

## RAMADAN:

Almost all religions practice fasting, one way or another.

Allah tells us that HE has ordained fasting for all religions.

“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous” – Surah al-Baqarah, 2: 183

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

- But the special feature in Islam is that it ordains us not to eat or drink from dawn to sunset. It would seem the toughest way to fast. However, Science today acknowledges that, from increased metabolism and detoxification to sharper brains and improved emotional health, fasting during Ramadan can contribute to overall health. During fasting hours, the body shifts from using glucose as its primary energy source to burning stored fat. Thus, it helps in weight loss and regulates sugar levels. *But this is possible only if we control our eating habits and do not indulge in feasting instead of fasting.* Fasting gives the digestive system a period of rest, and the concentrated digestive juices help clean and renovate the inner digestive organs. (It is like spring-cleaning your house every year.)

- Fasting in Ramadan is a means of spiritual purification, allowing Muslims to purify their minds, hearts, and bodies through self-discipline, self-control, and introspection.

- For Muslims, fasting was ordained only after our Prophet ﷺ migrated to Medina, and he was not in poverty but reasonably well off. So, we cannot say fasting is only for the poor and needy, nor is it only to know the pangs of hunger.

- Of the five pillars of Islam, the fifth of which is Hajj, we practice the first four pillars during Ramadan: Tawheed, Salaat, Saum and Zakat, with more sincerity and dedication, and strive to reap the great rewards that Allah has offered.

However, in truth, it is really a training period, the effects of which should last throughout the year. We realise the importance of all our obligations towards Allahuta'ala.

Thus, the act of fasting is not just an act of worship but also.

1. Training to realise that Allah is ever watching us, whatever we do.
2. Training for restraining our thoughts and keeping away from what HE has forbidden.
3. Training for increasing our good deeds and keeping away from evil.

4. Training to control our anger and not scoff at others.
5. Training to learn to forgive others (if we want Allah to forgive us).
6. Training to control our desires when others try to mislead us. etc., etc.

- Can you imagine a car without a brake rushing along the road? It will surely end up in an accident and be destroyed. Similarly, we find that man is rushing towards destruction, pursuing material things in this world. This fasting during Ramadan is a break, a pause for man to ponder over the commands of Allah.

- Our Prophet said, 'The one who does not fast during Ramadan is unfortunate, for he misses the perks that can be obtained because of it.' That is because there are many merits to fasting. The man who fasts with Ikhlas and Taqwa and controls his anger when dealing with them, Allah will forgive them and rub out their small sins. --- Sahi Bukhari: H. No. 2014

- One who is able yet does not fast is declaring his disobedience and is not fit to be a Mu'min, thus losing his right to forgiveness and Mercy from Allah.

- One who fasts sincerely, completely, with all obligations fulfilled, can enter into Heaven through the special door called RAYAAN. (Sahi Bukhari: H. No. 1896)

- Let us make the best use of this month, whose reward is 70 times that of other times, and reap as many benefits as possible, simultaneously training ourselves for the whole year. And remember that every deed done to please Allah is termed an Ibadah. Therefore, the man who earns to provide and the woman who cooks to feed the fasting members of the family are termed ibadah, if they do it solely to please Allahut'alah.

- May Allah grant us the ability to reach the Night of Power (Laylatul Khader), whose reward is equal to a thousand months!!

- The month when the Quran was first revealed to our dear Prophet Mohammad ﷺ.

May Allah accept all our ibadah and help us reach Jannatul Firdous. Ameen.

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