



In the Name of Allah, the Most Gracious, the Bestower of Mercy



**No food  
or drink**

## Understanding the Saum of Ramadan

“O you who believe, fasting is prescribed for you as it was prescribed for those before you that you may achieve taqwaa.” Read Surah al-Baqarah 2:183 - 185

The religion of Islam is built upon five pillars. The fourth of which is the Fasting in the Month of Ramadan. Fasting is an act of worship done solely for the pleasure of Allah. There are many benefits from fasting. The Prophet (sallaAllahu alaihi wasallam) said: “Saum (fasting) is a shield from the Hell-Fire.” He (sallaAllahu alaihi wasallam) also said: “Whoever observed fasting in Ramadan with perfect faith and seeking reward, he will have his previous sins forgiven.” Both hadith Agreed Upon

Some other benefits from fasting include giving your digestive organs a rest. This allows your body to rid itself of the accumulated waste that can cause bad health. Fasting allows the person to train themselves for doing good deeds, and by acting upon obedience to Allah, having some discipline in his actions and speech, having sabr (patience) and increasing in his sincerity.

Fasting brings the community of Muslims together, breaking fast with them, praying with them and more. All Muslims male or female are required to fast, it is obligatory for everyone except for those who have ***a legitimate excuse based upon Qur'an wa Sunnah and the laws of Shari'a***. For instance: the menses, where you are forbidden to fast, but must make up for each of those days at a later time.

*The Prophet (sallaAllahu alaihi wasallam) said: “When Ramadan starts, the doors of heaven are opened, and the doors of Hell are closed and the devils are chained up.” Agreed Upon*

### **Helpful tips for Fasting:**

1. Eat Sahur (Pre-dawn meal)
2. Abstain from food, drink, and avoid backbiting, spreading false tales, lying, listening to music, false speech, in general all forbidden deeds.
3. Increase in acts of worship and good deeds, spending in charity and remember Allah much.
4. Read Qur'aan daily (a juz), dhikr, guarding the salaah, being well mannered, and giving up bad habits.

# Ramadan