

# Fasting

## **BISMILLA HIR RAHMAA NIR RAHEEM**

ALLAH (THE EXALTED)'S NAME I START WITH, THE MOST  
BENEFICENT AND MERCIFUL

### **Lesson One**

#### **ON THE IMPORTANCE AND EXCELLENCE OF FASTING**

Allah Almighty says, *"You who believe! Fasting is prescribed (and made compulsory) for you, as it was prescribed for those (nations) before you-so that hopefully you will be godfearing (by avoiding acts of disobedience, because fasting subdues the appetites which are the beginning of such acts) - (Holy Quran: 2:183 – Tafseer Jalalayn)*

Sayyidina Abu Hurayra (May Allah be pleased with him) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "Allah, the Mighty and Exalted said, 'Every action of the son of Adam is for himself except for fasting. It is Mine and I repay it.' Fasting is a shield. When someone is fasting, he should not have sexual relations nor quarrel. If someone fights him or insults him, he should say, 'I am fasting'. By the One in whose hand the self of Muhammad is, the changed breath in the mouth of the faster is more fragrant to Allah than the scent of musk. The faster experiences two joys: when he breaks his fast he rejoices and when he meets his Lord he rejoices in his fasting." [Agreed upon]

In one variant of al-Bukhari, "He has left his food and drink and appetites for My sake. Fasting is Mine and I repay it. Any other good deed I repay with ten like it."

In a variant of Muslim, "Every action of the son of Adam is multiplied. A good action receives from ten to seven hundred times. Allah Almighty said, "Fasting is Mine and I repay it. He leaves his appetites and food for My sake. The faster experiences two joys: a joy when he breaks his fast and a joy when he meets his Lord. The changed breath in the mouth of the faster is more fragrant to Allah than the scent of musk."

Sayyidina Abu Hurayra (May Allah be pleased with him) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "The one who spends out two kinds of actions in the way of Allah will be summoned from the gates of the Garden and told, 'O slave of Allah this is better.' All the

people who did the prayer will be called from the gate of the prayer. All the people who did jihad will be called from the gate of jihad. All the people who fasted will be called from the gate of Rayyan. All the people who gave sadaqa will be called from the gate of sadaqa." Abu Bakr said, "May my father and mother be sacrificed for you, Messenger of Allah. No one called from those gates will feel distress. Will anyone be called from all those gates?" He said, "Yes, and I hope that you will be among them." [Agreed upon]

Sayyidina Sahl ibn Sa'd (May Allah be pleased with him) reported that the Prophet, may Allah bless him and grant him peace, said, "There is a gate in the Garden called ar-Rayyan which those who fast will enter on the Day of Rising, and none but they will enter it." It will be said, 'Where are the fasters?' They will stand up and none but they will enter it. When they have entered it, it will be closed and no one else will enter it." [Agreed upon]

Sayyidina Abu Sa'id al-Khudri (May Allah be pleased with him) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "No slave fasts one day in the way of Allah without Allah putting his face seventy years' journey away from the Fire on account of that day." [Agreed upon]

Sayyidina Abu Hurayra (May Allah be pleased with him) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "Anyone who prays in Ramadan motivated by belief and in expectation of the reward will be forgiven his past wrong actions." [Agreed upon]

Sayyidina Abu Hurayra (May Allah be pleased with him) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "When Ramadan comes, the gates of the Garden are opened, the gates of the Fire are closed and the shaytans are chained up." [Agreed upon]

### **On generosity, charity and doing much good in the month of Ramadan, and increasing that in the last ten days of the month**

Sayyidina Ibn 'Abbas (May Allah be pleased with him) said, "The Prophet, may Allah bless him and grant him peace, was the most generous of people, and he was even more generous during Ramadan when Jibril met him. Jibril used to meet him every night in Ramadan until it was over and the Prophet would go through the Qur'an with him. The Messenger of Allah was more generous with good things than the blowing wind." [Agreed upon]

Sayyidah A'isha (May Allah be pleased with her) said, "When the last ten days of Ramadan started, the Messenger of Allah, may Allah bless him and grant

him peace, used to pray during the night, wake up his family and intensify his efforts." [Agreed upon]

**On commanding the faster to guard his tongue and limbs from incorrect actions, verbal abuse and the like**

Sayyidina Abu Hurayra (May Allah be pleased with him) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "When someone is fasting, he should not have sexual relations nor quarrel. If someone fights him or insults him, he should say, 'I am fasting'" [Agreed upon]

**On the excellence giving the faster something with which to break the fast, and the excellence of the faster when people eat in his presence and the supplication of the one who eats for what is eaten**

Sayyidina Zayd ibn Khalid al-Juhani (May Allah be pleased with him) reported that the Prophet, may Allah bless him and grant him peace, said, "Whoever gives a faster something with which to break his fast has the same reward without that diminishing the reward of the faster in any way." [at-Tirmidhi]

Sayyidina Umm 'Umara al-Ansariyya (May Allah be pleased with him) reported that the Prophet, may Allah bless him and grant him peace, visited her and she presented him with some food. He said, "Eat." She said, "I am fasting." The Messenger of Allah, may Allah bless him and grant him peace, said, "The angels pray for blessing on a fasting person when people eat in his presence until they finish." Perhaps he said, "Until they are full." [at-Tirmidhi]

Sayyidina Anas reported (May Allah be pleased with him) that the Prophet, may Allah bless him and grant him peace, visited Sa'd ibn 'Ubada, who brought some bread and oil, and he ate. Then the Prophet, may Allah bless him and grant him peace, said, "Those who were fasting have broken the fast with you and the pious have eaten your food and the angels prayed for blessings on you." [Abu Dawud]

on his food and drink." [al-Bukhari]