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Muslim can keep fast any time of the year as form of worship, but saum is mandatory during holy day month Ramadan. Discuss moral, social, psychological and physical significance of fasting in daily lives

Outline:

- 1- Introduction:
- 2- Literal meaning of fasting
- 3- Brief overview that why Islam made fasting mandatory pillar?
- 4- How fasting plays a significant role regarding moral values, social, psychological and physical?
- 5- Conclusion:

1- Introduction:

Fasting is the 2nd most important pillar of Islam. It is mandatory farz and it is obligatory on adults, including man, woman, and old.

Fasting has a number of significant impacts, including, moral, social, physical and psychological. It helps an individual to abstain from all unfair activities, which were performed by him in daily affairs. Hence, fasting is a way to safeguard from evils.

According to Hadith,

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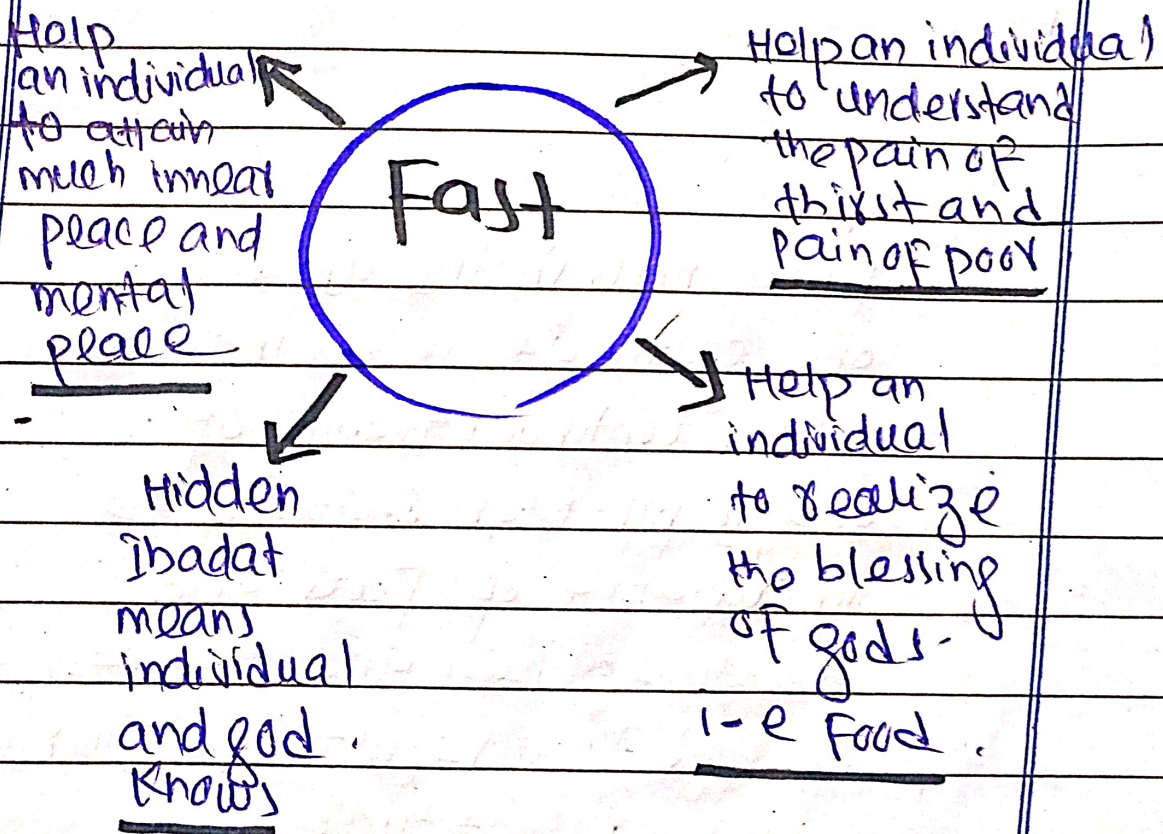
"Fasting is shield."

2- **Literal Meaning of Fasting:**
Literal meaning of fasting is to abstain yourself from food, water, lying and many other things.

