



جَابَطَانُ اِسْلَامٍ سِلَانْجُورٍ

JABATAN AGAMA ISLAM SELANGOR

# RAMADAAN: A FOOD FAIR OR FESTIVAL OF WORSHIP?





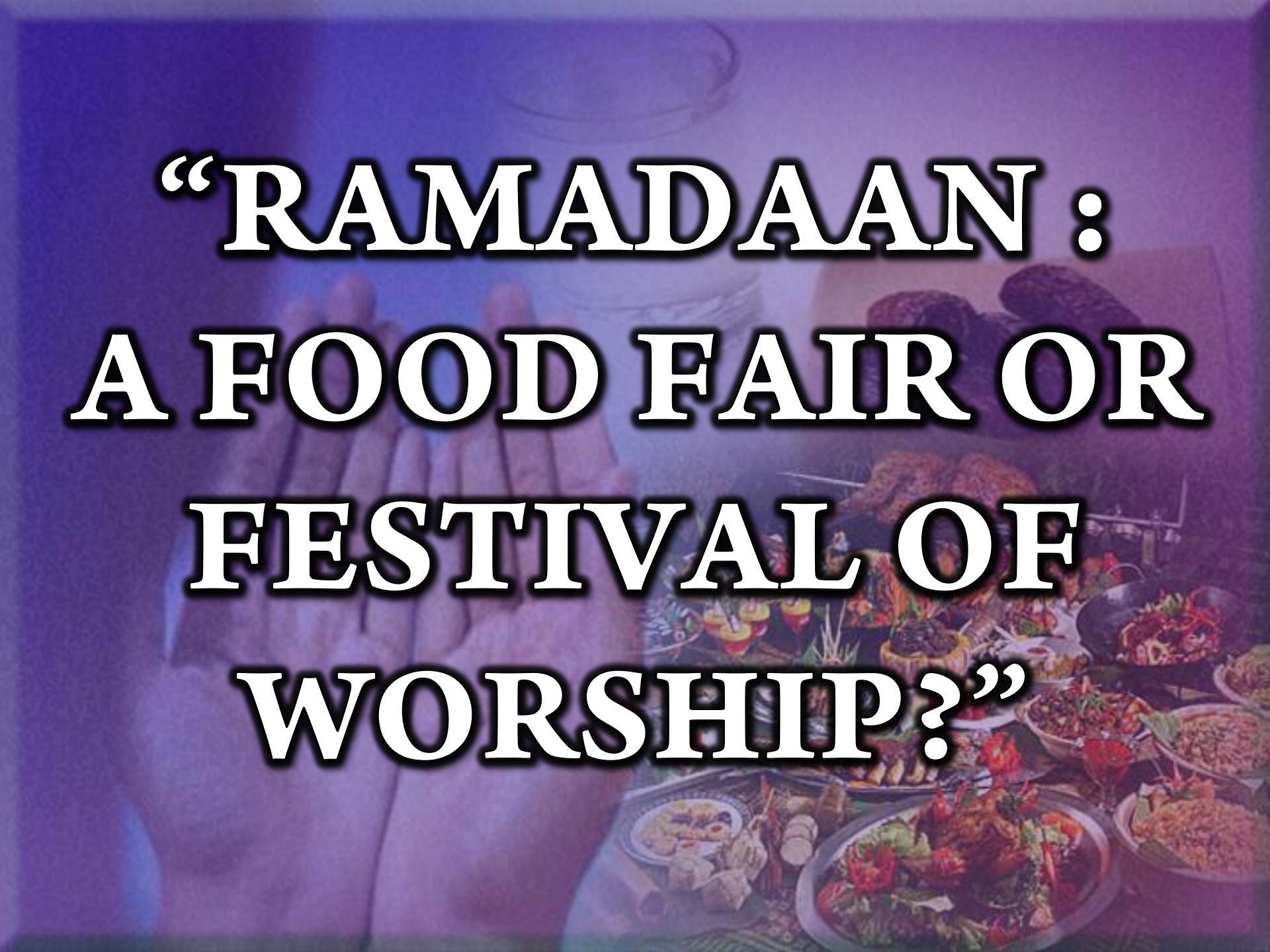
Let us strive to increase  
our *imaan* and *taqwa* of  
Allah with *istiqaamah*  
(steadfastness) by fulfilling  
all of His Commands and  
avoiding all of His

prohibitions. Let us call others towards good and prevent all forms of evil. Hopefully such increasing *imaan* and *taqwa* provides added value within us in becoming true believers.

