

RAMADHAAAN

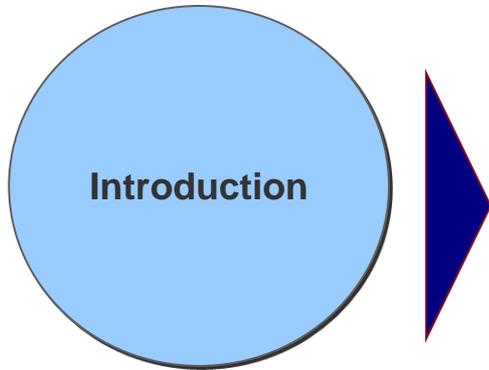
The Blessed Month of Fasting

Time to purify and train
body and soul

A quick and easy summary on the meaning, purpose
and benefits of fasting in Islam.



A warm welcome to you!



The month of Ramadhaan is around. Through this presentation we hope you will explore more about Ramadhaan, appreciate the significance of this blessed month.

We also hope that this presentation will make your fasting purposeful and rewarding.

In reality, this is Ramadhaan gift from Allah, The Most Wise, to us.

Allah , The Most Wise says:

"Fasting is prescribed for you as it was prescribed for those before you, that you may attain taqwaa(self-restraint)"

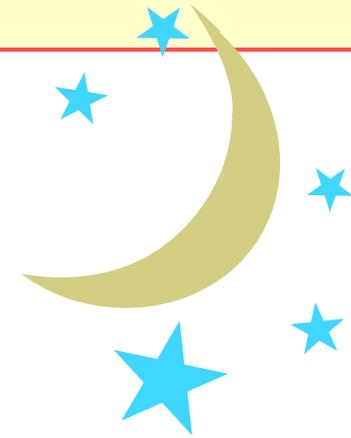
[Quran-2:183]

Ramadhān - sacred month in the Islamic Calendar

Islamic Calendar or the Hijri Calendar is based on the lunar year.

1 Muharram	2 Safar	3 Rabi-ul-Awwal
4 Rabi-u-thani	5 Jumadul Awwal	6 Jumaduthani
7 Rajab	8 Sha'baan	9 Ramadhān
10 Shawwal	11 Zul-Hijjah	12 Muharram

It is obligatory on Muslims to fast in this month.



Fasting means abstinence



To stop eating & drinking
from dawn until dusk



Food



Drink



Smoking is also prohibited during fasting !

People who are exempted from fasting

Very natural,
very
considerate
religion



Minors



Aged*



Traveler**

“... but whoever is sick or upon a journey, then (he shall fast) a (like) number of other days; Allah desires ease for you, and He does not desire for you difficulty, and (He desires) that you should complete the number and that you should exalt the greatness of Allah for His having guided you and that you may give thanks.” -Quran- 2:185

Pregnant
Women**

Suckling
Women**

Menstruating
Women**

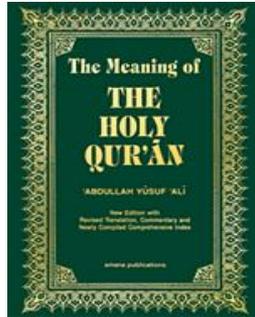
Mentally
Challenged

* Should donate a meal to the needy

** Should fast an equivalent number of days afterwards

Why fasting?

The goal of fasting is to develop **self-restraint**.



Holy Quran states: “O you who believe! Fasting is prescribed to you as it was prescribed to those before you, so that you may develop **Taqwa** (self-restraint)” [2:183]

Example: God says about Mary in the Qur'an that she said: “Verily!, I have vowed a fast to the Most Beneficent...[Maryam 19:26].

What is Taqwa?

Taqwa is an Arabic word. It is the state of heart that motivates virtuous conduct and prevents evil action.

Love of God

+

Fear of God



Taqwa (Self-restraint)

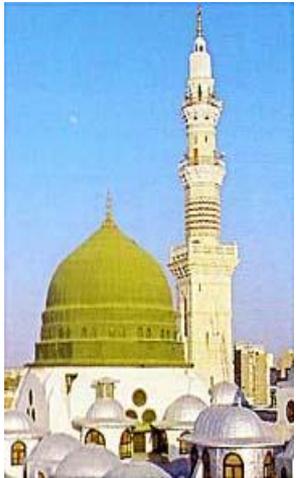
Taqwa is the ability to safe-guard.

“A great blessed month...”

Prophet Muhammad’s (peace and blessings of Allah be upon him) address on the eve of Ramadan:

“

- ▶ People, a great blessed month has come upon you.
- ▶ Allah has made fasting during it an obligation, and steadfastly observing its nights in worship a voluntary act.
- ▶ Whoever undertakes an act of obedience to Allah during this month with a righteous deed, it is as if he has performed an obligatory act at other times,
- ▶ and whoever performs an obligatory act during it is as one who performed seventy obligations at other times.
- ▶ It is the month of patience, and the reward for patience is Paradise.
- ▶ It is the month of goodwill, during which provisions are multiplied.



