

The train of Ramadan: from heedless to sincerity (3).

①

- The month of Ramadan = tasting the sweetness of faith.
- Fasting: an act of sincerity and purification of soul.

Prophet's Sermon on the Month of Ramadan

O people! The Month of Allah the High has come with blessings, mercy, and forgiveness. To Allah, this month is the best month. Its days are the best days. Its nights are the best nights. Its hours the best of all hours.

And this is the month, which you have been invited to be the guests of Allah and you have become the graced ones by Allah.

Your souls sleep in its worship. Your deeds are accepted.

- ② Your prayers in it are answered. ③ So ask your Lord with truthful intentions and pure hearts that He would grant you success in fasting and reading His book. For that the unfortunate is the one who forgoes Allah's forgiveness in this great month.

• With your hunger and thirst, remember the hunger and thirst of the Day of judgement.

• Give to the poor and needy. Respect the elder. Have mercy on the younger.

• Be nice and keep in touch with your relatives

• Protect your tongues.

• Cast down from what is not Halal for your sights to see, and what is not Halal for your ears to hear.

• Be compassionate and caring for the orphans of other people, so that your orphans would be taken care of and receive compassion.

• Repent from your sins

• Raise your hands towards Him in dua during the hours of prayers, those hours are the best hours and Allah looks at His servants with mercy, answers their dua' if they ask him.

○ people! Your souls are hostages by your deeds,

So let yourselves free by asking Allah's

forgiveness. Your backs are heavy with loads,

2 So make it light by prolonging your Sajdas.

And know that: Allah the Almighty - has vowed

at His Dignity that: He would not punish those

who pray and those who make Sajda. And He

would not worry them with Rie on the Day which

people rise to the Lord of the Universe.

① people! whoever feeds fasting believer

during this month, to Allah, it is as if he has

freed a slave. And his past sins are forgiven.

Then he continued: whoever does one religious

obligatory deed during this month, it is equal to

70 good deeds in other months.

O people, the doors of heaven in this month is open

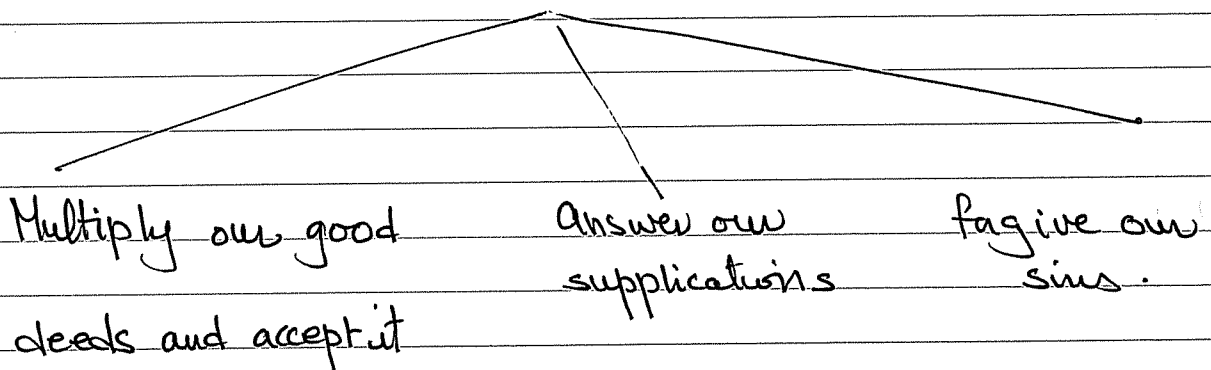
and the doors of the Hell are closed and

devils are in chains.

