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كنترول الفرقة الاولى

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بحث بعنوان

## Fasting during Ramadan

المادة: اللغة الاجنبية

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**Title**

# **Fasting during Ramadan**

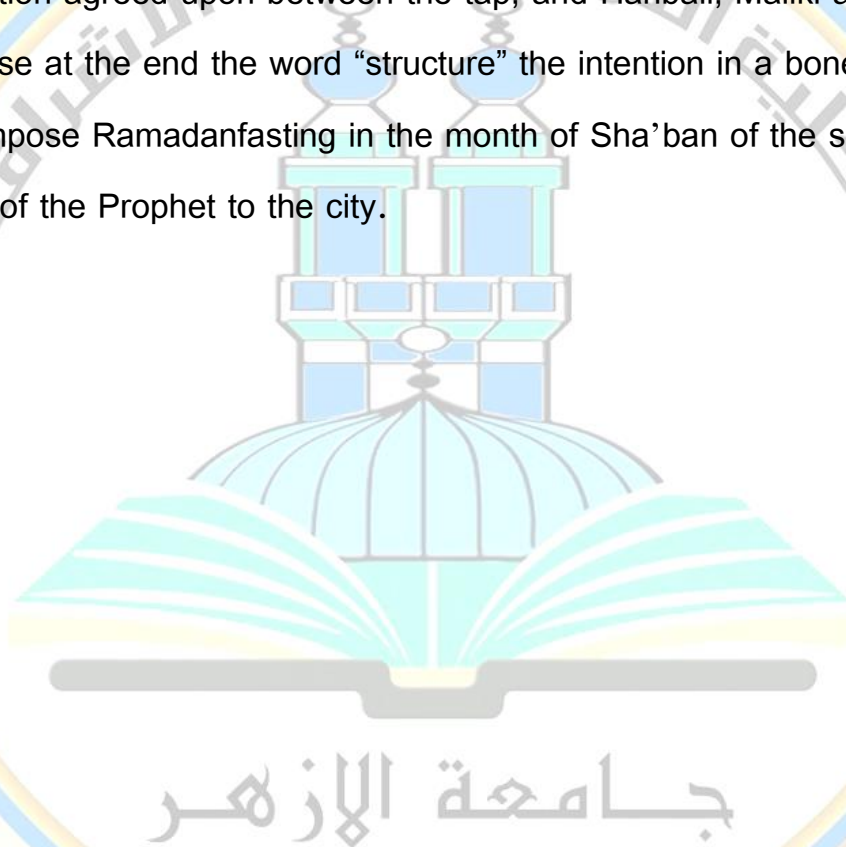
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## Introduction

Fasting in the absolute constipation about the thing, and if caught a person talking, or food did not speak, did not eat, he said to him in the language: fasting, and that is what the Quran: {I have vowed to Rehman fast ' , ie, silence and constipation to speak, and the meaning in the term Shara is to refrain from breaking the fast a whole day, from dawn sincere, until sunset, under the conditions set by the jurists and the definition agreed upon between the tap; and Hanbali, Maliki and Shafi'i Asthey increase at the end the word "structure" the intention in a bone of contention. Impose Ramadan fasting in the month of Sha'ban of the second year of the migration of the Prophet to the city.



## Research Main Points:

### 1– The Third Pillar of Islam: Fasting.

The fast of Ramadan, the ninth month of the Muslim year is observed by adult Muslims, men and women except the aged and the sick. Those on a journey may postpone the fast. For the whole of the month of Ramadan, believers must abstain from dawn till dusk from food, drink and marital relations. During the night special prayers are performed (Taraweeh). When the new moon appears and the month of fasting is ended, Muslims celebrate. The festival which lasts three days is called Eid al Fitr or the Lesser Festival. Fasting is an act of pure submission to God's command given in the Qur'an, to observe the fast. Fasting has many benefits but its true significance is to develop a sense of complete obedience to the One Who created us and gave us our physical and spiritual needs and the means to fulfill these needs.

**The Third Pillar of Islam: Fasting.** We acknowledge that God is our Sustainer, and through His bounty – through the use of natural resources and our faculties – we obtain our sustenance. Hence, If God commands us to abstain from food, drink and the fulfillment of other natural appetites for a period of time, we gladly obey His command. God says in Qur'an: "Oh you who believe! Fasting is prescribed to you as it was prescribed for those before you, that you may (learn) Self-restraint." (2:183). While many benefits come to us through fasting the primary benefit is that we learn self restraint, discipline of our appetites, and flexibility of our habits. Over-indulgence in eating, drinking, smoking or marital relations makes one the slave of one's desires and habits . Through fasting, one becomes free of this slavery. Through fasting those who are well-off learn to appreciate the afflictions of the poor – hunger and thirst – and become more sympathetic toward them. When a

person fasts, he feels that he is joining the whole Muslim world in a spiritual act, thus increasing his sense of community and brotherhood. Fasting also helps to improve people's health, such as the elimination of fatty substances from the blood, decrease in the harmful activity of intestinal microbes and of uric acid, and so on. But it should be emphasized that all these benefits are not the object of fasting. As was stated earlier, we fast solely because God commands us to do so, as devout and obedient servants to His will

