

## Outline:

I- Introduction

II- Importance of fasting in Quran and Hadith

i- In Quran (importance)

ii- In Hadith (importance)

III- Upon whom fasting is obligatory

IV- Breaking fast intentionally and non-intentionally.

v- Reward of fasting

vi- Impacts of fasting

i- Spiritual impacts

a- Fear and piety of Allah

b- Reward in Hereafter

c- Renews the link between Muslim and his faith

d- Fasting purifies the soul

e- Protect from sins

f- Reward of offering Iftar

ii- Moral Impacts

a- Develops willpower

b- Fasting and value of time

c- Patience and self-control

iii- Social Impacts

a- Unity and empathy

b- Social coherence and Oneness

c- Socio-Economic benefits

d- Increase Scale of Charity

e- Favourable collective environment

Q

For training.

VII - Conclusion

(3)

DATE: \_\_\_/\_\_\_/\_\_\_

## Introduction:

Fasting, known as 'Sawm' in Arabic, holds a significant importance in Islam. It is one of the five pillars of the faith (Iman). It is observed by Muslims around the world as a religious obligation during the holy month of Ramadan. During Ramadan, Muslims engage in fasting from dawn until the sunset, abstaining from food, drink, smoking and other physical needs. Fasting purifies the soul, strengthens self-discipline, develops self-control and empathizes with less fortunate who may regularly experience hunger. According to Imam Ghazali - Fast does not mean only to control on food and water but to control oneself from evil thinking, evil looking, evil listening and evil talking. Literal meaning - to be at rest and to abstain. Contextual meaning - to abstain from eating, drinking and sexual intercourse from dawn to dusk.

## Importance of fasting in Quran and Hadith:

The injunctions in regard to the fast given in Quran reveals that it has numerous

DATE: \_\_\_/\_\_\_/\_\_\_

(4)

advantages and blessings. Some of these are of fundamental importance. Fasting piety and fear of Allah.

## In Quran (Importance)

As it is said above that fasting creates piety and fear of Allah. The Quran and Sunnah and human reasons provide ample evidence to this effect. The fact has been explicitly stated in Quran where fasting has been declared obligatory.

O ye who believe, fasting is prescribed for you, even as it was prescribed before you, that you may ward off evil. For a limited number of days. So whoever among you is ill or on journey, then an equal number of other days [are to be made up]. And upon those who are able [to fast, but with hardship] a ransom [as substitute] of feeding a poor person. And whoever volunteers good it is better for him. But to fast is best for you, if you only knew. [Al-Quran-

## In Hadith (Importance)

Prophet (PBUH) signifies the same in the following words;

Fasting is a shield for you as it saves

5

DATE: \_\_\_/\_\_\_/\_\_\_

you from sins in this world and would -  
protect you from hell in the Hereafter.

[Muslim]

When anyone of you is observing the fast,  
he should neither use indecent language nor  
speak aloud. If someone kicks up a row and  
abuses him, he should tell him that he is  
observing fast. [Muslim]

When prophet [PBUH] was asked about fasting  
throughout one's life, He said:

Your family also has rights on you; fast  
only during Ramadan and during Shasheid  
(six days of Shawwal). Besides if you fast  
on Mondays and Thursdays, it will be  
like fasting forever. [Tirmidhi]

## Upon Whom fasting is Obligatory?

Fasting is obligatory on a person if he fulfils  
the following conditions:

- ↳ He is a Muslim.
- ↳ He is accountable [has attained age of puberty].
- ↳ He is able to fast.
- ↳ He is settled [not travelling].

## Breaking fast Intentionally and Un-

### Intentionally

During Ramadan, if one unintentionally breaks  
the fast by eating or drinking then one  
must continue for the rest of the day and

the fast remain valid. For those who intentionally break the fast by eating or drinking one has to make up for that by fasting another day.

For breaking fast the consequences are:

- ↳ Free a slave, and if that is not possible;
- ↳ Fast for two consecutive lunar months, and if that is not possible;
- ↳ Feed or clothe sixty needy people.

## Reward of Fasting

Prophet [PBUH] said;

'Every good act that a man does shall receive from ten to seven hundred rewards says Allah but the fast is an exception because it is for 'Me' alone and I will give its rewards as much as I like. He who fasts abandons the lust and cravings of his appetite for My sake.' [Muslim].

## Impacts Of Fasting:

The impacts of fasting can be divided into three main categories;

- i) Spiritual impacts
- ii) Moral impacts
- iii) Social impacts

## Spiritual Impacts

The spiritual impacts of fasting are the

①

DATE: \_\_\_/\_\_\_/\_\_\_

following:

## Fear and Piety Of Allah

Fasting creates fear and piety of Allah. The basic meaning of piety is observance of God's commands and prohibitions out of feeling of being answerable and accountable to Allah. It means the person fasting fears his Lord while performing his act of worship and does what He has commanded and forsakes that which He has forbidden. In Quran Allah says:

But as for him who feared to stand before his Lord and restrained his soul from lust, Lo! The garden will be his home. [79:40-41]

## Reward in Hereafter

The Prophet (SAW) says on behalf of his Lord, He who leaves his food and drink for my sake and fasts for Me, I will reward him for it.

According to another hadith the Prophet (SAW) said;

Fasting is a shield

It means fasting is a shield or protection against the fire of hell.