In conjunction with the  
noble month of  
*Ramadaan*, I invite upon  
fellow Muslims to  
ponder upon a *khutbah*  
entitled:



**“RAMADAAN :  
A FOOD FAIR OR  
FESTIVAL OF  
WORSHIP?”**



The arrival of *Ramadaan*  
was much anticipated and  
embraced with full  
awareness in attaining  
various forms of rewards  
specifically promised by  
Allah *Subhaanahu*

*Wa Ta‘aala*, as mentioned in  
the *hadeeth* of Abu  
Hurayrah *radiyAllaahu ‘anh*  
where Rasulullah ﷺ said:  
“Every (good) deed of the  
son of Adam would be  
multiplied, a good deed

receiving a tenfold to seven hundredfold reward. Allah, the Exalted and Majestic, has said: ‘With the exception of fasting, for it is done for Me and I will give a reward for it...’”

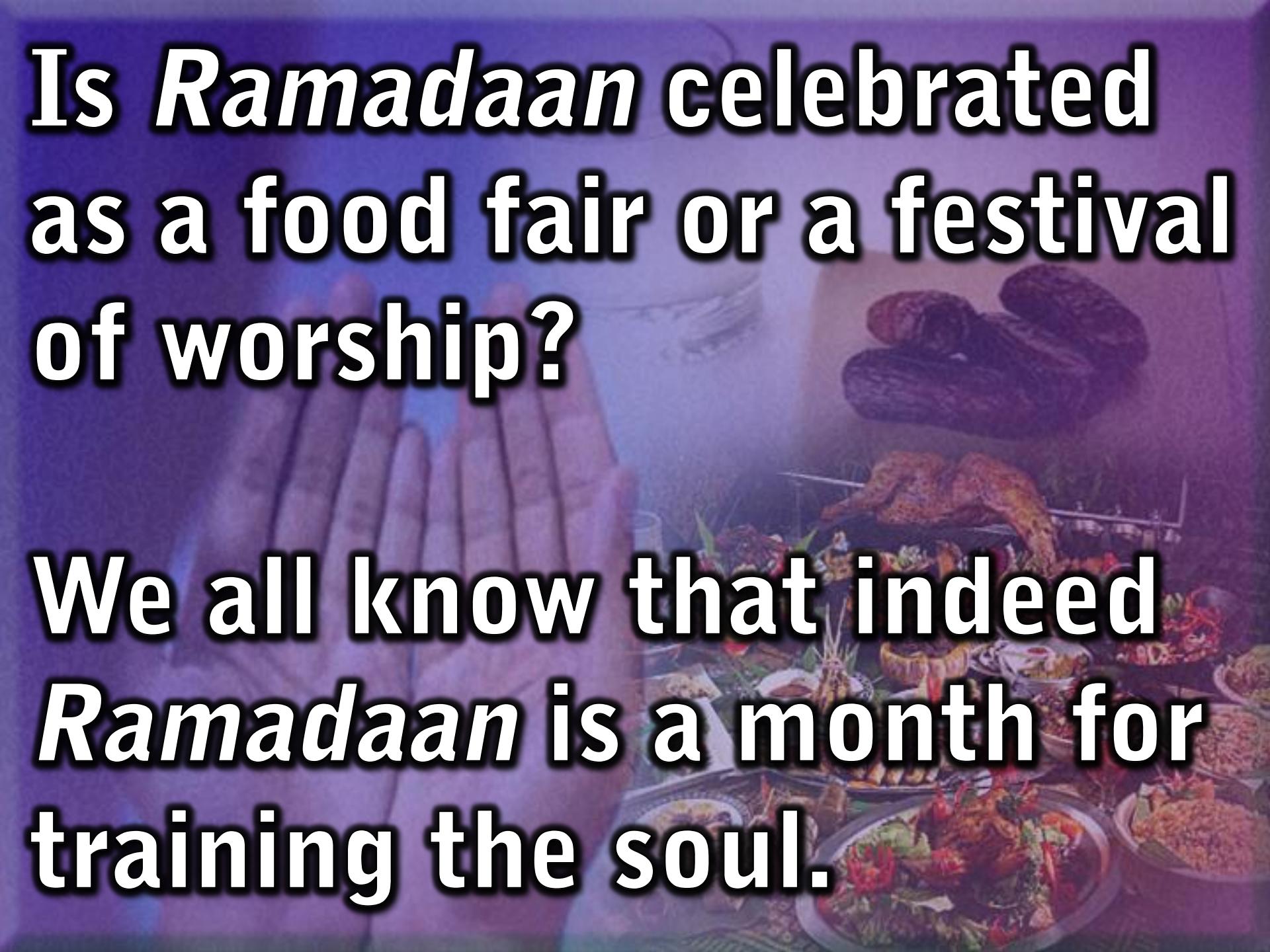
*(Muslim)*

For some, the advent of *Ramadaan* provides the golden opportunity to increase their earnings by opening up a stall selling food items for the breaking of fast (*iftaar*). In addition,

there are various types of ads promoting *iftaar* deals at various places including hotels and fancy restaurants.

