

OB-66 Lal Muhammad

## TOPIC Fasting

### Introduction:

Fasting is the second religious duty of the Muslims to keep fasting in the lunar month Ramadan. It is obligatory on ZAH. One must abstain from eating, drinking, smoking including inhalations and injection during days of month of Ramadan. The requirement is from dawn to sunset but sick are exempted. One must abstain from thinking of carnal and other pleasures incompatible with spiritual regimen. It is quite rigorous discipline which impacts physically, morally and socially. The lunar month of Ramadan rotates through all seasons of the year. One gets accustomed to these privations in the burning heat of summer as well as in the chilling cold of winter, one undergoes all this as spiritual discipline, in obedience to God.

Allah says in Quran:

”يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَتَذَكَّرْنَ بِهِ”

“Oh you who believe fasting has been prescribed for those before you, that you may become pious.”

(Al-Quran) 2:183

**Literal Meaning:** The word fasting is taken from the Arabic word "Swam" which means "abstain" or "to refrain".

**Contextual Meaning:**

Fasting is the act of abstaining from food, drink and smoke from dawn to sunset in the lunar month. It is an obligatory on every adult Muslim to keep fast in the Holy month of Ramadan.

**Allah Says in Quran:**

"The month of Ramadan is that in which Quran was revealed, a guidance for people and clear proofs of guidance and Criterion. So whoever sights the <sup>new</sup> moon of Ramadan, let him fast it."

(Al-Quran 2:185)

**Conditions of Fasting:**

The fasting is an obligatory on every and only, adult and mature Muslims. Physically fit and abstain from food, drink and also sexual Intercourse from dawn to sunset.

**Allah Says in Quran:**

"And eat and drink until the white thread of dawn becomes distinct to you from the black thread (night)."

(Al-Quran 2:187)

## Circumstances Under fasting

### is Exempted:

Women are not required to fast during their indispositions, yet with this difference the defaulting days are to be made up later by equal number of days of fasting.

The same applies to Sick and Travellers.

As very old need not to fast, yet he must feed poor for each day of fasts of Ramadhan.

### Allah Says in Quran:

"Whoever is ill or on a journey, then number of other days. Allah intends for you ease and does not intend for you hardships so that you complete the prescribed period and glory. Allah for guiding you and perhaps you will be grateful."

(Al-Quran 2: 185)

## Significance of fasting

### 1- Develop Taqwa:

Fasting increases one's fear and consciousness of Allah, leading to stronger connection with him.

Holy Prophet (P.B.U.H) Said: "Fasting is shield, so as long the person fasting does

tear it up.  
(Sunan Abu Dawud)

**2- Self Control and discipline:**  
Fasting teaches self restraint helping individuals develop control over their desires and impulses.

**3- Empathy and Compassion:**  
Fasting allows individual to understand the struggles of those in need, fostering empathy and Compassion.

**4- Gratitude and Appreciation:**  
Fasting makes one grateful for the blessings of food, water and health.

**5- Spiritual Growth:**  
Fasting provides an opportunity for introspection, self reflection and Spiritual Growth.

## 6- Forgiveness and Mercy:

Fasting is a means of seeking forgiveness and mercy of Allah. Holy Prophet (P.B.U.H.)

Said:

"Every deed of Son of Adam (A.S) is multiplied tenfold, except for fasting. It is claimed, O' Allah, I have fasted for you and I have placed my trust in you."  
(Bukhari)

## 7- Rewards and Blessings:

Fasting is means of earning rewards and blessings from Allah, both in this life and the hereafter. Holy Prophet (P.B.U.H.)

Said:

"The fasting person has two joys: One when he breaks the fast and other when he meets his lord."  
(Sahih Bukhari)

## 8- Community and Unity

Fasting during Ramadan strengthens bonds with Muslims, promoting unity and solidarity.

Holy Prophet (P.B.U.H.) Said:

"The Month of Ramadan is

the month of Unity and forgiveness.

### Conclusion:

Fasting is obligatory on every adult, mature, healthy Muslim during the Islamic month of Ramadan. Fasting is the rigorous discipline from dawn to sunset. Believer abstain from food, drink, smoking and immoral activities. It increases fear of Allah and consciousness towards good deeds. promotes spiritual growth. It strengthens the bonds b/w Muslims all over the world and united for one sake of Allah Almighty. It is totally the month of reward, forgiveness and to earn the mercy of Allah Almighty.