

The Importance of the Lessons of Ramadan for Ensuring Peace and Purity in Human Society

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ABSTRACT

Ramadan, the ninth month of the Islamic lunar calendar, holds profound significance for Muslims worldwide, not only as a period of fasting but also as a transformative framework for ethical, spiritual, and social development. Far beyond abstention from food and drink, Ramadan emphasizes values such as patience, self-control, empathy, honesty, generosity, compassion, discipline, and accountability, all of which are foundational for building a peaceful and harmonious society. These lessons transcend the individual level, extending to the family, community, national, and even international domains. At the personal level, Ramadan nurtures moral discipline, resilience, and spiritual consciousness, which reduce tendencies toward aggression, addiction, and unethical practices. Socially, its practices of collective worship and charity foster solidarity, justice, and mutual support, thereby countering crime, isolation, and anti-social behaviors. At the national level, Ramadan's principles align with good governance, accountability, and anti-corruption strategies, while in international relations, its ethos of tolerance and reconciliation offers pathways for peacebuilding, ethical diplomacy, and conflict resolution. This paper examines the multidimensional importance of Ramadan's lessons, using Mohammadpur, Dhaka, as a case context for community-level interventions. During Ramadan of 2024, we did a research work by adopting an observation method in Mohammadpur area. Also, we did some in-depth interviews with the local councilor. This Study proposes an action framework for embedding these values into law enforcement, education, civil society, and policymaking. The study concludes with policy recommendations for relevant ministries, institutions, and international actors, highlighting the role of Ramadan as a timeless ethical guide for fostering peace, justice, and human dignity in contemporary society.

Keywords: Lessons of Ramadan, Raising Qualities in Humans, Raising Peace in The Society, Reducing Crimes from The Community.

INTRODUCTION

Ramadan, the holiest month in the Islamic calendar, is widely regarded as a period of fasting, worship, and spiritual renewal for Muslims around the world (Pew Research Center, 2018). For over 2.5 billion Muslims worldwide, the ray of spiritual renewal, moral self-improvement, and deep reflection as raised by Ramadan, the personal and collective betterment create a powerful ripple effect, fostering a wave of social progress that reaches every corner of the globe (Compassiviste, 2025). While the outward form of Ramadan is defined by abstinence from food, drink, and other physical needs from dawn to dusk, its essence lies in cultivating *taqwa*—a heightened state of God-consciousness and moral self-discipline (Qur'an 2:183). Fasting, as taught in Islam, is not merely a physical exercise but a moral and ethical discipline that transforms individual character and strengthens social bonds (Nasr, 2015). The Prophet Muhammad (peace be upon him) clarified that true fasting requires abstaining not only from eating and drinking but also from dishonesty, foul speech, anger, and harmful behavior (Bukhari, 2019).

The lessons of Ramadan are therefore multidimensional, encompassing patience, sacrifice, honesty, compassion, self-control, and accountability. These values form a moral compass that influences personal conduct, social interaction, governance, and international relations. At the individual level, fasting fosters resilience and inner peace, which in turn help reduce tendencies toward impulsive crime, addiction, and aggression (Johnson & Jang, 2010). At the community level, Ramadan enhances social solidarity through collective acts of worship, charity, and mutual care, promoting justice and harmony in an increasingly fragmented urban society (Esposito, 2011). Nationally, these values serve as guiding principles for ethical governance, transparency, and institutional accountability (Kamali, 2015). Globally, Ramadan's teachings of reconciliation and peace provide a moral framework for addressing conflict, inequality, and humanitarian crises (Ramadan, 2009).

The significance of Ramadan extends into contemporary social challenges. In urban contexts like Mohammadpur, Dhaka, rapid urbanization, social disintegration, and rising crime rates highlight the need for community-based approaches to crime prevention and social reform. Embedding Ramadan's moral lessons into initiatives such as neighborhood watch groups, anti-drug campaigns, youth engagement, and community policing could help strengthen social order and reduce anti-social behavior. Furthermore, integrating these lessons into national education curricula, institutional training, and foreign policy frameworks could contribute to a more disciplined, just, and peaceful society.

