

## Question no. 02

# Fasting in Islam

### 1 Introduction:

Fasting is one of the pillars of Islam. It is an exercise in which Muslims ~~abi~~ abstain themselves from eating and drinking in the month of Ramadan. It instill realization of hunger and deprivation in the believers. It develops patience and perseverance in the hearts of Muslims. Imam Ghazali describes fasting as,

“Fasting is not only abstaining oneself from eating and drinking but it means to abstain oneself from evil doing, evil listening, evil seeing and evil speaking.”

It means that fasting in Islam prevent a believer to indulge in every kind of evil act and therefore holds a great importance.



## 2 Meaning of Fasting:

i) Literal Meaning: Fasting in Islam is referred by the arabic word 'Sawm', which means 'to abstain' or 'to stop'.

ii) Contextual Meaning: In Islam fasting means to abstain from eating, drinking and sexual intercourse from dusk till dawn during the month of 'Ramadan'.

## 3 Importance of Fasting in Islam:

i) Importance According to Quran:  
In Quran, Allah emphasizes Muslims to observe fasting.

"Fasting is made mandatory for you, as it was made mandatory for the people before you, so that you may remain mindful"

ii) Annual Arab Retreat:

Muhammad Haykal, in his biography of Prophet Muhammad (PBUH), says that Ramadan was the month of



annual retreat for the Arabs before Islam. Even before revelation Prophet Muhammad (PBUH) used to spend time in 'Cave Hira' during Ramadan.

### iii) Revelation of Qur'an in the Month of Ramadan:

Qur'an was first revealed to Prophet Muhammad (PBUH) during the Month of Ramadan. Allah selected the most important month for Muslims to observe fasting.

### iv) Night of Al-Qadr:

Night of Al-Qadr falls in this month. Prophet Muhammad (PBUH) stressed upon observing fasting and praying in this month. The night of Al-Qadr is a special gift of Allah to Muslims. Prophet Muhammad (PBUH) said,

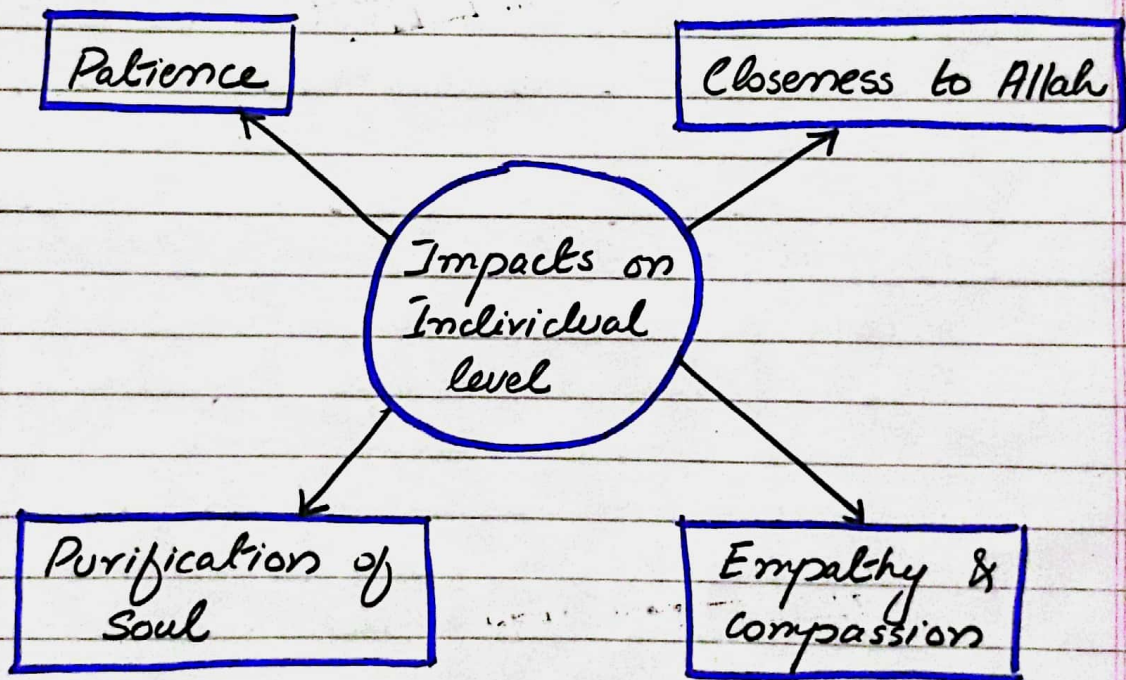
"The night of Miraj is better than thousands months"



#### 4 Conditions of Fasting:

Fasting is obligatory on every adult, and physically fit Muslim. However, if any Muslim is unable to observe fasting, he can feed starving people as compensation or can observe fasting after Ramadan.

#### 5 Impact of Fasting on Individuals:



##### i) Instill Patience:

The exercise of self-abstaining from all worldly during fast develops a habit of patience and perseverance. Muslims follow a strict schedule of observing fast according to prescribed times by Allah.



## ii) Closeness to Allah:

By fulfilling the commandments of Allah, Muslims can achieve nearness to Allah. Prophet Muhammad (PBUH) described it along other pillars of Islam as a means of submission to Allah.

