

The Month of Ramadan and Fasting

1. Allah has chosen fasting for Himself, and He will reward for it and multiply the reward without measure. He says in the Sacred Hadith: "Except for fasting which is only for My sake, and I will reward him for it."
2. Fasting has no equal and the Du'aa' of the fasting person will not be refused
3. The fasting person has two moments of joy: one when he breaks his fast and one when he meets his Lord and rejoices over his fasting.
4. Fasting will intercede for a person on the Day of Judgement, and will say, "O Lord, I prevented him from his food and physical desires during the day, so let me intercede for him."
5. The smell that comes from the mouth of a fasting person is better with Allah than the scent of musk.
6. Fasting is a protection and a strong fortress that keeps a person safe from the Fire. Whoever fasts one day for the sake of Allah, Allah will remove his face seventy years' distance from the Fire.
7. Whoever fasts one day seeking the pleasure of Allah, if that is the last day of his life, he will enter Paradise.
8. In Paradise there is a gate called al-Rayyan, through which those who fast will enter, and no one will enter it except them; when they have entered it will be locked, and no-one else will enter through it."
9. Fasting during the Month of Ramadan is a pillar of Islam.
10. The Qur'an was revealed in this month, and in it there is a night that is better than a thousand months.
11. When the Month of Ramadan begins, the gates of Paradise are opened and the gates of Hell are closed, and the devils are put in chains.
12. Fasting Ramadan is equivalent to fasting ten months.
13. Whoever fasts Ramadan out of faith and with the hope of reward, all his previous sins will be forgiven."
14. At the breaking of every fast, Allah will choose people to free from Hellfire.
15. There is much wisdom and many benefits in fasting, which have to do with the Taqwa (piety and righteousness) mentioned by Allah in this verse (interpretation of the meaning): "... *that you may become al-muttaqoon (the pious).*" [*al-Baqarah 2:183*] The interpretation of this is that if a person refrains from lawful things hoping to earn the pleasure of Allah and out of

fear of His punishment, it will be easier for him to refrain from doing unlawful things.

16. If a person's stomach is hungry, this will keep many of his other faculties from feeling hunger or desires; but if his stomach is satisfied, his tongue, eyes, hands and other faculties will start to feel hungry.
17. Fasting leads to the defeat of the devil; it controls desires and protects one's faculties.
18. When the fasting person feels the pangs of hunger, he experiences how the poor feel, so he has compassion towards them and gives them something to ward off their hunger. Hearing about them is not the same as sharing their suffering, just as a rider does not understand the hardship of walking unless he gets down and walks.
19. Fasting trains the will to avoid desires and keep away from sin; it helps a person to overcome his own nature and to wean himself away from his bad habits.
20. It also trains a person to get used to being organized and punctual, which will solve the problem that many people have of being disorganized.
21. Fasting is also a demonstration of the unity of the Muslims, as the Muslim Nation fasts and breaks its fast at the same time.
22. We should make sure that we eat and drink something at suhoor, and that we delay it until just before the Adhan of Fajr. The Prophet (peace and blessings of Allah be upon him) said: "Have suhoor, for in suhoor there is blessing (barakah)." "Suhoor is blessed food. What a good suhoor for the believer is dates.
23. Not delaying Iftar (breaking the fast), because the Prophet (peace and blessings of Allah be upon him) said: "The people will be fine so long as they do not delay Iftar."
24. Breaking one's fast in the manner described in the hadeeth narrated by Anas (may Allah be pleased with him): "The Prophet (peace and blessings of Allah be upon him) used to break his fast with fresh dates before praying; if fresh dates were not available, he would eat (dried) dates; if dried dates were not available, he would have a few sips of water."
25. After Iftar, reciting the words reported in the hadeeth narrated by Ibn 'Umar (may Allah be pleased with them both), according to which the Prophet (peace and blessings of Allah be upon him), when he broke his fast,

would say: "*Dhahaba al-zama', wa'btallat al-'urooq, wa thabat al-ajru in sha Allah* (Thirst is gone, veins are flowing again, and the reward is certain, in sha Allah.

26. Keeping away from sin, because the Prophet (peace and blessings of Allah be upon him) said: "When any of you is fasting, let him not commit sin..." The Prophet (peace and blessings of Allah be upon him) said: "Whoever does not stop speaking falsehood and acting in accordance with it, Allah has no need of him giving up his food and drink."
27. The person who is fasting should avoid all kinds of unlawful actions, such as backbiting, obscenity and lies, otherwise his reward may all be lost. The Prophet (peace and blessings of Allah be upon him) said: "It may be that a fasting person gets nothing from his fast except hunger."
28. Among the things that can destroy one's Hasanaat (good deeds) and bring Sayi'aat (bad deeds) is allowing oneself to be distracted by idle gatherings with evil people, and time wasters.
29. Not allowing oneself to be provoked, because the Prophet (peace and blessings of Allah be upon him) said: "If someone fights him or insults him, he should say, 'I am fasting, I am fasting.'" One reason for this is to remind himself, and another reason is to remind his adversary. But anyone who looks at the conduct of many of those who fast will see something quite different. It is essential to exercise self-control and be calm.
30. Not eating too much, because the Prophet (peace and blessings of Allah be upon him) said: "The son of Adam fills no worse vessel than his stomach." The wise person wants to eat to live, not live to eat.
31. Being generous by sharing knowledge and having a good attitude. "The Messenger of Allah (peace and blessings of Allah be upon him) was the most generous of people [in doing good], and he was most generous of all in Ramadan when Jibril met with him, and he used to meet him every night in Ramadan and teach him the Qur'an. The Messenger of Allah (peace and blessings of Allah be upon him) was more generous in doing good than a blowing wind." How can people exchange generosity for stinginess and action for laziness, to the extent that they do not do their work properly and do not treat one another properly, and they use fasting as an excuse for all this.

32. Combining fasting with feeding the poor is one of the means of reaching Paradise, as the Prophet (peace and blessings of Allah be upon him) said: "In Paradise there are rooms whose outside can be seen from the inside and the inside can be seen from the outside. Allah has prepared them for those who feed the poor, who are gentle in speech, who fast regularly and who pray at night when people are asleep."
33. The Prophet (peace and blessings of Allah be upon him) said: "Whoever gives food to a fasting person with which to break his fast, will have a reward equal to his, without it detracting in the slightest from the reward of the fasting person." What is meant is that he should feed him until he is satisfied.
34. Preparing oneself and one's environment for worship, hastening to repent and turn back to Allah, rejoicing at the onset of the month, fasting properly, having the right frame of mind and fearing Allah when praying Tarawih, not feeling tired during the middle ten days of the month, seeking Laylatul-Qadr, reading the entire Qur'an time after time, trying to understand what you are reading.
35. Charity given during this virtuous time is multiplied.
36. There is nothing wrong with congratulating one another at the beginning of the month. The Prophet (peace and blessings of Allah be upon him) used to tell his Companions the good news of the onset of Ramadan and urge them to make the most of it. Abu Hurayrah (may Allah be pleased with him) said: "The Messenger of Allah (peace and blessings of Allah be upon him) said, 'There has come to you Ramadan, a blessed month. Allah has made it obligatory on you to fast (this month). During it the gates of Paradise are opened, and the gates of Hell are locked, and the devils are chained up. In it there is a night that is better than a thousand months, and whoever is deprived of its goodness is deprived indeed.'"