This paper explores the role of Ramadan as a source of ethical and social transformation. It first examines the spiritual and ethical lessons of Ramadan, followed by their importance in personal, social, national, and international domains. Using the Mohammadpur community as a case context, it highlights practical applications of Ramadan's values for crime reduction and social harmony. The paper concludes with policy recommendations for ministries, law enforcement agencies, civil society organizations, and international actors to adopt a collaborative approach in harnessing Ramadan's timeless teachings for building a peaceful human society.

METHODOLOGY

This study adopts a qualitative research design, combining observation method and In-depth interviews. The brief description of the methods are as below

Observation

Direct observation was conducted during Ramadan 2024 in different residential roads of Mohammadpur, focusing on:

- Mosque activities
- Community iftar programs
- Public behavior patterns
- Law enforcement visibility

In-depth Interviews

A total of **15 semi-structured interviews** were conducted with:

- Community leaders
- Mosque imams
- Youth representatives
- Local residents
- Local officials

Secondary Data Review

Relevant literature, including Islamic texts, sociological studies, and Bangladesh-based reports (BBS, DMP, BRAC, TIB), were analyzed.

Data Analysis

Thematic analysis was used to identify recurring patterns related to:

- Behavioral change
- Social cohesion
- Crime trends
- Community engagement

DISCUSSIONS OF THE FINDINGS

We took a hypothesis as “The Lessons of Ramadan for Ensuring Peace and Purity in Human Society is Important”. To prove this hypothesis through our findings the following discussion is revealed-

1. Explanations of the Lessons of Ramadan

Ramadan, the ninth month of the Islamic lunar calendar, is observed by Muslims worldwide as a period of fasting, reflection, and heightened devotion. The Qur'an establishes fasting (*sawm*) as a means to cultivate *taqwa* (God-consciousness), stating: “*O you who believe, fasting is prescribed to you as it was prescribed to those before you, that you may attain taqwa*” (Qur'an 2:183). This indicates that Ramadan is not merely about refraining from food and drink, but a holistic exercise in moral, spiritual, and social discipline.

The lessons derived from Ramadan are multi-dimensional, encompassing the physical, mental, spiritual, and socio-economic spheres of life. First, fasting requires sacrifice, which includes abstinence from food, drink, sexual relations during fasting hours, and freedom from immoral behavior, gossip, anger, or indulgence in sinful activities (Nasr, 2015). The Prophet Muhammad (peace be upon him) emphasized that those who do not abandon false speech and wrongful actions gain little from fasting, as God has no need for their hunger and thirst (Bukhari, 2019). Thus, Ramadan trains individuals to purify their conscience from what Islamic ethics describe as the “six evil counsels”: arrogance, envy, greed, hatred, malice, and dishonesty.

Second, patience and self-control represent one of the most profound lessons of Ramadan. By resisting basic human impulses—such as hunger, thirst, and anger—Muslims are trained to control desires, moderate behavior, and develop resilience in the face of hardship (Esposito, 2011). The act of restraining the tongue from foul speech, the hand from harmful acts, and the heart from hatred inculcates virtues that extend beyond the month itself.

Third, Ramadan emphasizes honesty and integrity, values which are foundational in Islamic teachings. The month provides an opportunity to strengthen a culture of truthfulness, rejecting corruption, dishonesty, and deceit in personal and professional life (Kamali, 2015).

Fourth, compassion and charity represent core values of Ramadan. The Qur'an repeatedly emphasizes helping the poor and needy, while the Prophet (peace be upon him) described the believer as one who loves for his brother what he loves for himself (Muslim, 2010). Obligatory charity (*zakat al-fitr*) and voluntary charity (*sadaqah*) during Ramadan alleviate poverty and reduce inequality, thereby strengthening social solidarity (Johnson & Jang, 2010).