## 2- Fasting effects

### Health effects

See also: Starvation response, Intermittent fasting, and Autophagy

Medical application

See also: Preoperative fasting, Body cleansing, and Nothing by mouth

Fasting is always practiced prior to surgery or other procedures that require general anesthesia because of the risk of pulmonary aspiration of gastric contents after induction of anesthesia (i.e., vomiting and inhaling the vomit, causing life-threatening aspiration pneumonia). Additionally, certain medical tests, such as cholesterol testing (lipid panel) or certain blood glucose measurements require fasting for several hours so that a baseline can be established. In the case of a lipid panel, failure to fast for a full 12 hours (including vitamins) will guarantee an [elevated triglyceride measurement.



## Mental health

In one review, fasting improved alertness, mood, and subjective feelings of [well-being, possibly improving overall symptoms of depression.

## Weight loss

Main article: Intermittent fasting

Fasting for periods shorter than 24 hours (intermittent fasting) has been shown to be effective for weight loss in obese and healthy adults and to maintain lean body [mass.

## Complications

Main article: Refeeding syndrome

In rare occurrences, fasting can lead to the potentially fatal refeeding syndrome [upon reinstatement of food intake due to electrolyte imbalance.

## Historical medical studies

Fasting was historically studied on population under famine and hunger strikes, which led to the alternative name of "starvation diet", as a diet with 0 calories intake [per day.

## Other effects

See also: Category:Food and drink appreciation

[It has been argued that fasting makes one more appreciative of food.

### **Political application**

Fasting is often used as a tool to make a political statement, to protest, or to bring awareness to a cause. A hunger strike is a method of non-violent resistance in which participants fast as an act of political protest, or to provoke feelings of guilt, or to achieve a goal such as a policy change. A spiritual fast incorporates personal spiritual beliefs with the desire to express personal principles, sometimes in the [context of a social injustice.

The political and religious leader Mohandas K. Gandhi undertook several long fasts as political and social protests. Gandhi's fasts had a significant impact on the [British Raj and the Indian population generally.[citation needed

In Northern Ireland in 1981, a prisoner, Bobby Sands, was part of the 1981 Irish hunger strike, protesting for better rights in prison.[17] Sands had just been elected to the British Parliament and died after 66 days of not eating. His funeral was attended by 100,000 people and the strike ended only after nine other men .died. In all, ten men survived without food for 46 to 73 days

César Chávez undertook a number of spiritual fasts, including a 25-day fast in 1968 promoting the principle of nonviolence, and a fast of 'thanksgiving and hope'

to prepare for pre-arranged civil disobedience by farm workers. Chávez regarded a spiritual fast as "a personal spiritual transformation". Other progressive campaigns [have adopted the tactic.

According to an anonymous Uyghur local government employee quoted in a Radio Free Asia article, during Ramadan 2020 (April 23 to May 23), residents of Makit County (Maigaiti), Kashgar Prefecture, Xinjiang, China were told they could [face punishment for fasting including being sent to a re-education camp.

## **Religious views**

Bahá'í faith

Main article: Nineteen-Day Fast

In the Bahá'í Faith, fasting is observed from sunrise to sunset during the Bahá'í month of 'Ala' ( 1 or 2 March – 19 or 20 March).[22] Bahá'u'lláh established the guidelines in the Kitáb-i-Aqdas. It is the complete abstaining from both food and drink during daylight hours (including abstaining from smoking). Consumption of prescribed medications is not restricted. Observing the fast is an individual obligation and is binding on Bahá'ís between 15 years (considered the age of maturity) and 70 years old.[22] Exceptions to fasting include individuals younger than 15 or older than 70; those suffering illness; women who are pregnant, nursing, or menstruating; travellers who meet specific criteria; individuals whose profession involves heavy labor and those who are very sick, where fasting would be considered dangerous. For those involved in heavy labor, they are advised to eat in .private and generally to have simpler or smaller meals than are normal



Along with obligatory prayer, it is one of the greatest obligations of a Bahá'í. In the first half of the 20th century, Shoghi Effendi, explains: "It is essentially a period of meditation and prayer, of spiritual recuperation, during which the believer must strive to make the necessary readjustments in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul. Its significance and purpose are, therefore, fundamentally spiritual in character. Fasting is symbolic, and a reminder [of abstinence from selfish and carnal desires."