Renews the link between Muslim and his Faith

DATE: / /

8

Fasting in Ramadan have a profound impact on the renewal of faith. Fasting encourages Muslims to engage in increased worship and devotion. It motivates individual to perform additional acts of prayers, recite Quran, reflects on its teachings and seek closeness to Allah. It provides an opportunity for deep introspection and self-reflection, by abstaining from food, drink and other worldly temptations. Fasting encourages Muslim to examine their thoughts, actions and intentions. It provides an opportunity to seek forgiveness and repentance. Fasting in Ramadan heighten spiritual awareness and consciousness through experience of hunger, thirst and self discipline, Muslim become more mindful of the blessings bestowed upon them by Allah.

## Fasting Purifies the Soul

Fasting purify the soul. It involves abstaining from food and drink from dawn to dusk. This practice allows the body to undergo a process of eliminating toxins and harmful substances. It creates a healthier environment for soul to thrive. Fasting requires self-discipline and will power to resist basic human urges for food and drink. This discipline By mastering self-discipline, the soul become purified from impulsive and harmful behaviours. In Ramadan a person is keen to spend money and pay Zakat. This way, fasting goes hand to hand with Zakat in helping to



9

DATE \_\_\_/\_\_\_/\_\_\_

to eradicate avarice from Muslim souls. In Quran Allah says;

And whose is saved from his own avarice such are they who are successful. [Al Hashr]

## Protects from Sins:

Fasting protects souls from sins. Prophet (SAW) said;

On a day of fast, let not one of you act in an obscene manner or speak boisterously.

And if someone curses him or seeks to quarrel with him let him say: 'I am fasting'.

## Reward of offering Iftar

According to a Hadith, Prophet (SAW) said; whoever in Ramadan provides a person who is keeping fast with Iftar, this act will become a source of forgiveness for his sins and safety from Hell fire and he will get as much as reward as will the keeper of fast get without any reduction in recompense of the latter.

## Moral Impacts:

The moral impacts of fasting are;

### It Develops Willpower:

When a Muslim has the clear intent and makes the conscious effort to fast in Ramadan, the strength of his willpower is manifested in his abstinence from food and drink during fasting. He becomes accustomed to such a routine in obedience to the commands and prohibitions of Allah and all that ensues therefrom.

## Fasting and Value Of time

Time is an important element in daily life, all the acts of worship inculcate an appreciation of the value of time. The fast of Ramadan teaches such a lesson. The first day of Ramadan is anticipated on the basis of astronomical calculations. The same is true at the end of the month when people seek to find out when the fast will end. Similarly, during the month of Ramadan, the dawn signals the beginning of fast and sunset signals its end.

## Patience and Self Control

Fasting involves a great deal of patience. As the Prophet (SAW) said:

### Fasting is patience

Outwardly fasting is patience in abstaining from fulfilling desires and indulging in pleasures. In reality, however, fasting is patience in obedience; fasting is obedience to Allah and this requires forsaking everything which Allah has forbidden.

DATE: / /

(11)

Allah says in Quran;

Seek help in patience and in prayer; Allah is with those that are patient. [2:152]

### 3 Social Impacts

The social impacts of fasting can be discuss in the following points;

#### i) Unity and Empathy:

It is recommended for Muslims to offer Iftar for the other Muslims. Prophet Muhammad (SAW) said;

Whoever gives Iftar to one who is fasting will have a reward like his, without that detracting from the fasting person's reward in the slightest  
(Ibn Majah)

Fasting also increase sympathy for others. During fasting in Ramadan is to experience the feelings of others. It helps a person to feel and share other people's suffering in hunger and thirst. All Muslim of the world, rich and poor, go through the same experience of hunger and thirst. People are brought closer to each other through fasting.

DATE: / /

(12)

## Social Coherence and Oneness:

During the month of Ramaelan, all Muslims, rich and poor, gather in the mosques at the time of Iftar and Tarawih prayer at night. They meet each other which helps to strengthen the feeling and ties of brotherhood among Muslims.

## Socio-Economic Benefits:

Among other blessings, fasting brings enormous economic benefits for the prosperity and growth of the Muslim community. During the month of Ramaelan, rich people spend very generously on poor to attain the pleasure of Allah. Their generosity and charity enable the poor to receive material assistance during this month to meet their needs for atleast a part of the year.

## Increase Scale Of Charity:

According to Ibn Abbas (619-687) that the prophet (SAW) used to become especially kind and charit-

able during Ramadan. No beggar in that period would go empty handed from his door, and the slaves secured emancipation.

## Favourable Collective Environment for Trainings

The month of Ramadan fills the atmosphere with spirit of piety & and virtuousness. In the whole nations, the gaining of piety flourishes. Every person not only tries to avoid sins but if he has any difficulty, his brethren in faith who are fasting like him come out to help him. In the month of Ramadan, the reward of good deeds become greader to ten times to seven hundred times.

Prophet (SAW) said;

Every deed of man get some increment or other from God.

One good deed flourishes ten time to seven hundred times.

But Allah says: fasting is exempt from this. It is exclusively for me and I give reward for it as much as I want.

Batch #358

Hira Rahman

(14)

## Conclusion:

In short fasting is to abstain from eating and drinking, from dawn to dusk. It has a great importance and advantages. Quran and Hadeeth signify the importance and rewards of fasting in Islam. There are specific conditions which make the fasting obligatory on a person, discussed in Quran and Hadeeth. Fasting has lots of spiritual, moral and social impacts.