Imam Ghazali said:
"Fasting is not just about not eating food item, rather than, it is the name to avoid

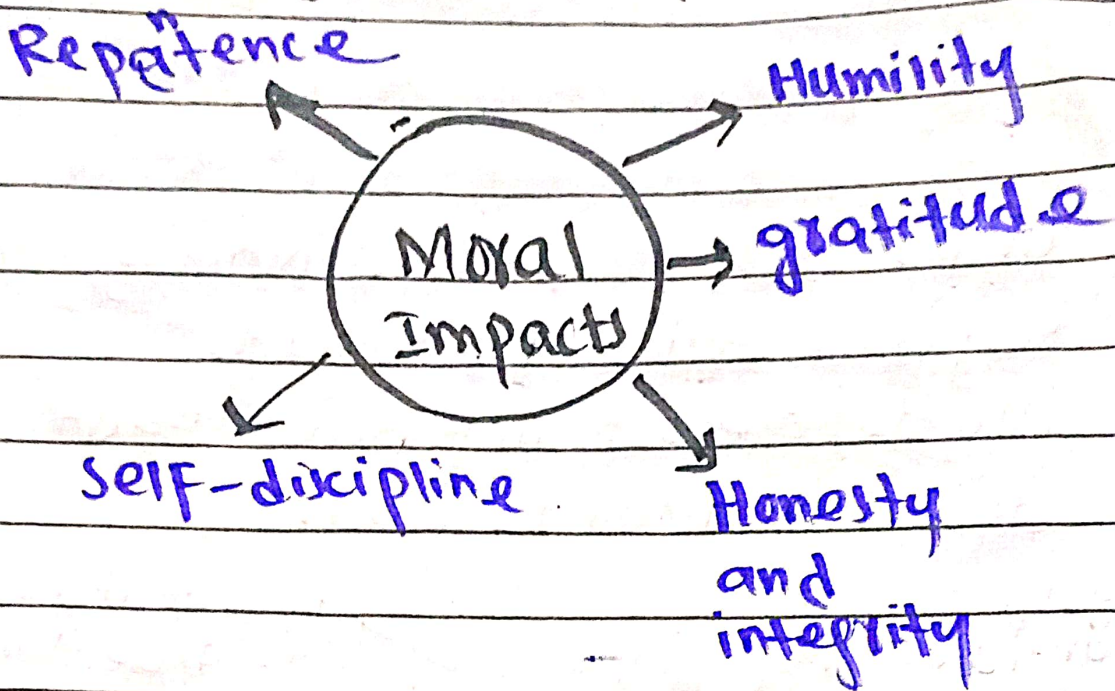
lying and other unfair conduct."

3- Brief overview that why Islam made fasting mandatory pillars. Unlike other ibadat like Namaz, Haj and Zakat the Roza is also declared important ibadat due to various reason.



4- Fasting significant impacts on moral, social, psychological and physical state of mind?

(i) Fasting moral impacts:



(a) Gratitude Quality:

Fasting nourish the quality of gratitude in an individual after continuous fasting of one month. Man realize the importance of food and the sweetness and closeness of god. As a result, he found a inner gratitude in his self.

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In the end, he adopt the quality

of gratitude.

(b) Repentance:

Fasting bring closer a man to god father, as a result he realize the mistake he committed in past life. Therefore, he become more shameful on his mistake. Thus a quality of repentance build.

اللَّهُمَّ ارْحَمْ رَجُلًا
تَوَلَّىٰ

Turn to Allah with sincere regret.

(c) Humility:

Fasting foster an other quality in man. The man accept the sovereignty of god. Additionally, his believe further strengthen that he is dependent on god. Therefore, he start demanding from god

For mercy and protection from
hell fire.

اللهم احصنا من النار

O' Lord save me from
the fire of hell.

d) **Honesty and integrity:**

Fasting re-nourish the quality
of honesty and integrity.

And man starts dealing all
matters of life with honesty
and integrity to avoid
the azab of god.

الصيام جنة

"Fasting is shield"
(Bukhari)

e) **Self-discipline:**

Fasting creates
quality of self-discipline.
Therefore, man start avoid

the desires, which impacted on his life and soul.

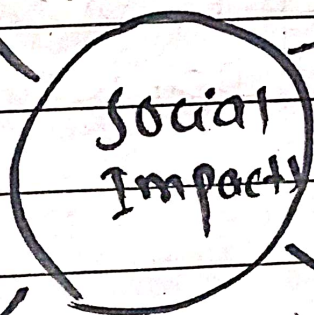
وامرؤا بالعرف
ولوا عن اكله

Enjoy good and
forbid bad

(ii) Fasting social impacts:

Harmony

Solidarity



Social
Congregation

Economical
benefits

(a) Solidarity:

Fasting nourish the
quality of solidarity among
muslim ummah. All the muslims

1/1/20
go to masjid and offer tarawah,
and stand side by side. it
foster and showcase the solidarity
of global muslim.

B) Economical Benefits:

During different kind
of ibadat in Ramadan a privileged
class understand the pain of poor
more as compared to other months.
Therefore, they give more money
in charity which helps poor to
buy food and eat well.

رمضان

الشهر

Ramadan is month
of charity

C) Social Congregation:

Aftari and
sehri increase the bonding of realties

1/1/25

Families and friends. As a result they come closer to closer to one another, which foster the love of understanding and peace. And foster the environment of brotherhood.