## **Buddhism**

Main article: Fasting in Buddhism

The Buddha emaciated after undergoing severe ascetic practices. Gandhara, 2 .– 3rd century CE. British Museum

Buddhist monks and nuns following the Vinaya rules commonly do not eat each day after the noon meal. This is not considered a fast but rather a disciplined regimen aiding in meditation and good health

Once when the Buddha was touring in the region of Kasi together with a large sangha of monks he addressed them saying: I, monks, do not eat a meal in the evening. Not eating a meal in the evening I, monks, am aware of good health and of being without illness and of buoyancy and strength and living in comfort. Come,

do you too, monks, not eat a meal in the evening. Not eating a meal in the evening [you too, monks, will be aware of good health and..... living in comfort].[25]

Fasting is practiced by lay Buddhists during times of intensive meditation, such as during a retreat. During periods of fasting, followers completely stray away from eating animal products, although they do allow consumption of milk. Furthermore, they also avoid eating processed foods and the five pungent foods which are: garlic (*Allium sativum*), welsh onion (*Allium fistulosum*), wild garlic (*Allium oleraceum*), garlic chives (*Allium tuberosum*), and asafoetida ("asant", *Ferula asafoetida*).[26]

The Middle Path refers to avoiding extremes of indulgence on the one hand and self-mortification on the other. Prior to attaining Buddhahood, prince Siddhartha practiced a short regime of strict austerity and following years of serenity meditation under two teachers which he consumed very little food. These austerities with five other ascetics did not lead to progress in meditation, liberation (moksha), or the ultimate goal of nirvana. Henceforth, prince Siddhartha practiced moderation in eating which he later advocated for his disciples. However, on Uposatha days (roughly once a week) lay Buddhists are instructed to observe the eight precepts which includes refraining from eating after noon until the following morning. The eight precepts closely resemble the ten vinaya precepts for novice monks and nuns. The novice precepts are the same with an added prohibition against handling [money].

The Vajrayana practice of Nyung Ne is based on the tantric practice of Chenrezig. It is said that Chenrezig appeared to an Indian nun who had contracted leprosy and was on the verge of death. Chenrezig taught her the method of Nyung

Ne in which one keeps the eight precepts on the first day, then refrains from both food and water on the second. Although seemingly against the Middle Way, this practice is to experience the negative karma of both oneself and all other sentient beings and, as such is seen to be of benefit. Other self-inflicted harm is discouraged

### **Definition:**

The fast of Ramadan, the ninth month of the Muslim year is observed by adult Muslims.

believers must abstain from dawn till dusk from food, drink and marital relations Those who don't have to fast:

- 1- men and women except the aged and the sick.
- 2- Those on a journey may postpone the fast. For the whole of the month of Ramadan.

During the night special prayers are performed (Taraweeh). When the new moon appears and the month of fasting is ended, Muslims celebrate. The festival which lasts three days is called Eid al Fitr or the Lesser Festival.

3- Fast days

## Fast days

There are four fasting seasons, which include:

- Great Lent (40 days) and Holy Week (seven days)
- Nativity Fast (40 days)
- Apostles' Fast (variable length)
- Dormition Fast (two weeks)

Wednesdays and Fridays are also fast days throughout the year (with the exception of fast-free periods). In some Orthodox monasteries, Mondays are also observed as fast days (Mondays are dedicated to the Angels, and monasticism is called the "angelic life").

Other days occur which are always observed as fast days:

- The *paramony* or Eve of Christmas and of Theophany (Epiphany)
- Beheading of John the Baptist

Exaltation of the Cross

### Rules

Fasting during these times includes abstention from:

- meat, fish, eggs and milk products
- sometimes oil (interpreted variously as abstention from olive oil only, or as abstention from all cooking oils in general), and



- red wine (which is often interpreted as including all wine or alcoholic beverages)
- sexual activity (where fasting is pre-communion)

When a feast day occurs on a fast day, the fast is often mitigated (lessened) to some degree (though meat and dairy are never consumed on any fast day). For example, the Feast of the Annunciation almost always occurs within the Great Lent in the Orthodox calendar: in this case fish (traditionally haddock fried in olive oil) is the main meal of the day.

There are two degrees of mitigation: allowance of wine and oil; and allowance of fish, wine and oil. The very young and very old, nursing mothers, the infirm, as well as those for whom fasting could endanger their health somehow, are exempt from the strictest fasting rules.