What are our actual objectives?





**Is *Ramadaan* celebrated  
as a food fair or a festival  
of worship?**

**We all know that indeed  
*Ramadaan* is a month for  
training the soul.**

We must strive to increase our *sabr* (patience) in managing and controlling our desires from matters that will diminish our reward of fasting, whether through verbal conversation and

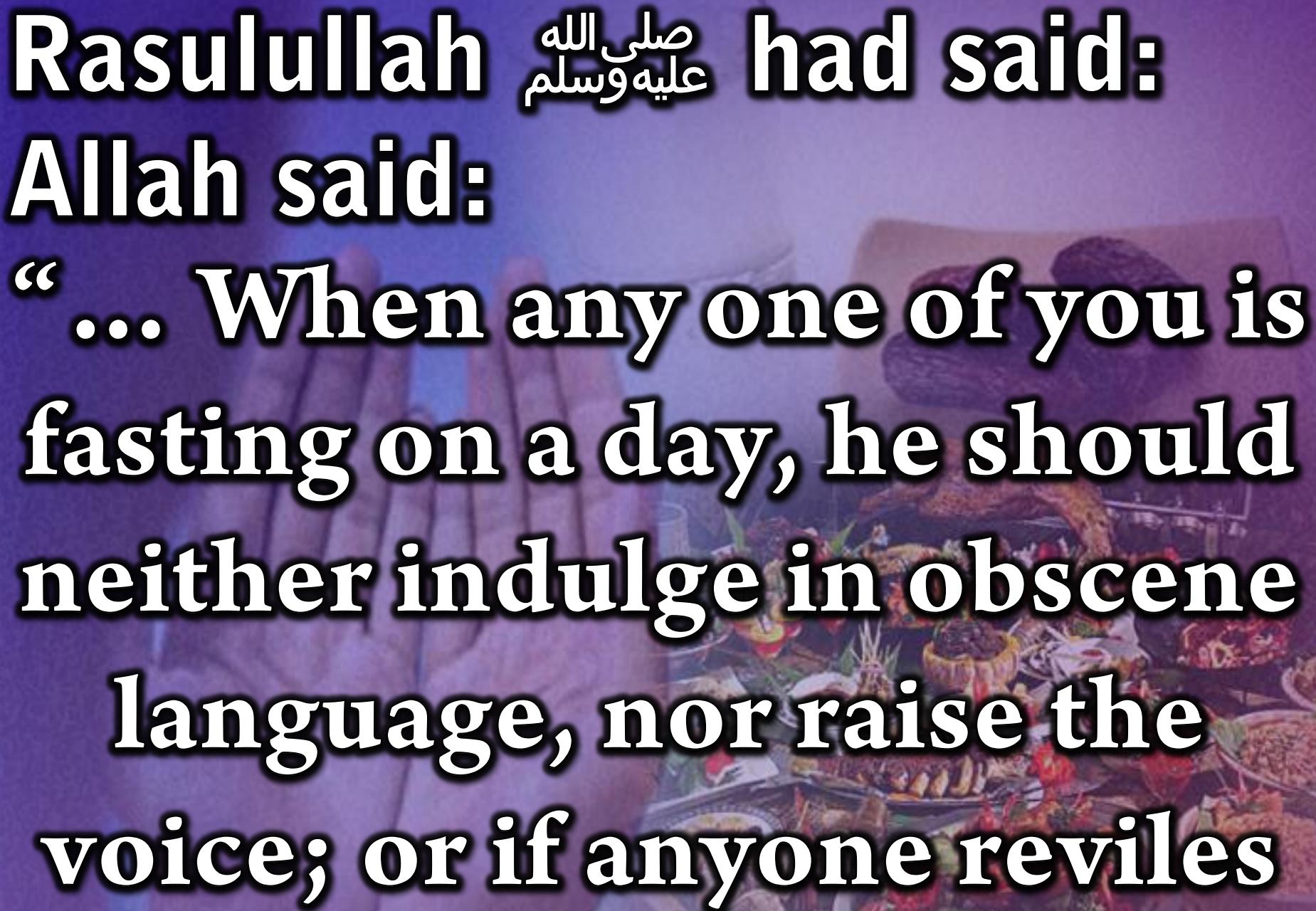
**physical actions such as backbiting, slandering, inciting others, altercation, and others.**