Hazrat Muhammad said,
"Muslims are the brother of another muslim"

This solidarity manifest really in the month of Ramadan.

d) Harmony:

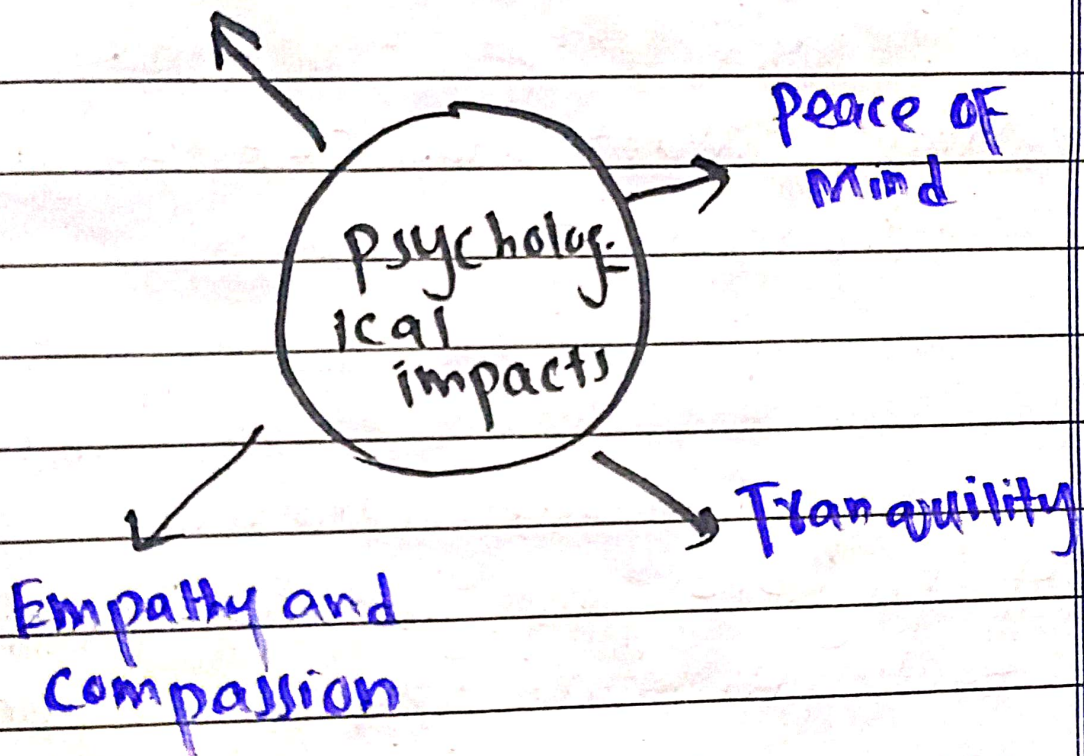
Ramadan is the month of forgiveness by god. Therefore, each individual tries to do much and more better in this month. They do charity, even forgive one another for the happiness of Allah. As a result, a culture of harmony observe. When two group of people forgive and work together for the seek of

Allah's happiness

جنتنا،

This quality can be manifested by human in month of Ramadan mainly.

(ii) Fast psychological impacts.
Resilience



(a) Peace of Mind

Man get peace of mind. Additionally, gets inner peace. As a result, his mind becomes more clear to focus on the blessing of gods. As a result,

the boy

he becomes more close to
god

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ

الْقَيُّومُ

another place Hadith said,
Fasting is obedience

(b) Tranquility:

الْحَيُّ الْقَيُّومُ

man experience that his
mind becomes clear from
a lot of distractive thoughts
as a result. He focus
on his important task easily.

(c) Empathy and compassion:

He becomes more
tilt towards humanity 100%

(d) Resilience:

He becomes aware

building
nd socia

that fasting is the way to fight with a lot of problem. because fasting the continuous training which makes man trained to cop up with challenges easily. As a result, man start believing

سبنا الله ونعم الوكيل

And Allah is sufficient for us.

(iv) Fasting physical impacts

control blood pressure

loss of weight

Fight against dangerous diseases. i.e. cancer cell

Physical impacts

Strengthen the immune system

a) Fasting helps against diseases:

Fasting succeed to fight against cancerous diseases like cancer.

Doctor mainly suggests to observe fasting to notice better result against cancer.

b) Strengthening of Immune system:

Whole year eating lead to the diseases of immune system. This month provide a break and our immune system recover significantly.

c) loss of weight:

Fasting help to loss a weight. Therefore, a large of number of people do prefer fasting to lose weight.

d) Control blood pressure.

Fasting help us to control blood pressure

5- Conclusion: To recapitulate, Fasting has a vast impacts on our different walk of life including moral, physical, psychological and social.