"Submission to Allah means that you bear witness that there is no God but Allah, Prophet Muhammad is His messenger, perform obligatory prayer, pay the alms tax, observe fasting during the month of Ramadan and perform Hajj whenever possible"

- Hadith

## iii) Purification of Soul:

Fasting is a way of purification of soul. Muslims who observe fasting with all requirements are forgiven by Allah. Moreover, there is high reward for them in paradise.

"There is a separate gate named 'Bab ur Rayan' from where only those will pass who observe fasting"

- Hadith



### iii) Develop Empathy and Compassion:

Fasting develops a sense of empathy and compassion in the hearts of believers. Muslims feel the suffering of underprivileged and thank Allah for all the blessings.

## 6 Impact on Society:

### i) Revival of Islamic Spirit:

During the month of Ramadan Muslims are more spiritual and perform all their prayers in congregations. It means fast boost the spirit of brotherhood and united ummah. Muslim participate in religious events and learn Islamic teachings.

### ii) Cementing of Brotherhood:

Whole ummah unite as one and exchange food and gifts during the month of Ramadan. Poor people are specially taken care of.

### iii) Boost in Economic Activity:

Ramadan boost economic activity in society as people arrange iftar events for poor and needy people and



people by buying gift items for their loved ones.

#### iv) Environment of Festivity:

An spiritual environment is observed during Ramadan. People decorate streets and Mosques. Every Mosque arrange special Islamic events contributing to the overall Muslim unity and brotherhood.

#### 1) Conclusion:

In conclusion, fasting is an important pillar of Islam and holds great place in Islamic culture and traditions. It induces patience and spirituality in the hearts of Muslims and has profound impact on individual as well society at large.



## Question no. 08

### 'Short Note'

#### i) The Concept of Equality in Islam

##### 1 Introduction:

The virtue of equality is an important aspect of Islam. Everyone is an equal individual of the society according to society. Before Islam, Arabs used to segregate people based on tribes and colors. When Islam emerged it diluted and even mitigated all the differences on racial, economic and ethnic lines. Islam elevated the slave to the rank of commanders.

##### 2. Rationale for Equality in Islam:

The Holy Quran stresses upon equality among the Islamic society. This equality is the essence of Islam which makes it unique and universal religion.



## i) Equality in Creation:

In Holy Quran, Allah says,

"We made you from some pair of male and female, and divide you into nations and tribes, so that you may know each other. Indeed, the one who is righteous is the closest to Allah."

(Al-Quran)

## ii) Last Sermon of Prophet:

In his last sermon, Holy Prophet (PBUH) emphasized Muslims to maintain equality among themselves. Indeed, the last sermon of Holy Prophet is the ~~testament~~ testament of equality.

"An Arab has no superiority over non-Arab and vice versa, and a white has no superiority over black and vice versa?"

- Prophet Muhammad (PBUH)



### 3 Practical Manifestation of Equality:

#### i) Conduct of Prophet (PBUH):

The life of Prophet Muhammad (PBUH) is perfect example of equality in dealing. When a woman was brought before Prophet (PBUH) under the case of theft, Prophet (PBUH) wife Umm Salama tried to save her. Prophet Muhammad (PBUH) said,

“Swear to God, if Fatima bint Muhammad (PBUH) had done theft, her hand would have been chopped off.”

- Prophet Muhammad (PBUH)

#### 4 Conclusion:

In conclusion, Islam is the proponent of equality in every aspect of life. It has manifested equality through the conduct of Prophet Muhammad (PBUH) and his companions. By following this virtue, Muslim can develop a just and peaceful society.



## Question no. 08

### Short Note

#### ii) The Importance of Rule of Law

##### 1 Introduction:

Maintenance of rule of law holds great importance in Islam. Islam projects rule of law as a core principle for maintaining a just and fair society. The Prophet Muhammad (PBUH) and his companions portrayed an example of just and equal society by maintaining rule of law. Law encompasses everything, including oneself and relations attached to individuals.

##### 2 Importance of Rule of Law According to Quran:

Quran stresses upon maintenance of law and order and guide Muslims comprehensively on how to develop a just society.

"Maintain justice as you have been guided."

-(Al-Quran)



### 3 Practical Manifestation:

#### i) Life of Prophet Muhammad (PBUH):

The Prophet Muhammad (PBUH) demonstrated the rule of law by interpreting the Quran, acting as a judge and upholding that no one is above divine law.

At one instance, while judging between a Muslim and a Jew, a dispute, Prophet Muhammad gave verdict in the favour of Jews. This shows that rule of law is equal for everyone.

#### ii) Life of Right Guided Caliphs:

The lives of rightly guided caliphs is full of incidents that uphold the rule of law. The first caliph after the death of ~~Muslims~~ Prophet, Hazrat Abu Bakr said to the Ummah,

"Obey me as long as I obey Quran and Sunnah, and if I deviate from them don't follow me, and correct me"



#### 4 Conclusion:

Islam give immense important to the rule of law and Allah has emphasized the maintenance of rule of law in Quran in strong words. Moreover, the practical example is found in the conduct of prophet and the rightly guided caliphs.