

# Question # 02

day / date:

## (Concept and Importance of Fasting, Its Impacts on Individual and Society)

### 1. Introduction

Fasting is the 4th pillar of Islam. It is made obligatory on every adult Muslim. Its obligation came in 2A.H. Concept of fasting has its definition, types and process. Whereas it has various importance some of which are closeness and obedience to Allah, following Sunnah and self-discipline. It has both individual and social benefits like gratitude, community sense etc.

### 2. Concept of Fasting

#### a. Lexicological and Religious Definition of Fasting

Literal meaning of the word 'Sawm' is 'to abstain' or 'to refrain'. In Shariah or Religious content, it refers to the obligatory fasts of Ramadan. The fasts of Ramadan were made obligatory in 2A.H. During fasting, one has to refrain from eating, drinking and all immoral and prohibited activities.



## b- Types of Fasts

### Types of fasts

Obligatory fasts of Ramadan, which is the ninth month of Islamic Calendar.

Non-obligatory fasts are Sunnah. There were observed by Prophet Muhammad (PBUH) at various days in a year e.g., Fasts of every Monday and Thursday.

## c- Procedure of Fasting

The most crucial times of fasting are Suhoor (morning time) and Aftari (evening time). One needs to stop eating and drinking just before the break of dawn (Fajr Prayers) till the Maghrib Prayers' time began.

## d- Obligation of Fasts

It is obligated on every adult Muslim. Those who are sick or are travelling can complete their fasts after Ramadhan because Allah does not burden anyone.



"Allah does not burden a soul beyond its capacity"  
(Interpretation of an Ayah)

### 3- Importance of Fasting

#### a- Fasting Enforces Closeness to Allah

Fasting enforces closeness to Allah as the believer keeps himself away from all indecent acts. He also keeps himself busy in the recitation of Quran. In an Ayah from Al-Baqarah Allah says

"--- Quran was revealed in Ramadan"

So reciting it and understanding it is more rewarding.

#### b- Fasting Enforces Obedience to Allah

Fasting is the fourth pillar of Islam. Allah (SWT) says in an ayah that

"Fasting has been made obligatory on you as it was made obligatory on those before you"  
(Interpretation)



## c- Fasting Ensures Believers Follow the Footsteps of Prophets

Fasting is Sunnah of almost every prophet so when Muslims observe fast they are actually following the Sunnah of all the prophets of Allah (SWT)

## d- Fasting Results in Self-Discipline

Everyone who fasts in Islam try to be disciplined in their namaz timing as well. Therefore, through fasting Muslims, who may feel lazy to pray all five salah, find encouragement to be disciplined according to Allah (SWT) and Prophet's teachings

## 4- Impacts of Fasting on Individual

### a- Through Fasting Human Bodies Get Clean

Fasting result in cleanliness of the blood streams in human bodies. Today many dieticians suggest intermittent fasting to lose fat and increase metabolism. However, Muslims' bodies work on their



health through fasting thirty days of Ramadhan and fasting on other days as well

## b- Benefits of This Life and Afterlife

The rewards of each act is doubled in the month of fasting. That is every good deed is a way to Jannah. Prophet Muhammad PBUH said that

<sup>66</sup> "Doors of hell are closed in Ramadhan and all doors to heaven are opened"

## c- Fasting Instill Gratitude

Through fasting a person can realize the importance of blessing of all the foods and drinks he has. He realizes this blessing and feels more empathetic towards less-privileged of the society. Hence, he also focuses on more charity.

## 5- Societal Impacts of Fasting

a- Community sense prevails as people get-together at Suhoor and Aftar



The two main times of the fasting are subhoor and aftar. At these times, people prefer to share their tables and goods with family, friends, neighbours etc. Many also organize charity aftar. All these activities strengthen the social fabric and community sense.

## B- Charity Through Zakat Increases Financial Help

People also prefer disembodying zakat in Ramadhan. This increases hope for the poor and needy. They either get financial help or prefer monthly staple goods for their kids. Resultantly, the pressure comes off the poor. Organization like Akumat Foundation, Al-Khidmat Foundation also channelize zakat to war-torn areas.

## C- Small-Business find Boom in Ramadhan

Since more charity is distributed, the purchasing power of many increases. Resultantly, the cottage or home-based business find good place in physical as well as online markets. Their low prices make them competitive and they find space to get recognition in markets.



