

Date: 24-03-2023 (simplified summary)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ  
الْهُدَى وَالْفُرْقَانِ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ  
وَقَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
الصَّيَامُ جُنَّةٌ إِذَا كَانَ أَحَدُكُمْ صَائِمًا فَلَا يَرُفُثُ، وَلَا يَجْهَلُ، فَإِنْ  
أَمْرٌ قَاتَلَهُ، أَوْ شَاتَمَهُ، فَلْيَقُلْ: إِنِّي صَائِمٌ، إِنِّي صَائِمٌ

## RAMADAN AND FASTING

Dear Muslims! We are in the month of Ramadan, of which the beginning is mercy, the middle forgiveness and the end salvation from the *jahannam*. According to a *hadīth*, the Prophet ﷺ said the following: **“Fasting is a shield. If any of you are fasting, don’t let him say bad words and quarrel. If anyone quarrels with him or speaks ill to him, let him say, “Verily, I am a faster; verily I am a faster.”**”<sup>1</sup> The purpose of fasting is to fast not only with our stomach, but with all our organs. Fasting is the most ideal way to train the soul, willpower and piety. It means awareness of Allah and avoidance of sins and evils. It is to protect our eyes from the things that Allah has forbidden, and protect ourselves from evil, such as lying, cheating and quarrelling. Let’s think carefully about the following words of the Prophet ﷺ: **“There are people who fast and get nothing from their fast except hunger”**.<sup>2</sup> **“Whoever does not stop lying, evil deeds and ignorant behaviour, Allah does not need him to leave his food and drink.”**<sup>3</sup>

Translation Commission ISN

<sup>1</sup> Al-Bukhārī, Al-ṣawm, 9; Muslim, Al-ṣiyām, 163.

<sup>2</sup> Al-Bukhārī, Al-ṣawm, 2.

<sup>3</sup> Al-Bukhārī, Al-ṣawm, 8.