

# Al-Maktab

Maktab Pupil's NewsLetter

## Fasting - A Pillar of Islam

# Saum

### Introduction

Fasting in the month of Ramadhaan is an important pillar of Islam. In the Qur-aan-e-Kareem, Allah Ta'ala has commanded us to fast in the month of Ramadhaan. Allah Ta'ala says in the 2<sup>nd</sup> para;

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

“O You who believe, fasting has been made compulsory upon you like how it was made compulsory on the people before you.”

### A Compulsory Duty on every Muslim

جَعَلَ اللَّهُ تَعَالَى صِيَامَهُ فَرِيضَةً

“Allah Ta'ala has made fasting fardh (compulsory) upon us.”

Like salaah is fardh, saum (fasting) is also fardh. We should make an all-out effort to keep all our fasts in the mubaarak month of Ramadhaan. Encourage others as well to fast. When a child reaches the age of seven he/she should be encouraged to fast. When they reach the age of ten they must now be forced to fast.



### Fasting

### The fourth pillar of Islam

Islam has five pillars. Fasting is the fourth pillar of Islam. Once a year in the month of Ramadhaan, we should try our best to uphold this great pillar of Islam. If we fast in Ramadhaan, we are upholding this great pillar of Islam and by upholding this pillar of Islam, we are actually upholding the Deen of Islam.

## Great Rewards for the One who Fasts

Allah Ta'ala has promised great rewards for the one who fasts in the mubaarak month of Ramadhān.



1

عَنْ سَهْلِ بْنِ سَعْدٍ رَضِيَ اللَّهُ عَنْهُ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: فِي الْجَنَّةِ ثَمَانِيَةُ أَبْوَابٍ مِنْهَا بَابٌ يُسَمَّى الرَّيَّانُ لَا يَدْخُلُهُ إِلَّا الصَّائِمُونَ

Rasulullah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ has said, "There are eight doors in Jannah. One door is called Rayyaan. Only those who used to fast will enter from this door."

2

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ

Rasulullah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ has said, "One who fasts in the month of Ramadhān with Imaan and hope of receiving reward will have all his past and future sins forgiven."

3

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: كُلُّ عَمَلٍ ابْنِ آدَمَ يُضَاعَفُ الْحَسَنَةُ بِعَشْرِ أَمْثَالِهَا إِلَى سَبْعِمِائَةِ ضِعْفٍ قَالَ اللَّهُ تَعَالَى إِلَّا الصَّوْمَ فَإِنَّهُ لِي وَأَنَا أَجْزِي بِهِ يَدْعُ شَهْوَتَهُ وَطَعَامَهُ مِنْ أَجْلِي

Rasulullah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ has said, "Every action of man is multiplied tenfold up to 700 folds except for fasting. Allah Ta'ala says, 'Fasting is done only for me and I will reward the person who fasts. He has left out his permissible desires and food only for me.'"

4

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِلصَّائِمِ فَرَحَتَانِ: فَرَحَةٌ عِنْدَ فِطْرِهِ وَفَرَحَةٌ عِنْدَ لِقَاءِ رَبِّهِ

Rasulullah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ has said, "A fasting person has two moments of immense happiness. One is at the time of iftaar and the other is when he will meet His Rabb."

5

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَخُلُوفُ فَمِ الصَّائِمِ أَطْيَبُ عِنْدَ اللَّهِ مِنْ رِيحِ الْمِسْكِ

Rasulullah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ has said, "The mouth of the fasting person is more fragrant in the sight of Allah than the smell of musk."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ الصَّيَامُ جُنَّةٌ

Rasulullah ﷺ has said, "Fasting is a shield." (i.e. protection against shaytaan and a protection against Jahannam).



عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو: أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: الصَّيَامُ وَالْقُرْآنُ يَشْفَعَانِ لِلْعَبْدِ يَقُولُ الصَّيَامُ: أَيْ رَبِّ إِنِّي مَنَعْتُهُ الطَّعَامَ وَالشَّهَوَاتِ بِالنَّهَارِ فَشَفِّعْنِي فِيهِ وَيَقُولُ الْقُرْآنُ: مَنَعْتُهُ النَّوْمَ بِاللَّيْلِ فَشَفِّعْنِي فِيهِ فَيُشَفَّعَانِ

Rasulullah ﷺ has said, "Fasting and the Qur-aan will intercede for a person. Fasting will say, 'O My Rabb I stopped him from eating food and indulging in permissible desires during the day. Hence accept my intercession on his behalf because of this deed.' The Qur-aan will say, 'I stopped him from sleep at night. Hence accept my intercession on his behalf because of this deed.'"

## Breaking the Fast for No Reason !!!

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ مَنْ أَفْطَرَ يَوْمًا مِنْ رَمَضَانَ مِنْ غَيْرِ رُخْصَةٍ وَلَا مَرَضٍ لَمْ يَقْضِهِ عَنْهُ صَوْمُ الدَّهْرِ كُلِّهِ وَإِنْ صَامَهُ

(سنن الترمذی # ۷۲۳)

Hadhrat Abu Hurayrah رَضِيَ اللَّهُ عَنْهُ reports that Rasulullah ﷺ said, "Whosoever eats on one day of Ramadhān without a valid reason, excuse or genuine illness (which is acceptable in Shariah), shall never be able to compensate for that day even by fasting for the rest of his life."

## General Advice

- When the month of Ramadhān comes, a Muslim should fast with a good niyyat and a good spirit. It should not be done grudgingly in a manner that will lose all his reward. Be happy to fulfill a command of Allah.
- Encourage others to fast as well. There may be other children or people in our neighbourhood who do not know about fasting. Let us try our best to encourage them
- One who fasts enjoys good health. It strengthens the body and the mind.



Audio: Fasting, an Important Pillar of Deen - (Duration: 24 min) >>>Click Here to Listen<<< or scan the barcode:

## *Most beloved Children*

*Assalamu alaykum wa Rahmatullahi  
wa barakaatuhu.*

*I'm sure we can all feel the excitement in the air.  
Ramadhaan is here once again. The month of Mercy and  
blessings. The month which is full of barakah. Allah Ta'ala loves  
those who fast. He opens the doors of Jannah for them. Many  
children all over the world also fast in Ramadhaan upholding  
this great pillar of Islam. Will you be fasting this Ramadhaan?  
I'm sure you will. Allah Ta'ala will certainly love you. Encourage  
your brothers, sisters and everyone else at home to keep all  
their fasts. Don't forget to perform your Taraaweesh Salaah  
every night. Taraaweesh is a special Ibaadah of Ramadhaan, so  
don't miss it. Try and take out time daily to make dua to Allah  
Ta'ala. The time before Iftaar is a special time when Allah  
Ta'ala accepts our duas.*

*Try to engage in as much tilaawah of the Qur'aan daily as  
possible. Those of us who are already in Qur'aan should make at  
least one khatam of the entire Qur'aan during Ramadhaan.*

*May Allah bless us all this Ramadhaan and forgive the entire*

*Ummah of Rasulullah ﷺ.*

*Aameen.*

*Ta'limi Board (KZN)*