Finally, Ramadan instills discipline and accountability. The structured timetable of fasting, prayers, and nightly *taraweeh* cultivates a sense of punctuality and order. This internalized discipline can translate into greater accountability in personal conduct and institutional governance (Ramadan, 2009). Collectively, these lessons serve as preventive mechanisms against immoral tendencies and criminal behavior, offering a framework for moral and social reform.

2. Importance of the Lessons of Ramadan in Personal Life

The spiritual disciplines of Ramadan shape individuals by instilling values that enhance personal well-being and moral development. On a personal level, fasting promotes emotional resilience. By learning to endure hunger and thirst, individuals strengthen their tolerance for hardship, which contributes to psychological stability and reduces tendencies toward aggression, impulsivity, and destructive behavior (Nasr, 2015). Modern psychology affirms that practices requiring self-control contribute to stronger emotional regulation and lower incidences of stress-related conflict (Baumeister & Tierney, 2011).

Ramadan also nurtures moral integrity by training individuals to abstain from dishonesty, gossip, and harmful behavior. This is particularly significant in combating issues such as substance abuse, theft, and fraud, as self-control developed during Ramadan extends into post-Ramadan behavior (Johnson & Jang, 2010).

Furthermore, daily acts of worship—such as the five daily prayers, nightly *taraweeh*, and Qur'anic recitation—create a rhythm of discipline and reflection. This structured routine instills moderation, a key Islamic virtue known as *wasatiyyah* (the middle path), which reduces extremes of behavior and fosters ethical decision-making (Kamali, 2015). By internalizing Ramadan's lessons, individuals are less likely to engage in criminal conduct, and more inclined toward constructive citizenship.

3. Importance of the Lessons of Ramadan in Social Life

Ramadan extends beyond the individual and deeply influences social relations. Through shared fasting, collective prayer (*taraweeh*), community *iftar*, and charitable giving, Ramadan cultivates social solidarity and empathy. By experiencing hunger, the wealthy develop compassion for the poor, reducing social divides and resentment. This aligns with Qur'an 16:90, which commands justice, benevolence, and generosity toward relatives and the marginalized.

Sociological research highlights that communal religious practices foster cooperation and reduce anti-social behavior by strengthening networks of trust and accountability (Putnam, 2000). In an urbanized community like Mohammadpur in Dhaka, where rapid modernization often weakens traditional bonds, Ramadan-inspired initiatives such as neighborhood watch programs, anti-drug campaigns, and collective charity projects could revitalize social cohesion and reduce crime rates.

Moreover, Ramadan strengthens the family unit, as families share meals before dawn (*suhoo*) and at sunset (*iftar*), pray together, and engage in joint acts of charity. This shared experience reinforces moral upbringing within the household, reducing tendencies toward domestic violence and neglect (Esposito, 2011). The social lesson of Ramadan, therefore, acts as a shield against alienation, hostility, and criminal behavior, promoting instead harmony, cooperation, and compassion.

4. Importance of the Lessons of Ramadan in the National Sector

At the national level, the values cultivated during Ramadan can be translated into governance and public policy. The principles of honesty, justice, and accountability—reinforced throughout the month—are vital for reducing corruption, nepotism, and abuse of power in national institutions (Kamali, 2015). Leaders inspired by Ramadan's ethical framework are encouraged to prioritize fairness, transparency, and service to the people.

In contexts where corruption and crime undermine development, Ramadan provides a moral foundation for national integrity campaigns. For instance, integrating Ramadan-based ethics into civic education in schools, training programs in prisons, and awareness campaigns in public institutions could promote a culture of accountability and respect for the law (Ramadan, 2009). Law enforcement agencies could apply Ramadan's principles of trust, compassion, and justice in community policing models, thereby enhancing cooperation between citizens and authorities.

Furthermore, Ramadan strengthens national unity by fostering collective identity. The shared spiritual and social practices create a sense of belonging that transcends ethnic, class, or political divisions. This shared identity can serve as a unifying force in addressing national challenges, from combating drug abuse and terrorism to promoting education and poverty alleviation (Nasr, 2015).

