

Why We Fast?





**Yusuf looked at the food.
“Why don’t we eat all day?”**



Mama smiled. “We fast to remember Allah.”



**“When we feel hungry,”
Mama said, “we remember
people who don’t have
food.”**



**Yusuf thought. “So fasting makes our hearts kinder?”
“Yes,” Mama said. “Allah loves kind hearts.”**



**“What good feeling does
fasting help you learn?”**