On weekdays of the first week of Great Lent, fasting is particularly severe, and many observe it by abstaining from all food for some period of time. According to strict observance, on the first five days (Monday through Friday) there are only two meals eaten, one on Wednesday and the other on Friday, both after the Presanctified Liturgy. Those who are unable to follow the strict observance may eat on Tuesday and Thursday (but not, if possible, on Monday) in the evening after Vespers, when they may take bread and water, or perhaps tea or fruit juice, but not a cooked meal. The same strict abstention is observed during Holy Week, except that a vegan meal with wine and oil is allowed on Great Thursday.

On Wednesday and Friday of the first week of Great Lent the meals which are taken consist of xerophagy (literally, "dry eating") i.e. boiled or raw vegetables, fruit, and nuts. In a number of monasteries, and in the homes of more devout laypeople,

xerophagy is observed on every weekday (Monday through Friday) of Great Lent, except when wine and oil are allowed.

Those desiring to receive Holy Communion keep a total fast from all food and drink from midnight the night before (see Eucharistic discipline). The sole exception is the Communion offered at the Easter Sunday midnight liturgy, when all are expressly invited and encouraged to receive the Eucharist, regardless of whether they have kept the prescribed fast.

### **Fast-free days**

During certain festal times the rules of fasting are done away with entirely, and everyone in the church is encouraged to feast with due moderation, even on Wednesday and Friday. Fast-free days are as follows:

- Bright Week—the period from Pascha (Easter Sunday) through Thomas Sunday (the Sunday after Pascha), inclusive.
- The Afterfeast of Pentecost—the period from Pentecost Sunday until the Sunday of All Saints, inclusive.
- The period from the Nativity of the Lord until (but not including) the eve of the Theophany (Epiphany).
- The day of Theophany.

### **Methodism**

In Methodism, fasting is considered one of the Works of Piety.

The *Discipline* of the Wesleyan Methodist Church required Methodists to fast on "the first Friday after New-Year's-day; after Lady-day; after Midsummer-day; and after Michaelmas-day." Historically, Methodist clergy are required to fast on Wednesdays, in remembrance of the betrayal of Christ, and on Fridays, in

remembrance of His crucifixion and death. "The General Rules of the Methodist Church," written by the founder of Methodism, John Wesley, wrote that "It is expected of all who desire to continue in these societies that they should continue to evidence their desire of salvation, by attending upon all the ordinances of God, such are: the public worship of God; the ministry of the Word, either read or expounded; the Supper of the Lord; family and private prayer; searching the Scriptures; and fasting or abstinence." The Directions Given to Band Societies (25 December 1744) mandated fasting and abstinence from meat on all Fridays of the year, a practice that was reemphasized by Phoebe Palmer and became standard in the Methodist churches of the holiness movement. Wesley himself also fasted before receiving Holy Communion "for the purpose of focusing his attention on God," and asked other Methodist Christians to do the same. In accordance with Scripture and the teachings of the Church Fathers, fasting in Methodism is done "from morning until evening"; John Wesley kept a more rigorous Friday Fast, fasting from sundown (on Thursday) until sundown (on Friday) in accordance with the liturgical definition of a day. The historic Methodist homilies regarding the Sermon on the Mount also stressed the importance of the Lenten fast. The United Methodist Church therefore states that:

There is a strong biblical base for fasting, particularly during the 40 days of Lent leading to the celebration of Easter. Jesus, as part of his spiritual preparation, went into the wilderness and fasted 40 days and 40 nights, according to the Gospels.

Good Friday which is towards the end of the Lenten season, is traditionally an important day of communal fasting for Methodists. Rev. Jacqui King, the minister of Nu Faith Community United Methodist Church in Houston explained the philosophy

of fasting during Lent as "I'm not skipping a meal because in place of that meal I'm actually dining with God".

### Conclusion

Ramadan is a time for Muslims to fast for the sake of God and to offer more prayer than usual, During Ramadan, Muslims ask forgiveness for past sins, pray for guidance and help in refraining from everyday evils, and try to purify themselves through self-restraint and good deeds .

As compared to the solar calendar, the dates of Ramadan vary, moving backwards about ten days each year as it is a moving holiday depending on the moon, Ramadan was the month in which the first verses of the Qur'an were said to be revealed to the Islamic Prophet Muhammad, That was during a night that Muslims call Laylat al-Qadr (the night of decree or measures.) The night is believed to be one of the 10 last days of the month, Ramadan ends with Eid ul-Fitr on the first of Shawwal, with much celebration and feasting, this three-day celebration marks the end of Ramadan and the start of "Shawwal" – the tenth month in the Islamic calendar – with prayers, festivities, food and gifts, This is another of the five pillars of Islam, It requires adult Muslims to pay 2.5 percent of their wealth to the



needy, While It can be paid at any time during the year, but is more prominent during Ramadan .

