

Chapter – 30

Fasting

(روزه)

- ❖ يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ لَعَلَّكُمْ تَتَّقُونَ .
- ❖ أَيَّامًا مَّعْدُودَاتٍ فَمَن كَانَ مِنكُم مَّرِيضًا إِن كُنتُمْ تَعْلَمُونَ .
- ❖ شَهْرَ رَمَضَانَ الَّذِي مَا هَدَاكُم وَلَعَلَّكُمْ تَشْكُرُونَ .

O people who believe! Fasting is made compulsory for you, like it was meant for before you, so that you may attain holiness. (02:183)

For a certain number of days only; so whoever is sick among you, or on a journey, (Fast) the same number in other days; and those who do not have the strength for it must give a redemption by feeding a needy person;(and) so whoever increase the good of his own record, it is better for him; and fasting is better for you, if only you realize. (02:184)

The month of Ramadan in which the Quran was sent down, the guidance of mankind, the direction and the clear criteria; so whoever among you witness this month, must fast; and whoever is sick or on a journey may fast the same number in other days; Allah desires ease for you and does not desire hardship for you, so that you complete the count and glorify Allah's greatness for having guided you and so that you may be grateful. (02:185)

Renouncing to eat and drink right from dawn to dusk is called “Fasting”. For fasting there is a Hadith Qudsy that:

الصَّوْمُ لِيْ وَ اَنَا اُجْزِيْ بِهٖ

{Fasting is for Me (God) and its reward is Me (God)}

Fasting has a sort of that grace which God's attribute of الصَّمَدُ (Perfect, does not require anything) has. --- In this a power of no need

of anything except Allah سبحانه و تعالی comes in a man. He does not eat or drink. He does not have the sexual urge as well.

What are the general benefits of Fasting ----?

- On account of Fast one can realize the hunger of a poor man.
- On account of Fast a man become strong and laborious and can bear the pain of hunger and thirst.
- On account of Fast one can get rid of many diseases.

Obligation of Fasting is not a new thing. In the periods of previous Prophets, the Fast was mandatory. The difference was only in conditions and details. Islamic Scholars say that Fasting was enforced for Muslims in Shawwal, 2 Hijri

Dear People! Historians consider that once there was a strong food shortage, so the Prophet of that period ordered to eat for one time only and for the second time give that food to the poor. This way, fasting was introduced to build modesty.

But what is the situation of the present time? Rich people consider that fasting is only meant for those who do not have money. Middle class people keep fasting but they spent more money in Ramazan as compared to other months. Besides, in the first half of the day they feel uneasy for stomach's heaviness, and the rest half they keep on complaining for hunger. That means all the time problem and problem! They very frequently see watch for time. Apart from this, they fight with one, and then fight with other! In the month of Ramazan fighting is seen more dominant. ---- Is it the explanation of لَعَلَّكُمْ تَتَّقُونَ? No it is not Fasting! This is maligning of fasting.

These are few counted days. ---- It is not obligatory for all 12 months of the year. Rather fasting is prohibited on Shawwal 1, and 10, 11, 12, and 13 Dhu al-hajah. ---- There is concession for sick person. --- Ladies have concession. ---- And there is concession for a traveller as well.

Quran says:

يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ

{Allah desires ease for you
and does not desire hardship for you

(02:185)}