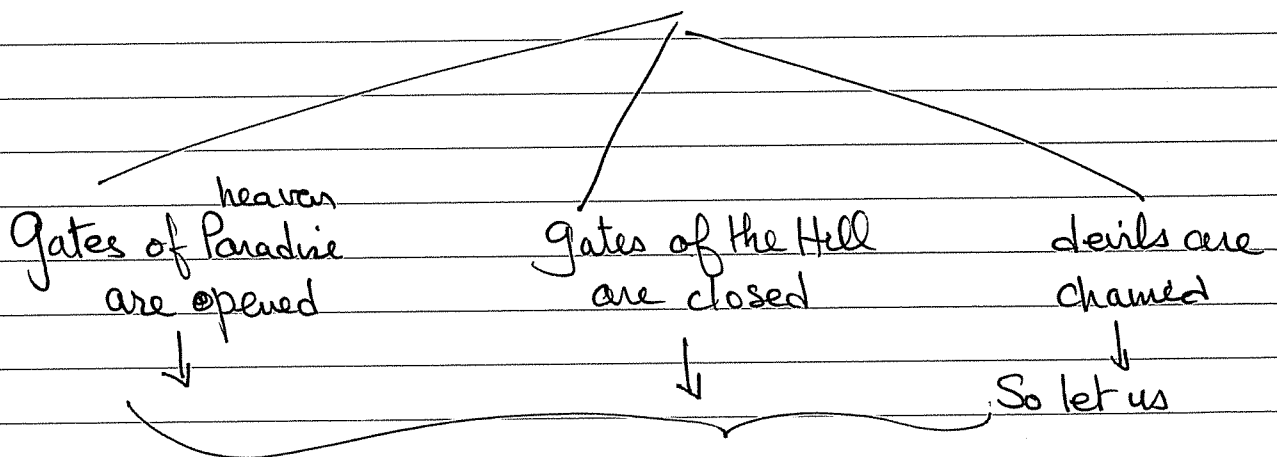
To summarize the valuable Hadeeth which is considered as a glad tidings to every muslim at the beginning of Ramadan, we learn that

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1. The Month of Ramadan is very precious regarding its hours, days and nights because of Allah's Grace, who will



2. Also it is the month, when



So let us get benefit of this great good deed as, much as we can opportunities to do.

∴ Regarding the spirit during Ramadan

① It will acquire (حَسَنَات)

- ① mercy and sympathy ^{living}
- ② appreciation of Allah's blessings
- ③ patience

Through the feeling of the poor and needy who fast out of poverty and need.

every muslim will appreciate the blessings of food-drink, which others do not have.

As Food and drink are around but the Fasting person will be controlling his desires through Patience.

① Control of the desires

Food - drink

and

② Control of (bad manners) (Five sins)

anger, backbiting

arguing, controversy

and Pride

③ Feeling of Unity and identity.

As all muslims are fast'g at the same time

this gives the feeling of unity and identity

Compassion and repentance of the sins. Forgiveness

of the sins by Allah, will free ourselves from its burden, and it is the prostration

the position where the muslim is most close

to His Lord, in this position, let every muslim to

ask His Lord to forgive his sins. So it is clear

how prayers are of greatest importance during

the month of Ramadan as prophet Mohammed

(S.A.W) clarified

Also generosity will be rewarded to

the fullest as in Ramadan, the reward of

the good deeds is multiplied, a situation

will stimulates every muslim to spend for

Allah's sake as he can.

We pray to Allah the Almighty

to give us the opportunity to enjoy all

the above mentioned blessings.

Month of Ramadan
(Fasting) according to the Quran

Allah the Almighty Said in Surat 2 AL Baqarra

V: 182

(b)

"O you who believe, fasting is prescribed for you, as it was prescribed for those before you so that you may attain taqwa.

∴ (Taqwa) is the goal of fasting.

↓
(To Fear Allah) is the goal of fasting

∴ Fasting is a spiritual and moral

act, having a goal to train and teach the spirit

to Fear Allah and to have taqwa.

