

Ramadan and Water

A guide to gratitude and conservation

Ramadan is the ninth month of the Islamic calendar. It is observed by Muslims worldwide as a month of fasting, communal prayer, reflection, and community. It is also the month in which the Quran is believed to have been revealed to the Islamic Prophet Mohammad (peace be upon him). The annual observance of Ramadan is regarded as one of the five pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.

The spiritual connection

During Ramadan, Muslims observe the blessing of water in a profound way. From the pre-dawn Suhoor (the meal eaten before dawn during Ramadan, after which people fast until after sunset) to the sunset Iftar (the evening meal eaten by Muslims after the sun has gone down during Ramadan), that first sip of water is more than refreshment - it's a moment of deep gratitude.

In Islam, water is considered a divine gift and the origin of all life, a means of purification for prayer (wudu), and a resource Muslims are commanded to use wisely, even in acts of worship.

The Prophet Mohammad (peace be upon him) said: "Do not waste water, even if you are at a running stream."

Why be water-wise this Ramadan?

Mindful fasting teaches Muslims empathy and responsibility. As they feel thirst, they remember those who lack clean water every day. Conservation is an act of worship (Ibadah) and charity (Sadaqah).

The impact of small actions: If every fasting Muslim saved just 5 litres per day during Ramadan, billions of litres of water would be preserved for communities, wildlife, and future generations.

Your water-wise Ramadan action plan



During Iftar (the evening meal eaten by Muslims after the sun has gone down during Ramadan) and Suhoor (the meal eaten before dawn during Ramadan, after which people fast until after sunset):

- Use a water jug on the table instead of individual plastic bottles
- Thaw food in the fridge overnight, not under running water
- Wash fruits/vegetables in a bowl, then reuse the water for plants



For Worship and Ablution (wudu):

- Use the tap in bursts: wet hands, turn off, lather, turn on to rinse
- Use a small vessel or low-flow tap. The Prophet Mohammad (peace be upon him) used less than a litre for Ablution (wudu)
- Report leaks in mosque bathrooms immediately



At home:

- Run full loads in dishwashers and washing machines
- Collect “greywater” (from rinsing) to water gardens
- Educate children on the Islamic duty to conserve

Take the pledge

“This Ramadan, I pledge to be mindful of my water use, treating every drop as a blessing.”

I will:

- Practice mindful wudu
- Check for leaks at home or the mosque
- Share one water-saving tip with my family

Spread the message!

- Share your tips with [#WaterwiseRamadan](#)
- Give a “Water Wisdom” talk at your community Iftar
- [Donate](#) to Waterwise or a clean water charity as part of your Zakat or Sadaqah
- Join as a [Waterwise Member](#) to become a water saving champion!

“The best charity is giving water to drink.”

(Hadith, Ibn Majah)

May your Ramadan be a fountain of blessings, mindfulness, and peace.