**In a hadeeth Qudsi that was narrated by Abu Hurayrah radiyAllaahu ‘anh:**

**Rasulullah ﷺ had said:**

**Allah said:**

**“... When any one of you is fasting on a day, he should neither indulge in obscene language, nor raise the voice; or if anyone reviles**

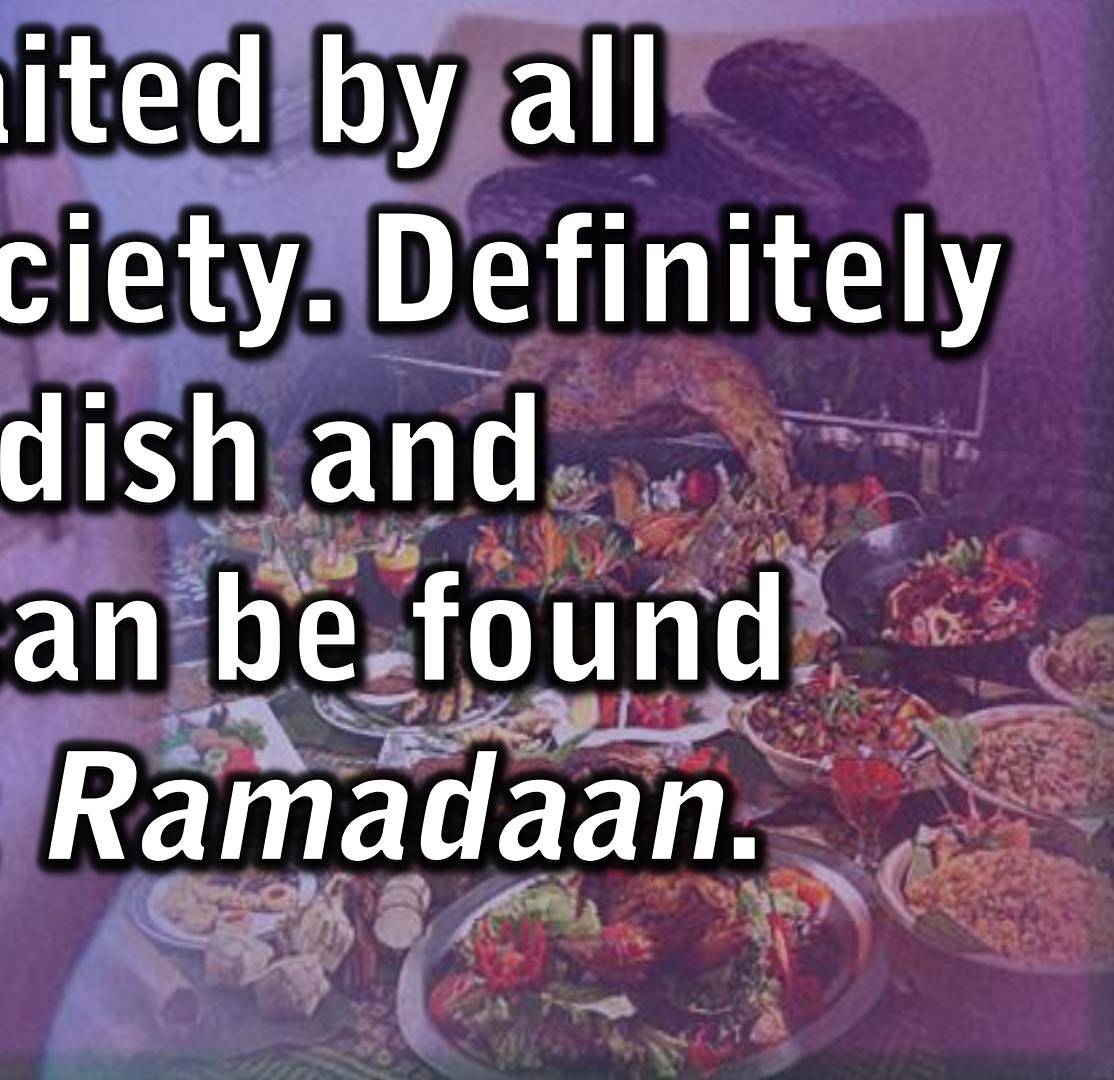


him or tries to quarrel with him he should say: ‘I am a person fasting’ ...”

