



جامعة الأزهر  
كلية التربية بتفهما الأشراف - دقهلية  
كنترول الفرقة الاولى

رقم المراقبة

بحث بعنوان

## Fasting during Ramadan

المادة: اللغة الاجنبية

### معايير تقييم البحث

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جامعة الأزهر

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**Title**

# **Fasting during Ramadan**

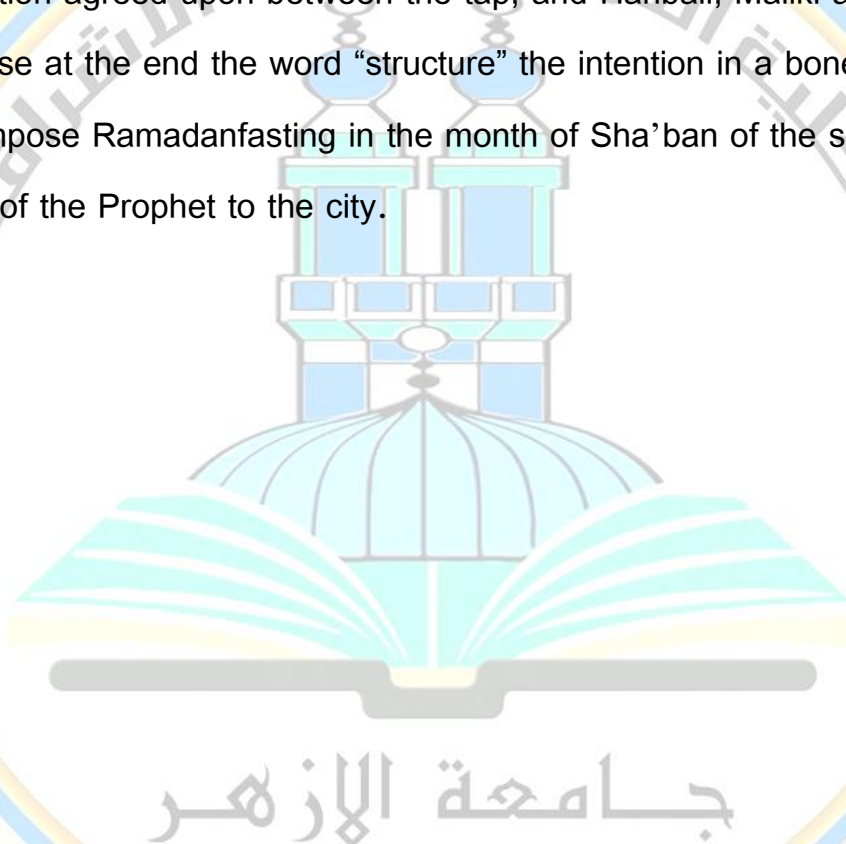
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## Introduction

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 four; and Hanbali, Maliki and Shafi'i. As they 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

## **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.

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."

