

(Q:2)

Introduction

Fasting, or "Sawm" in Arabic, is one of the five pillars of Islam and is observed by Muslims worldwide during the holy month of Ramadan. Fasting is a fundamental aspect of Islamic practice and is considered essential for spiritual growth, self-reflection, and developing a stronger connection with Allah. The practice of fasting is meant to help Muslims develop self-control, empathy for those in need, and a greater sense of gratitude for the blessings they have received. Through fasting, Muslims are able to detach themselves from worldly desires and focus on their ~~sip~~ spiritual growth and development.

Concept of Fasting

Literal Meaning of fasting

The Arabic word "Sawm" literally means "to abstain" or "to refrain". In the context of Islamic practice, it refers to the act of abstaining from food, drink, and sexual activity from dawn to sunset during the month of Ramadan. This abstinence is not limited to physical desires, but also includes refraining from sinful behaviors and thoughts. The literal meaning of fasting emphasizes the importance of self-control and self-discipline in Islamic practice.

Sahih Bukhari, Volume 3, Book 31 number 125: The prophet (peace be upon him) said, "Fasting is a shield".

Al-Baqarah, Ayat 183: The meaning of Sawm is to abstain from food, drink, and sexual intercourse from dawn until sunset.

Contextual Meaning of Fasting

In Islamic theology, fasting is considered a means of developing self-control, empathy for those in need, and a stronger connection with Allah. It is seen as a way to purify the soul, develop taqwa (God-consciousness), and seek forgiveness for past sins. Fasting is also considered a means of developing gratitude for the blessings of Allah and recognizing the struggles of those who are less fortunate. Through fasting, Muslims are able to develop a greater sense of compassion, empathy, and kindness towards others.

Surat Al-Baqarah, Ayat 183 O you who believe, fasting is prescribed for you as it was prescribed for those before you that you may develop God-Consciousness



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Shariah Perspective on fasting.

Obligation of fasting.

Fasting is obligatory for all adult Muslims who are physically and mentally capable of observing it. This means that Muslims who are sick, travelling, or experiencing other valid exemptions are not required to fast. However, those who are able to fast are expected to do so, as it is considered a fundamental aspect of Islamic practice.

Surat Al-Baqarah, Ayat 185:

The month of Ramadan in which the Quran was revealed a guidance for mankind, and clear proofs of the guidance, and the Criterion. And whoever among you witnesses the month, let him fast it."

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Impacts of fasting on individuals

Spiritual Growth through fasting

Fasting helps individuals develop a stronger connection with Allah, increase their sense of self-awareness and self-control, and seek forgiveness for past sins. Through fasting, Muslims are able to detach themselves from worldly desires and focus on their spiritual growth and development. This spiritual growth is characterized by a greater sense of gratitude, compassion, and kindness towards others.

2: 183 "O believers! fasting is prescribed for you as it was for those before you so perhaps you will become mindful of Allah."

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Physical Health Benefits of Fasting

Fasting can have positive effects on physical health, such as weight loss, improved insulin sensitivity, and reduced inflammation. Fasting has also been shown to improve mental clarity and focus, as well as reduce stress and anxiety. These physical health benefits are not limited to the month of Ramadan but can also be experienced throughout the year. Quran 9:108 Indeed, Allah loves those who are constantly repentant and loves those who purify themselves

Mental Health Benefits of Fasting

Fasting can also have positive effects on mental health, such as reduced stress and anxiety, and improved mood. The act of fasting can help individuals develop a greater sense of self-awareness and self-control, which can lead to improved mental health outcomes. Additionally, the sense of community and social support that comes with fasting during Ramadan

Can also have positive effect on mental health.

Impacts of Fasting on Society

Increased Empathy through fasting
Fasting helps individuals develop empathy for those in need, promoting a sense of community and social responsibility. Through fasting, Muslims are also experience the struggles of those who are less fortunate which can lead to increased empathy and compassion. This empathy can translate into increased charitable giving and volunteer ~~work~~ work, which can have positive effects on society.