Allah said "The most honoured by Allah among you are those best in Taqwa. ∴ Taqwa means: being ever conscious of Allah, always

alert about Allah i.e. to fear and observe Allah in every

saying and act. Taqwa means to obey Allah through

following His Commands Looking for His Reward and Pleasure and

avoiding His anger. And to attain this goal, we

must evaluate Fasting as an act of sincerity and some what is the psychology of Fasting? Hidden secrets of fasting

Hidden secrets of fasting

we need to know that fasting is an abstention from fulfilling certain desires and physical needs from dawn to dusk. It involves abstention from eating when hungry, drinking when thirsty and from immediate response to certain other desires.

This ability (Fasting) to delay the fulfillment of one's desires is the criterion which will

① Free the spirit from the ^{continuous} pressure of the need to fulfill these desires.

And also during fasting the spirit will have to forget about any sins or bad manners as prophet Mohamed (S. A. W) said:-

"When one of you is fasting and someone abuses him or fights him, he should tell him "I am fasting. The meaning is ^{that} I am controlling my bad manners, I will not respond to you because I am

Fasting. I am not allowed to do any evil deed (becoming angry and nervous). This is proved from hadeth of prophet Mohamed (S.A.W) who said:-

(leave)
"He who does not stop evil, only gets thirst and

hunger out of fasting". The meaning is that: fasting

is not only related to body desires it includes

the spirit which has to fast also through: leaving

evil.

∴ In Islam: During Fasting - During fasting, you need to:

(1) To free the spirit from the continuous pressure of body desires (Forget about these desires from dawn to dusk).

also (2) To free the spirit from any evil deed or saying

According to $\rightarrow (1 + 2)$

The spirit will be freed from the desires ^{and from} + evil

This will lead to

Ready to be ^{occupied by} fill

Recitation of Quran Dua ~~Feeling~~ Giving the poor (charity) Any good deed

And to attain this spiritual status we need to

First: Live Fasting as an act of sincerity :-

Among all the acts of devotion, it is fasting that is least visible outwardly, unless a person makes a show and announces that he/she is fasting,

9 Unlike prayers that require certain external postures visible to others if one is praying in public, "Fasting is mostly internal, firmly bound upon a spiritual discipline that controls the body desires in accordance with Allah's command.

4 This is fasting. It is basically an act of sincerity i.e. (1) an act which is done in obedience

to Allah's command in Surah ALBaqara V. and its reward is only from Allah.

(2) An act which reflects the belief that Allah knows every hidden act i.e. a person can say "I am fasting" in public but he eats and drink while he is alone (no people) ^{in secret}

This is the value of sincerity in fasting which is

The belief that "only Allah knows the secret, and I fast for him i.e. I abstain from food and drink in secret as well as in public."

And in order to attain the spiritual status

2. Second blocking all the Shaitan entrances to the spirit

1. See not what displeases God

A sincere muslim ^{who} will is fasting i.e leaving evil, will restrain from viewing anything that is blameworthy or that distracts the heart and diverts it from the remembrance of Allah. As prophet Mohamed said:

The Furtive glance is one of the poisoned arrows of Shaitān, on him be God's curse. Whoever forsakes it for fear of God, will receive from Him, a faith, the sweetness of which he will find within his heart.

2. Speak not what displeases God:

Guarding one's tongue from lying, gossiping, arguing rudeness and controversy; i.e making it observe silence and occupying it with remembrance of God and recitation of the Quran. |

Prophet Mohamed said: Fasting is a shield
so when one of you is fasting, he should not use
foul or foolish talk.

فكره
الله

(10)

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3 Hear not what displeases Allah :-

Prophet Mohamed taught that the backbiter and his listener are copartners in sin.

Accordingly, closing one's ears to everything reprehensible, and for everything unlawful to utter is likewise

unlawful to listen to. So don't agree to listen to backbiting and lying, also forget about ^{listening to} arguing and any words which Allah doesn't like.

4- Keeping all the limbs and organs away from sin

Keep the hands and the feet from reprehensible deeds, i.e. don't go to meeting where there is backbiting, lying and other bad issues. Also don't use your hands to bear Haram Food or to earn money through Haram ways.