Fasting and sins don't go together

CAUTION

Prophet Muhammad's (peace and blessings of Allah be upon him) said:

- “ Allah has **no need** for the hunger and the thirst of the person who does not restrain from telling lies and acting on them even while observing fast.”
- “ When one of you is fasting, He should abstain from indecent acts and unnecessary talk, and if someone begins an obscene conversation or tries to pick an argument, he should simply tell him, ‘I am fasting.’”

Benefits of Fasting in Islam : How character-building is achieved...

Fasting

Taqwa (Self-restraint)

God-fearing nature

Afterlife Accountability

Patience

Self-control

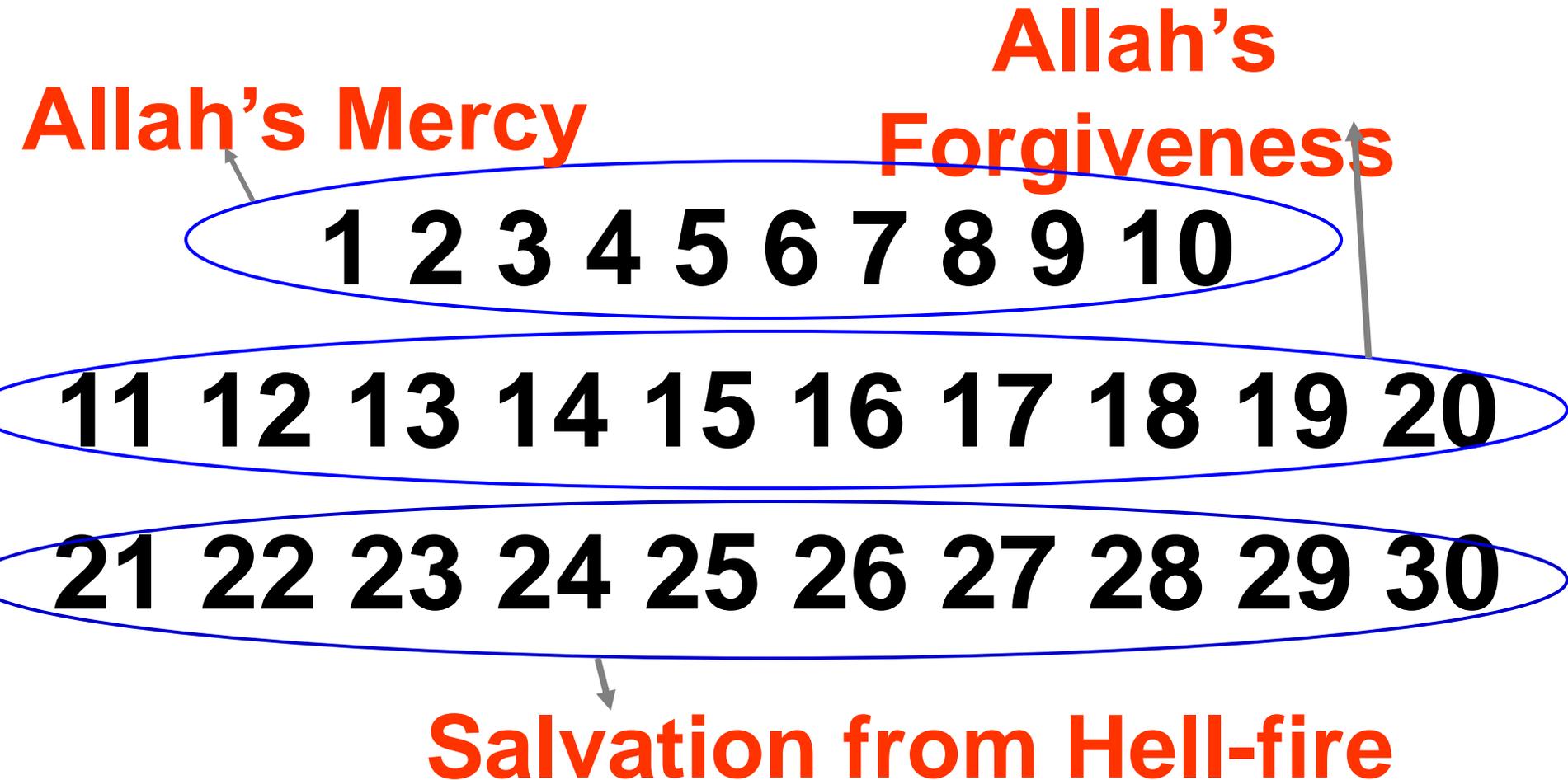
Self-discipline

Responsibility

Obedience

Purification of soul

Days of Ramadhaan - There are special benefits in each of the 3 x 10 days of this month



Accordingly, Let's beg for Allah's mercy, His forgiveness and salvation from the hell-fire

Reward of Fasting

Prophet Muhammad's (peace and blessings of Allah be upon him) proclaimed the reward of fasting:

“Every action of the son of Adam is given manifold reward, each good deed receiving ten times its like, up to seven hundred times. **Allah the Most High said, ‘Except for fasting, for it is for Me and I will give recompense for it, he leaves off his desires and his food for Me.’** for the fasting person there are two times of joy; a time when he breaks his fast and a time of joy when he meets his Lord, and the smell coming from the mouth of the fasting person is better with Allah than the smell of musk.”