Charity and Generosity during

Fasting

Fasting is often accompanied both by increased charity and generosity, as individuals are encouraged to give to those in need during Ramazan. This

Charitable giving can take many forms, including the giving of zakat (charitable donations) and sadaqah (voluntary charitable donations). The act of giving during Ramadan can help to others.

Quran 76:8 Surah Al-Insan

And they give food in spite of love for it to the needy, the orphan and the captive".

In Conclusion:

In conclusion, fasting is a fundamental aspect of Islamic practice that offers numerous benefits for individuals and society. Through fasting, Muslims are able to develop self-control, empathy for those in need, and a stronger connection with Allah. The physical, mental, and spiritual benefits of fasting can have a lasting impact on

individuals, leading to improved overall health and well-being. Furthermore, the sense of community and social responsibility that comes with fasting during Ramadan can have positive effects on society, leading to increased charitable giving, volunteer work, and social cohesion.

(Q:4)

Introduction

The last Sermon of the Prophet Muhammad (SAW) is a pivotal moment in Islamic history, marking the culmination of the Prophet's mission and completion of the revelation of the Quran (5:3). Delivered during the Hajj pilgrimage in 632 CE, the Sermon is a comprehensive Charter of human rights, emphasizing the importance of justice, equality and compassion. (Sahih Bukhari, Volume 2, Book 26, Number 716)

Concept of Human Rights in Islam.

In Islam, human rights are based on the concept of haqq (right) and 'wajib' (obligation) (Quran 17:34). The Quran and Hadith emphasize the importance of protecting human dignity, promoting social justice and upholding the rights of all individuals (Quran 4:135).

Right to life and Security

The Prophet Muhammad (SAW) emphasized the sanctity of human life, stating, "Your lives and properties are sacred and inviolable" (Sahih Muslims, Book 1, Number 130). This principle is enshrined in the Quran, which states, "Whoever kills a person, it is as if he has killed all of ~~ham~~ humanity (Quran 5:32)"

Right to Equality and Non-discrimination

The Prophet Muhammad (SAW) declared, "All of you are equal, and there is no superiority of one over another, except in righteousness" (Sahih Bukhari, Volume 2, Book 26, Number 716). This principle is reinforced in the Quran, which states, "O humanity We created you from a single pair, male and female and made you into nations and tribes that you may know each other" (Quran 49:13)

Right to Justice and Fair Treatment

The prophet Muhammad (SAW) emphasized the importance of justice stating, "Justice is the cornerstone of faith" (Sahih Muslim, Book, 1, Number 135). The Quran reinforces this principle, stating, "O you who believe stand out firmly for justice, as witnesses to Allah, even as against yourselves, or your parents, or your kin" (Quran 4:135).

Right to freedom of Religion

The Prophet Muhammad (SAW) declared "There is no compulsion in religion" (Quran 2:256). This principle is reinforced in the Quran, which states, "To each of you We prescribed a law and a clear way" (Quran 5:48).



Right to Protection of Property

The Prophet Muhammad (SAW) emphasized the importance of protecting property, stating "Your properties are sacred and inviolable" (Sahih Muslim; Book 1, Number 130).

The Quran reinforces this principle, stating "Do not devour one another's property unjustly" (Quran 2:188).

Right to Social Welfare and Charity

The Prophet Muhammad (SAW) emphasized the importance of charity and social welfare, stating "Charity is a duty" (Sahih Bukhari, Volume 2, Book 26, Number 716).

The Quran reinforces this principle, stating "And they give food in spite of love for it to the needy, the orphan, and the captive" (Quran 76:8).

Conclusion:

In conclusion, the last Sermon of the Prophet Muhammad (SAW) is a comprehensive Charter of human right, emphasizing the importance of justice, equality, and Compassion. The Sermon reinforces the principles of human dignity, social justice, and human right, which are enshrined in the Quran and the Hadith. As a charter of human rights, the last Sermon of the Prophet Muhammad (SAW) continues to inspire and guide Muslims around the world, promoting a culture of justice, equality, and Compassion.