## 6- Conclusion

Conclusively, fasting is obligatory during Ramadhan. Some believers observe non-compulsory fasting too due to health and spiritual impacts. For societies, it's a blessing as it strengthens social fabric, more zakat is channelized and small business find a way into the markets.



# Question # 03

day / date:

## (Treaty of Hudaibiyah - a diplomatic Game - Changer)

### 1. Introduction

Prophet Muhammad PBUH did not learn or took an formal education. Yet he had brilliant characteristics of being a successful diplomat. His diplomatic efforts both before and after prophethood are exemplary. Treaty of Hudaibiyah is one of such efforts to keep the Arab society connected. His efforts did not let the new believer sever ties of kinship. Rather as a result of the Treaty of Hudaibiyah (signed in Dhul-Qi'ad in 6A.H.) Muslims and Makkah could also conduct trade.

### 2 - Treaty of Hudaibiyah

Treaty of Hudaibiyah was a truce or peace treaty between the newly found state of Medina and the tribes of Makkah for ten years. Following were the main points of the treaty:

- i - Muslims will visit Makkah next year
- ii - Muslims will be allowed to keep swords in their sheaths for self-defense
- iii - There will be no war for two years to receive economic





Stability

- iv) Quraysh can have trade caravans through Muslims' area
- v) If any Makkah reach Medina, as a convert, Medina will send him/her back to Makkah

### 3- Background Before the Treaty of Hudaibiyah

#### a- Battles between Medina and Quraysh

After the migration, the Muslims and Quraysh tribes fought three battles before the treaty of Hudaibiyah. Battle of Badr, Battle of Uhud, and Battle of Confederates (Battle of Ahzab). By that time the leaders of Quraysh were familiar with the resolve of the Muslims.

#### b- Muslims Movement to Makkah for Hajj and Pledge of Aqabah

When the prophet (PBUH) dreamt of performing Hajj, he ordered Muslims to travel for Hajj to Makkah. As soon as they stopped for Shram,



Hazrat Usman (R.A.) was sent to talk with the leaders of the Makkah. Soon after the rumors related to the death of Hazrat Usman (R.A.) reached Muslims. They offered pledge to Prophet Muhammad to take revenge of their companion. When the Makkah witnessed the determination of the Muslims, they accepted the hand in Truce.

## 4- Reasons Why the Treaty was a Diplomatic Game-Changer

a- Prophet's (PBUH) effort for track-II diplomacy:

The treaty was drafted by Hazrat Ali (R.A.) and so it named Prophet (PBUH) as "Rasoolul Allah". When a copy was presented to Abu Sufyan, he refused to sign under the pretext that "Had I accepted you the rasool of Allah, why would I fight against you." Although Prophet's companions reacted to his audacity, Prophet (PBUH) himself calmly agreed and changed his name as 'Muhammad bin Abdullah'.



It left an impression that Islam does not force everyone to believe. It was the first diplomatic and bilateral agreement.

## b- Prophet Practiced the International Law of Modern Times

In modern times, abiding by the International Law is obligation to all states. Similarly, in ancient times this was called as 'Pacta Sunt Servanda' meaning 'obey the treaty anyhow otherwise it was considered a declaration of war'. When Abu Jandal escaped the prison in Makkah and reached Medina, Prophet ordered him to turn back. Allah (SWT) also says in the Quran that:

66 -- You will be questioned about your pledges (promises) --  
(Interpretation of am Ayah)

## c- Quraysh Accepted the Existence of Muslims' State

It was an official declaration that Quraysh now legitimizes the state of Medina. The believers were treated on equal terms and Medina



got political life in Arabia. As after the treaty, Prophet (PBUH) sent invitations to accept Islam to other Kings.

## d- Arabia got Religious and Ideological Freedom

By accepting the treaty, Quraysh declared their religious leadership over Makkah alone. Their leadership role in the area was taken away without any fight. Because after two years of the treaty, twice as many people entered Islam.

## 5- Critical Analysis

In Arabian Peninsula, the treaty of Hudaibiya was diplomatic game-changer because it brought the Makkah leaders to the table of negotiations. It resulted in the atmosphere of religious freedom for everyone outside Makkah. Also the economic and kinship ties stabilized afterwards. Such a win without any fight was new in the area of bedouins. Hence, it was a game-changer.