5. Importance of the Lessons of Ramadan for Ensuring Peace and Purity in International Politics

Ramadan's lessons are not confined to personal or national contexts—they also hold profound significance in international politics. The Qur'an commands Muslims to incline toward peace when others do so: "*And if they incline to peace, then incline to it also*" (Qur'an 8:61). This verse provides a moral foundation for diplomacy, conflict resolution, and global cooperation.

At the international level, the values of justice, tolerance, and respect for human dignity emphasized during Ramadan can guide ethical diplomacy. For example, applying these principles in negotiations could foster dialogue and reconciliation between conflicting nations (Esposito, 2011). The emphasis on compassion and humanitarian concern resonates with contemporary global needs, including refugee protection, humanitarian aid, and sustainable development.

Furthermore, Ramadan's values challenge global injustices such as exploitation, war, and systemic inequality. By emphasizing moral responsibility and empathy for the marginalized, Ramadan provides a framework for international solidarity, reducing the likelihood of extremism and fostering peace (Ramadan, 2009). The emphasis on dialogue over violence aligns with modern peacebuilding theories, which stress reconciliation, mutual understanding, and cooperative problem-solving (Galtung, 2012).

Thus, Ramadan offers a spiritual and ethical blueprint for addressing global crises. If nations internalize its values, international politics could move toward a more humane, peaceful, and just order.

The author of this article suggests the following recommendations in contexts of the lessons of Ramadan for the peace, clarity and safety in the society

Recommendations at the Local Level

1 Community-Based Crime Prevention Initiatives

- * Establish ****Ramadan-inspired Neighborhood Watch Committees**** involving mosque leaders, youth representatives, and local law enforcement.
- * Strengthen ****community policing models**** that emphasize trust, compassion, and justice.
- * Introduce Ramadan-focused anti-drug awareness campaigns and counseling programs.

2 Mosque-Centered Social Reform Programs

- * Encourage mosques to conduct structured khutbah (sermons) on ethics, anti-corruption, family harmony, and peaceful coexistence.
- * Organize collective charity (zakat and sadaqah) initiatives targeting the most vulnerable populations.
- * Develop youth mentorship circles focusing on discipline, moral leadership, and civic responsibility.

3 Family and Youth Development

- * Promote family-based Ramadan programs encouraging shared prayer, dialogue, and moral education.
- * Launch youth engagement competitions (essay writing, debates, volunteering drives) on themes of honesty, compassion, and social responsibility.
- * Collaborate with local schools to integrate short Ramadan ethics workshops.

4 Civil Society Collaboration

- * Partner with NGOs to conduct community awareness campaigns on domestic violence prevention and social cohesion.
- * Develop rehabilitation and reintegration programs for at-risk youth grounded in discipline and moral reform

Recommendations at the National Level

1. Integration into National Education Policy

- * Incorporate ethical lessons of moderation (wasatiyyah), honesty, and accountability into civic and moral education curricula.
- * Introduce value-based modules in universities focusing on ethics, leadership, and responsible citizenship.

2. Governance and Anti-Corruption Strategy

- * Embed Ramadan's principles of integrity and transparency into public administration training.
- * Strengthen institutional accountability mechanisms through ethics compliance frameworks.
- * Promote national anti-corruption awareness campaigns during Ramadan.

3. Law Enforcement and Prison Reform

- * Integrate ethical and spiritual counseling into correctional rehabilitation programs.
- * Provide specialized training for law enforcement agencies on compassion-based policing models.
- * Encourage restorative justice practices grounded in reconciliation and accountability.

4. National Media and Public Awareness

- * Utilize state and private media to broadcast programs highlighting social harmony, discipline, and non-violence during Ramadan.
- * Develop national volunteer initiatives encouraging youth participation in community service.

5. Inter-Ministerial Coordination

- * Ministries of Religious Affairs, Education, Home Affairs, and Social Welfare should collaborate to develop a ****National Ethical Action Framework**** inspired by Ramadan values.

Recommendations at the International Level

1. Ethical Diplomacy and Conflict Resolution

- * Encourage states to incorporate Ramadan-inspired principles of reconciliation and justice in diplomatic negotiations.
- * Promote dialogue-centered peace processes aligned with the Qur'anic principle of inclining toward peace (8:61).

