

Fasting

What is fasting?

Fasting (siyyam or sawm) is an act of worship which involves abstinence from food, drink, sexual activity and anything which is bound to break the fast from dawn (the time of calling to the Fajr prayer) till sunset (the time of calling to the Maghrib prayer).

Goals of Fasting

To realise raghwa (piety, consciousness of Allah):
This can be achieved by abstaining from lawful things at a specific period of time. A Muslim leaves his food, drink and sexual intercourse to seek Allah's good pleasure.

To strengthen one's willpower and determination:
If a Muslim learns how to control and discipline his passionate desires and abstains from what is permissible for him during the days of Ramadan, his determination becomes so strong that he places himself in opposition to physical temptations and refrains from what is not permissible at all times.

To be aware of Allah's constant presence at all times:
Fasting is an act of worship which a Muslim does when no one knows about it except Allah. A person may hide and eat and drink in secret; however, if he abstains from doing all that seeking thereby Allah's good pleasure, this will provide him with the best training to being aware of Allah's presence at all times, in public and in private.

To remember the needy and the distressed:
The pangs of hunger and thirst which a fasting person experiences make him realise the severe effects of such pains on his fellow Muslims who might be deprived of the essentials of life for a long time and undergo extreme hunger and thirst. This prompts him to feel more compassion for them and to help them.

Allah has prescribed fasting during the month of Ramadan for us and has made fasting in this month one of the pillars of Islam.

He has also recommended us to fast on other blessed days in order to gain more rewards.

Virtues of Fasting

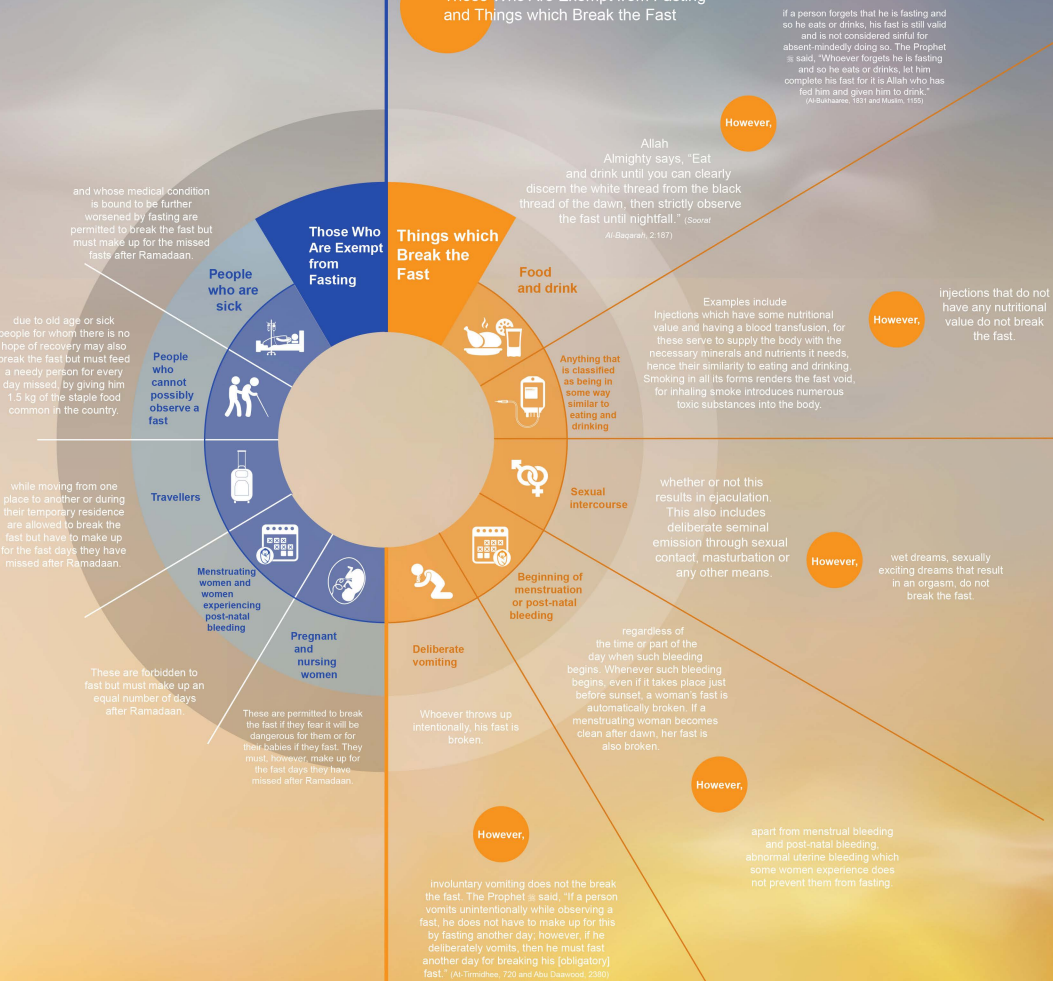
Allah the Almighty alone rewards for fasting: Every act of worship has a certain reward except for fasting, for which Allah, in His boundless bounty and mercy, will reward those who observe it abundantly. The Prophet ﷺ said, "Allah said, 'All the deeds of the children of Adam are for them except for fasting, which is for Me, and I will reward it.'" (Al-Bukhaaree, 1805 and Muslim, 1151)

Whoever fasts during this month, out of sincere faith, in compliance with Allah's orders and in anticipation of His rewards in the hereafter will have his past sins forgiven. The Prophet ﷺ said, "Whoever fasts in the month of Ramadan with firm belief and the hope of reward from Allah will have all his past sins forgiven." (Al-Bukhaaree, 1910 and Muslim, 760)

The fasting person will experience great joy in the hereafter for the great rewards he will get and the bliss he will enjoy for fasting. The Prophet ﷺ said, "The fasting person has two moments of joy: one when he breaks his fast and the other one when he meets his Lord." (Al-Bukhaaree, 1805 and Muslim, 1151)

Paradise has a gate called Ar-Rayyaan through which only those who used to fast will enter. The Prophet ﷺ said, "In Paradise there is a gate called Ar-Rayyaan, through which only those who used to fast will enter on the Day of Judgement, and no one but they will enter it." (Al-Bukhaaree, 1737 and Muslim, 1132)

Those Who Are Exempt from Fasting and Things which Break the Fast



Fasting before the Advent of Islam

Allah prescribed fasting for the past nations, albeit in different ways in terms of the time of observing the fast, duration and those things from which a fasting person must abstain. Its purpose, however, is the same, namely to worship Allah and to realise piety. The Qur'an mentions that Jesus ﷺ said to his mother, Mary, when he was still in the cradle, "...if you see any person say to him, 'I have vowed a fast to the Most Compassionate Lord, and so I shall not speak to anyone today.'" (Surat Maryam, 19:26)



The project
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