## Definition:

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

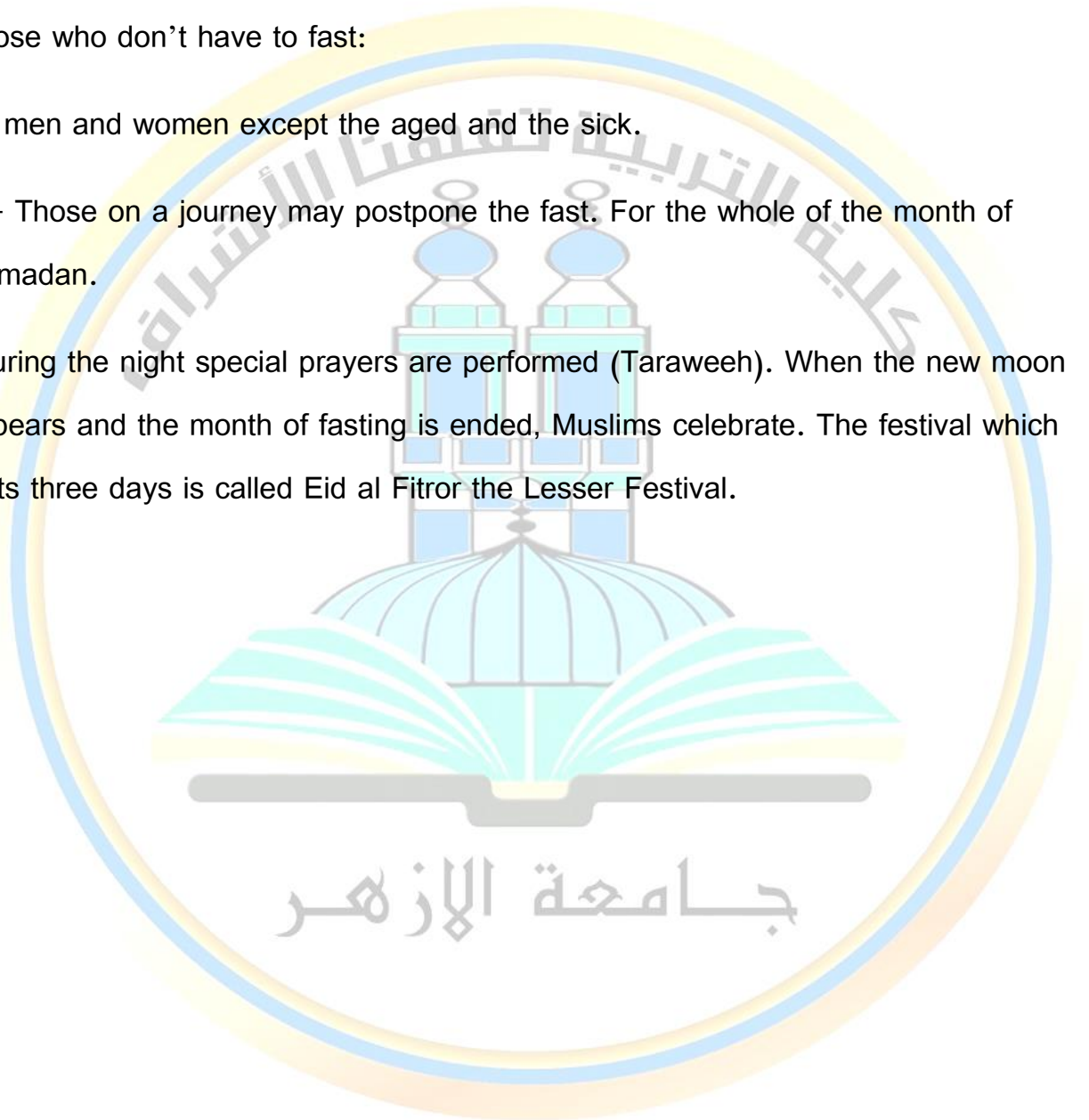
believers must abstain from dawn till dusk from food, drink and marital relations

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 Fitror the Lesser Festival.





### 3- meaning

Fasting is the fourth pillar of Islam. Not only is it the abstention from eating and drinking. From dawn to sunset but it is also the abstention from doing all that displeases Allah. Fasting has been made compulsory for the faithful so that they may be pious. The better they observe Fasting, the purer their hearts get.

Although they abstain from eating and drinking from dawn to sunset, they get well-satiated spiritually. It is high time for the faithful in Ramadan to have their hearts fed and their souls vitalized to get closer to Paradise with good intentions, words and deeds.

Moreover, there is a Gate in Paradise called «Arrayyan» and those who observe Fasting will enter through it on the Day of Resurrection and none except them will enter through it.

In Ramadan, there is a night that is better than one thousand months ( eighty-three years and four months) that is namely «Al-Qadr Night» on which the Holy Quran was revealed more than fourteen centuries ago. The faithful have to search for that night in the Odd Nights of the last ten days of Ramadan.

The Faithful Who adhere to Fasting and the recitation of the Holy Quran get pleased and hopeful when they know that both Fasting and the Holy Quran will mediate for the faithful on the Day of Resurrection.

## 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 .