

Name: ACSA ALI

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TOPIC = SAUM (F)

Introduction:

Saum (roza) is one of the five pillars of Islam. It was made obligatory along with the Zakat in 2 Hijri. Saum means 'fasting'. Fasting is made obligatory on the Muslims in the 11 month of Ramadan. Fasting was prescribed even before on different nations such as Jews. However, fasting was not either stopped or its way changed and ultimately it was prescribed to Muslims. This practice has been preserved for 1400 years. In Quran Allah mentioned

يا ايها الذين امنوا كتب عليكم الصيام كما
كتب عليكم الذين من قبلكم لعلكم تتقون

"Fasting has been prescribed to you as it was prescribed to those before you, so that you become righteous"

(Surah Bakra: 183)

Saum literal meaning:

Saum means 'to abstain from', 'to restrain from'

In Quran Saum means:-

Saum means to abstain from food, drink and evil thinking from the break of dawn till sunset.

So, In Quran fasting does not only mean to restrain oneself from food but also from wrong doing, evil thinking and evil listening.

Imam Ghazali about Saum

Imam Ghazali describe "Saum as the act of worship that one restrain oneself from food, drink and even from evil-doing evil listening and evil thinking"

Importance of Saum in Quran and Sunnah:

In Quran Allah says,

"Fasting is prescribed to you, so that you become righteous."

(Surah-Baqda)

Holy Prophet (P.B.U.H) used to say this dua when he see moon of Rajab,

O Allah! Shower your blessing on us in the month of Ram Rajab and Shabaan and

Make us reach Ramadan'

According to Hadith-Qudsi

الصوم لي وأنا اتي به

"Fasting is for me and I'll give you its reward"

Objectives of fasting:-

Fasting has several objectives few of them are enlisted here:-

- ① Patience
- ② Empathy
- ③ Physical benefits
- ④ Become Righteous

Fasting is obligatory on the people:-

An Adult, who is physically fit has been prescribed to fast. Other people upon which fasting is prescribed are:-

- ① He or she must be Muslim
- ② Must be an adult
- ③ Must be settled (not travelling)
- ④

Things that break fast:-

Things that break fast include:-

- ① Sexual intercourse
- ② Pouring drops into ear
- ③ Deliberating eating after mistakenly

- ④ Eating in the Prohibited time
- ④ Intentionally Vomiting
- ⑤ ^{Using} Medicine using for the drops for the nostrils.

Fasting Prohibited days for fasting:-

One cannot observe fast in the following days;

- ① On Eid-ul-Fitr
- ② on Eid-ul-Azha and the three days following as-it. As these days were marked as the days of eating and remembering Allah.
- ③ Fasting throughout the year
- ④ ~~Fasting~~

Benefits of fasting

Fasting has several benefits on the individual life, Community, Economy, Psychological impact.

→ SPIRITUAL BENEFITS

There are several benefits of Ramadan fasting some of them are enlisted below:-

① Reward in the Hereafter.

Holy Prophet (P.B.U.H) has said "Fasting act as a shield; e.g against the hellfire"

A Muslim who observe fast abstain himself from doing wrong activities. Leaving Haram activities protect him from the fire of Hell. Muslim who live life according to the teachings of Islam ^{and observe fast} would have two great happiness. Holy Prophet (S.A.W) said,

"Muslim who observe fast has two great blessing one at the time of Iftar and other one when he met his Lord on the day of Judgement"

Also,

"There ~~was~~ ^{is} a door of paradise named as AL-Rayyan through which only those Muslims will enter who observed fasting in the Duniya"

② Awake Moral Consciousness:-

Muslim who follow the Commandment of Allah and observe fast develops moral consciousness e.g He ~~not~~ by not doing haram activities due to fear of Allah develops this consciousness. As he will work hard to do good deeds and even after

the Ramadan he will practice good moral deeds.

③ Instill patience

Ramadan is the month of patience and it teaches a Muslim how to be patient in the hard times. He would be able to feel the pangs of hunger, steadfastness in the times of deprivation and increase one's power of resistance.

