Trip in 2019.

1. What is one thing you learned listening to these interviews?
2. Was there something surprising?
3. Did you connect with someone or some story that reminded you of your own traditions around any holidays?
4. Do you see connections between Ramadan and another season, celebration or holiday in your community? Can you describe it?
5. Prayer and fasting is a practice shared in many religious and cultural communities around the world. What do your community, texts and traditions say about prayer and fasting?
6. What practices or beliefs bring you closer to God or to the divine?
7. Who are the one or two people in your circle of family, friends, or neighbors that you can share this video with and invite into the conversation?