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Assignment Islamic Studies

Fasting:

Introduction:

Fasting is abstinence of person from food, drink or both for health, ritualistic, religious, or ethical purposes.

⇒ It is the 2nd religious duty of a believer is the fasting for one month every year.

⇒ It is a fundamental pillar of a believer

يَا أَيُّهَا الَّذِينَ آمَنُوا اشْرِكُوا بِمِلَّةِ اللَّهِ الْمُبَدَّلَةِ
كُتِبَ عَلَى الَّذِينَ آمَنُوا مِنْ قَبْلِهِمْ أَنْ يَنْصُرُوا

⇒ According to Quran.

"O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that he may (learn) self-restraint, (Surah Al-Baqara: 138)

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Fasting and Religion:

In the religions of ancient peoples and civilization, fasting was a practice to prepare person, especially priests and priestesses, to approach the deities.

Fundamental Condition

For Fasting:

Fasting has been incumbent upon every Muslim adult but with the condition that he must be fit physically. A sick person and who is travelling to other exp infirmities are exempt. But for the sick and travellers there is a temporary exemption, they have to complete

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the period on other day.

According to Quran;

شهر رمضان الذي انزل فيه القرآن
هذي للناس اوسيات من الهدى والفرقان
من شهر منكم انشرف عليه ومن كان عريفا
وعلى سفر فعدة من ايام اخر يريد الله
لكم اليسر ولا يريد لكم العسر ولتذكروا
واذكروا الله على ما كنتم ولعلكم تتقون

On the other hand, Allah
does not wish to burden
the man who has permanent
infirmary. For such a person
the Quran says,

"And for those who cannot
afford it there is ransom,
the feeding of a man
in need.

Sence of Trust in Allah

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Benefits of Fasting:

The benefits

of fasting are given.

① Sense of Trust In Allah:

These

is trust in Allah and
impos. leftiness to his
character and personality.

⇒ This is a tradition by
Abu Hazim that Prophet (SAW)
said,

In paradise there is gate
called ar-Rayyan through which
on the Day Judgement those
who fast will enter, and
through which none but
they will enter.

② Sense of Patience & Equality:

Ramzan is a month of
patience.

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⇒ Fasting places every body, the rich and poor, the high and the low on the same pedestal.

⇒ According to Prophet (SAW).

⇒ "He who abstains from food and drink during the period of fasting but does not strive to abstain and safeguard himself against moral lapses, starves to no purpose."

③ Gift of Allah - Night of Al-Qadr:

The night of Al-Qadr on which the Prophet (SAW) received his call and the first verse of the Holy Quran were revealed at.

Mount Hira "Lo! We revealed it on the night of Power. (Surah Al-Qadr Verse 1)

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انا الزكاة في ليلة القدر

⇒ The night of Power is better than a thousand months.

(4) Mode of Self-Reformation:

The most significant aspect of "fasting" is the reformation of the "self" through a conscious management of the "self".

⇒ If this object is not reversed, then fasting would be a ritual without a purpose.

(5) Fasting is Not Starvation!

Fasting means suffering from lack of food and water only for command of Allah. It is a call of

self denial

→ Thus, between the breaking of one fast and the start of the next, people are free to eat and drink.

Moral Benefits of fasting:

Fasting has many benefits both in physical and spiritual spheres. On the practical side, it has been admitted to be one of the oldest therapies. Hippocrates believed that fasting heals the body itself.

→ Eminent physiologists have hailed fasting as "single greatest natural healing therapy".

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Spiritual And Social Benefits:

Ramzan

is a test faith, And every test, even the most mundane one, imposes some hardship.

It is also a rewarding

experience, both for the

purification of the soul,

for which it acts like

a catharsis, and for the

prevention and cure of

many a physical ailment.

According to Prophet (SAW):

⇒ Verily, fasting is not only from eating and drinking.

Rather, fasting is from vanity and obscenity. If someone

abuses you or acts foolish

against you, then says: Indeed I

am fasting.

Hajj (Pilgrimage):

Introduction:

Hajj means a travel as also an effort to dominate something. Conventionally this term is translated as pilgrimage. This is the one of the religious duties of a Muslim.

⇒ It is an obligatory on every adult to go on Hajj once in his or her lifetime to perform this great effort.

⇒ Those who do not possess the material means of travel are exempted from it.

Components of Hajj:

These are

about 12 components of Hajj.

① Points of Entry

At the borders of sacred territory, around Mecca, one put off the ordinary dress, and puts on by way of a religious uniform two sheets of cloth → a loin cloth and a shoulder cover.

② Perform Tawaf:

Then the person had to do tawaf around the Holy Kaaba.

③ Perform Saey:

Person had to perform saey at the place of safa and Moxwa.

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④ Departure To Mina:

It is sunnah to leave for Mina at the 8th of Dhul Hijjah after the sunrise.

⑤ Day At Arafat:

The Day of Arafah is on the 8th Day of Dhul-al-Hijjah of the lunar Islamic calendar.

⑥ Night At Muzdalifah:

Pilgrims are instructed to spend the night of 8th Dhul Hijjah at Muzdalifah under open sky.

⑦ Devil Stoning In Mina:

Seven stones are thrown at each of the three pillars to commemorate Prophet Ibrahim's rejection of Satan.

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⑧ Animal Sacrifice:

During Hajj, the sacrifice can be done in Mina or Makkah after stoning of the largest Jamarat.

⑨ Hair Trim And Remove Pilgrims Ihram:

Then hair are trim and Ihram are removed by the pilgrims.

⑩ Return to Kaaba For Tawaf and Saey:

Then the pilgrims are return to Kaaba to do Tawaf and saey again.

⑪ Return To Devil Stoning:

Seven time stoningⁿ of the Satan

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stonning are done again by the pilgrims.

(12) Farewell Tawaf:

Then the pilgrims do their last Tawaf and this is the last step of the Hajj completion.

Importance of Hajj In Islam:

Hajj is one of the most important pillars of Islam and it is greatest religious duties.

According To Holy Quran

فِيهَا آيَاتٌ بَيِّنَاتٌ لِّمَن رَّبَّهُ يَعْلَمُ
بِآيَاتِنَا وَنُوحِيَ إِلَيْنَا
الْحَقَّ مِن رَّبِّكَ أَنَّكَ
كَانَ مِنَ الْمُرْسَلِينَ
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الْحَقَّ مِن رَّبِّكَ أَنَّكَ
كَانَ مِنَ الْمُرْسَلِينَ

20 In it are signs Manifest;
the station of Abraham; whoever

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enters it attains security;
Pilgrimage there is a duty
men owe to Allah - those
who can afford the journey,
but if any deny faith,
Allah stands not in need
of any of His creatures."

Surah Al-Imran - 97 verse.

According to Holy Quran:

﴿لَا يَخْفَىٰ عَلَى اللَّهِ سِرَّهُمْ وَلَا نَجْوَاهُمْ﴾
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⇒ "But those who were blind
in this world, will be blind
in the hereafter, and most
astray from the Path."
(Surah Al-Isra - 72)

⇒ As we can also
read in Hadith

⇒ "Nothing compares with the

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accept Hajj and it has
no reward other than that
of heaven!"

⇒ According to 2nd Hadith.

"A person who performs
Hajj purifies himself
from sins like a day that
he was born."

⇒ And this is the greatest
gift, and the best honours
and the highest reward.