2. Interfaith and Intercultural Dialogue

- * Strengthen international interfaith forums to promote mutual understanding and tolerance.
- * Use Ramadan as a platform for global solidarity initiatives among diverse religious communities.

3. Humanitarian and Development Cooperation

- * Expand Ramadan-based global charity initiatives to support refugees, displaced persons, and vulnerable populations.
- * Align Ramadan's values with Sustainable Development Goals (SDGs), particularly poverty reduction and peace building.

4 Counter-Extremism and Global Peace building

- * Promote educational programs that highlight moderation to counter radicalization.
- * Encourage international organizations to support community-level peacebuilding grounded in ethical discipline and compassion.

5. Global Policy Advocacy

- * Advocate for ethical governance principles—justice, accountability, dignity—in multilateral institutions.
- * Promote a “Ramadan Peace Initiative” encouraging temporary ceasefires or humanitarian pauses in conflict zones during Ramadan.

CONCLUSION

The spiritual and ethical lessons of Ramadan are not confined to the boundaries of religious devotion but extend into every dimension of human life—personal, social, national, and global. By nurturing taqwa (God-consciousness) through fasting and prayer (Qur'an 2:183), Ramadan equips individuals with the tools of patience, self-control, honesty, and compassion, which are indispensable for cultivating inner peace and moral discipline (Nasr, 2015). At the personal level, such traits reduce tendencies toward aggression, addiction, dishonesty, and impulsive crime, enabling individuals to become more responsible citizens (Johnson & Jang, 2010).

Socially, Ramadan serves as a unifying force that strengthens communal solidarity, empathy, and shared responsibility through collective practices such as taraweeh, zakat, and iftar gatherings. These values of mutual

care and justice, highlighted repeatedly in the Qur'an (16:90), can act as preventive mechanisms against envy, hostility, and social isolation—factors often linked with anti-social and criminal behavior (Esposito, 2011). For a densely populated and diverse urban setting like Mohammadpur in Dhaka, Ramadan-inspired community initiatives such as neighborhood watch groups, anti-drug campaigns, and voluntary social services can directly contribute to crime prevention and social harmony.

At the national level, the ethical imperatives of honesty, integrity, justice, and accountability resonate with principles of good governance and institutional transparency. If infused into governance structures, Ramadan's lessons could play a transformative role in combating corruption, strengthening law enforcement-community relations, and enhancing public trust in institutions (Kamali, 2015). The integration of Ramadan's moral values into civic education, prison reform programs, and community policing can help create a culture of discipline and accountability, essential for sustainable national development.

On the international stage, Ramadan's call for peace, reconciliation, and respect for human dignity provides a moral compass for diplomacy and conflict resolution. The Qur'an's command to "incline to peace" when others seek reconciliation (Qur'an 8:61) underscores the potential of Ramadan's values in shaping a more humane global order. By fostering tolerance, dialogue, and compassion, Ramadan's ethical framework offers meaningful pathways for addressing refugee crises, extremism, and inter-state conflicts (Ramadan, 2009). In a world marred by polarization and violence, adopting Ramadan's universal values of justice, moderation, and mercy can pave the way for a more peaceful and cooperative international community.

In sum, Ramadan is more than a month-long ritual of abstinence; it is a comprehensive framework for ethical living and social reform. Its lessons address the root causes of individual misconduct and societal disorder, making it a powerful tool for crime prevention, social cohesion, and peace-building. For Mohammadpur and similar communities, embedding Ramadan's principles into practical initiatives offers a locally rooted yet universally relevant solution to rising crime and anti-social behavior. At the national and international levels, the same values can reinforce governance, strengthen diplomacy, and foster global harmony. Therefore, the adoption and institutionalization of Ramadan's ethical lessons through education, policy frameworks, law enforcement, and community collaboration should be seen not only as a religious obligation but also as a practical strategy for building a disciplined, just, and peaceful human society.

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