④ To seek Allah's pleasure

All Muslims ^{who} practice fast in the month of Ramadan and even ^{outside} the month of Ramadan are pleased by Allah. According to Hadith

mouth of
"the smell of Muslim observing fast is better in Allah's sight than the smell of Musk"

(Bukhari)

All rich, poor do more good deeds in the month of Ramadan as all good deeds rewards multiplied in the month of Ramadan.

⑤ To overcome peer-pressure

In the month of Ramadan Muslim avoid all Haram

activities such as alcoholing, smoking, adulterating etc. Muslim restraint oneself from all these activities and in this way helps overcome peer-pressure to indulge in such activities.

② ECONOMICAL BENEFITS

There are several economic benefits of fasting. In month of Ramadan Muslim spends more money such as in order to help poor people, rich spends money. People who are not able to fast due to old age also give money to other in as prescribed in Islam.

In this way hunger will be eliminated and also result in the alleviation of poverty. Economy prospers if wealth circulate in a society as poor also has people also have the money to spend on clothes, food etc. which ultimately had trickle down effect - on

In addition to this, Muslims fitrana has been made obligatory before Eid-ul-fitr. Fitrans helps the poor to celebrate the Eid festival in full zeal. Holy Prophet (P.B.U.H) engage in act of generosity and charity, and also urge his companions to do the same.

③ Physiological benefits:

Holy Prophet (S.A.W) said

"There is charity (Sadaqah) of everything, fasting is the charity of body"

Eminent physio-physiologist has hailed fasting as "Universal remedy for physical problems". Allah has said Commanded Muslims to be moderate in every spheres of life. Fasting has several health benefits e.g. it reduce glucose level, lower cholesterol level, lower systolic blood pressure. Better renal metabolism. Activity is also one of the benefits of fasting.

④ Psychological benefits:

Psychological benefits of fasting are:-

① Person attain peace.

For example, when ^{a person} he follow the Commandment of Allah and abstain himself from evil-doing he gets peace as in Quran Allah mentioned

"Verily, in the remembrance of Allah, Human heart find peace"

(Al-Quran)

Muslim Mems. remember Allah more and indulge in good deeds in the month of Ramadan.

⑤ Philosophical benefits:-

Allama Iqbal in his "reconciliation of religious thought in Islam" has asserted that Human ^{has} more power than nature. As he use several natural things for his benefit e.g solar energy to produce electricity. Act of worships in Islam establishes Human superiority over nature. 'Saum' helps the Muslims to overcome his/her bodily needs.

⑥ Social benefits:-

Social benefits of Saum includes:-

Justice at large:-

Saum inculcate equality in the society. Man cares about his own well-being and the well-being of others.

Saum on broader level results into equality.

Spirit of Brotherhood:-

Fasting promotes spirit of brotherhood. Man empathize with the pors, who are underfed, underclothed and have no shelter. Muslims realizes the sufferings of pors. As a result, he or she tried to help others in their capacity.

less Crimes in Society:

Wealth spend during the Ramadan helps the poor - which in results into less crimes as wealth ^{will be} ~~will be~~ circulated - poor is able to meet his/her financial needs.

Ramadan helps the person to negate his lust for greeds and arouses the spirits of care - and helping others.

⑥ Political benefits:

In the month of Ramadan Muslim go to Mosque more oftenly. People meet with each other and discuss various issues. So, Mosque act as a centre for the Muslims to aware people on various issues. In addition to this, 'Youm-e-Qudus' last Friday of Ramadan act as a in Holiday to those who are oppressed e.g. Palestinians. Muslims celebrate the last Friday in the this way to give a message of Muslim Ummah.

Conclusion:

It is very essential to follow the Commandments of Allah. Islam acts of worships have very various advantages on

human lives and in a society. Saum has various benefits on the Muslims. So, it is important for Muslims to observe Saum in order to seek Allah's pleasure.