Developing ethics through fasting: Social responsibility and Individual morality

Social responsibility

Benefits are two-fold. One has to abstain from food and drink in order to feel in one's body what the poor and hungry feel. Thus, social responsibility is being hammered into religious consciousness as a religious postulate.

Self-discipline

The other purpose of fasting during Ramadan is self-discipline, an aspect of individual morality strongly accentuated in all Islamic teachings (as for instance in the total prohibition of all intoxicants which Islam regards as too easy avenue of escape from consciousness and responsibility).

Islamic Ethics

In these two elements- brotherhood of man and individual self-discipline-began to discern the outlines of Islam's ethical outlook.

Cultivating feelings for poor and hungry



These are familiar images from Africa. But poor and hungry people may be present in your neighbourhood. **Do you feel how the hungry and thirsty feel?**

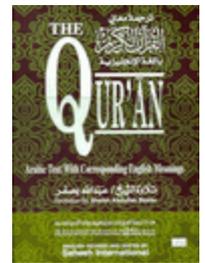
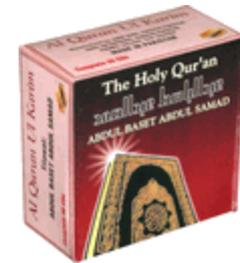
The condition of hunger gets highlighted on each fasting person leading to:

- ⇒ Care and concern for the poor and hungry
- ⇒ Helping attitude towards have-nots
- ⇒ Charity and donations
- ⇒ Refrain from wasting food and drinks.
- ⇒ Social responsibility

The month of the Revelation of the Qur'an

“The month of Ramadan is that in which the Quran was revealed, a guidance to humanity and clear Proofs of the guidance and the distinction”-

Holy Qur'an 2:185



Do you know this about the Quran?

And we have indeed made the Quran easy to understand and remember, then is there any one who will remember (or receive admonition)- Holy Quran 54:17

Fasting for Good Health

Recent Perspectives by others

“Fast and you shall become healthy”

-Prophet Muhammad
(peace and blessings of Allah be upon him)

Stated
1400 years
ago

“Fasting gives the body the environment to heal itself--physiologic rest”

“Abstinance from food for a short time can in no way operate to the disadvantage of a normal person.”

“In fact, individuals affected with certain types of gastrointestinal disorders are benefited by fasting.”

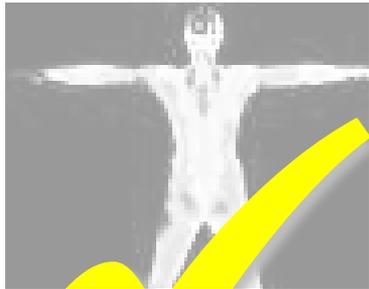
“Fasting has also been used in cases of diabetes and obesity.”

“It is a cleansing process and a physiologic or functional rest which prepares the body for future correct living.”

The role of fasting according to a Prominent Doctor*

It gives vital organs a complete rest

It promotes elimination of metabolic wastes



It allows the body to adjust and normalize its biochemistry and also its secretions

It lets the body break down and absorb swellings, deposits, diseased tissues, and abnormal growths;

It restores a youthful condition to the cells and tissues

It increases the powers of digestion and assimilation (absorption and utilization of food into the system)

It permits the conservation and re-routing of energy; It clears and strengthens the mind;

Fasting is good for the human body

Misbeliefs about Fasting*

- ▶ Fasting does not:
 - ▶ cause the stomach to atrophy
 - ▶ paralyze the bowels
 - ▶ deplete the blood
 - ▶ produce anemia
 - ▶ cause the heart to weaken or collapse cause the heart to weaken or collapse
 - ▶ produce deficiency or mal nutritional disease
 - ▶ reduce resistance to disease
 - ▶ harm the teeth, the nervous system, glands or vital organs
 - ▶ weaken the vital powers or cause mental disturbances.

Blood sugar is little depressed; it is synthesized from protein.

* From the Book *Triumph Over Disease By Fasting and Natural Diet*

Finally....

Allah, Most Wise says:

"Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn Taqwaa (piety & righteousness)" (Qur'an, al-Baqarah, 2:183)

"The most honoured by Allah amongst you are those best in taqwaa (piety)." [Qur'an 49:13]

The Messenger of Allah Muhammad [Peace be upon him] is reported to have said:

:"... whoever fasts during Ramadhan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven." [Hadith-Bukhari]