The object of fasting is to induce moderation.

Prophet Mohamed said: "How many of those who fast get nothing from it but hunger and thirst"

The meaning is: no reward for those who only stop

eating and drinking ~~during~~ their fast, but they keep on doing all unlawful deeds.

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5 - Avoid overeating :-

It has even become the custom to stock up for Ramadan with all kinds of foodstuffs, so that more is consumed in Ramadan than any other month of the year.

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It has to be believed that: the object of fasting is to experience hunger and to control desire in order to refine the soul in piety. &

The spirit and secret nature of fasting is to to weaken the forces which are Satan's means of leading us back to evil.

Also being sleeping all the day is against the goal of fasting which is to feel the hunger and thirst the weakening of one's powers, with the purification of the heart.

So, try to be awake during the day doing normal activities so that you

6. Look at God with Fear and hope:-

After the Fast has been broken, the heart should swing like a pendulum between fear and hope. For one does not know if his fast is accepted or not.

This is how one should be at the end of any act of worship one performs.

AL Ahnaf son of Isays was once told: You are an old man, and fasting will make you weak. He replied: "This fast is my preparation for a long journey. Indeed to endure the yoke in the service of Allah is easier than to endure the yoke of His wrath.

∴ In conclusion:

This is the reality of Fasting in Ramadan, i.e. the goal of the month of Ramadan: to occupy the self with good deeds after training it to control its desires, and to leave evil.

The reward of fasting:-

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Ubei Umaamah r.a.a. said: I said O messenger of Allah, tell me of an action by which I may enter paradise." He said "Fasting, there is nothing like it.

In this hadeeth, the prophet singled out fasting when asked about a deed that leads its doer to the best of the rewards, Paradise.

Virtues of Fasting from the Quran and the Sunna:

Prophet Mohamed said: 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 (the fasting person) leaves off his desires and 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.

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Also prophet Mohamed said: Indeed, there is a gate of Paradise called ar-Rayyan. On the Day of Resurrection, those who fast will enter through it, ^{all} no one enters it except for them, and when they have entered, it is closed so that whoever enters it drinks, and whoever drinks never becomes thirsty.

These two hadeeth are teaching us the following:-

- ① Fasting is highly rewarded, more than any other deed.
- ② The fasting people will enter paradise through a special gate, a sign of value in the sight of Allah.
- ③ The smell of the mouth of the fast person is the best smell in the sight of Allah.

① Fasting is a shield ^{ec}

(A)

Prophet Mohamed said ① Fasting is a shield with which a servant protects himself from the Fire.

(B)

Prophet Mohamed said ② "On the Day of judgement" Fasting will say: "O My Lord, I prevented him from food and desires, so accept my intercession for him."

③ Fasting is a means for one's

sins to be forgiven, Prophet Mohamed said: He who fasts Ramadan, due to Iman and hoping for the reward of Allah (i.e. with sincerity (For the sake of Allah) - then his past sins are forgiven ^{answered}

③ The supplication of the Fasting person is:

as prophet Mohamed said: There are in the month of Ramadan in every day and night, those to whom Allah grants freedom from the fire, and there is for every muslim a supplication which he can make and will be granted.

this is the supplication at the time of break of fast

• The fasting person will be among the true followers of the prophets:- a man came to the prophet (S. A. W) and said: O messenger of Allah what if I testify that none has the right to be worshipped but Allah and that you are the messenger of Allah, and I observed the five prayers and I pay the Zakaah, and I fast and stand in prayer in Ramadan, then amongst whom shall I be? He said: Amongst the true followers of the prophets

• Fasting is a shield against one's desires as the prophet (S. A. W) told the youth "O youths, whoever amongst you is able to marry then let him do so, since it restrains the eyes and protects the private parts. and he who is unable, then let him fast because it is a shield for him"

Once we realize the greatness of fasting, we must try our best in performing it with sincerity so that it will be accepted