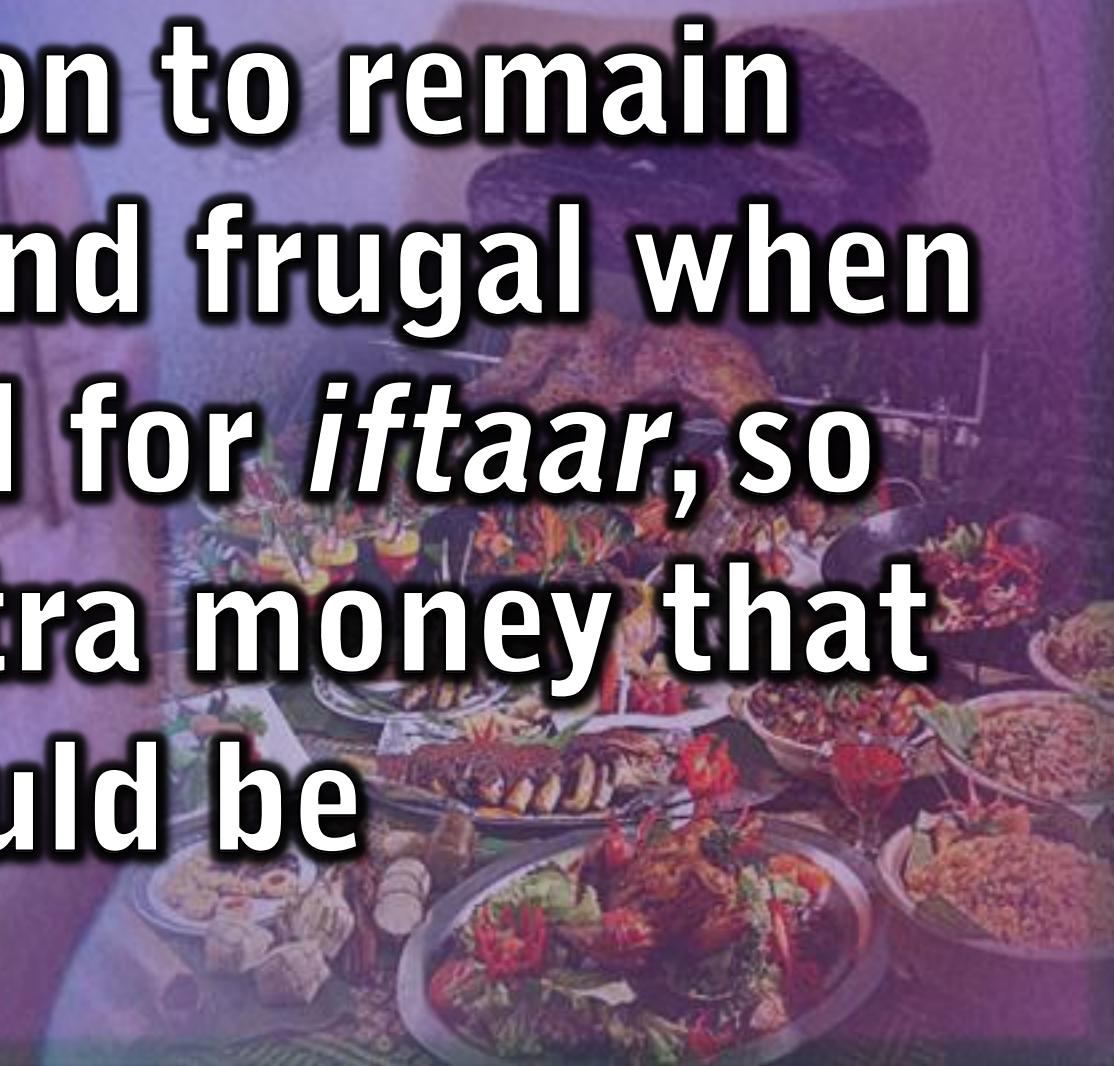
*(al-Bukhaari and Muslim)*

Part of controlling the desire is our actions when shopping

for food for *iftaar* at *Bazaar Ramadaan* that is eagerly awaited by all walks of society. Definitely all sorts of dish and beverages can be found throughout *Ramadaan*. Therefore,



I would like to personally advice my dearest congregation to remain moderate and frugal when buying food for *iftaar*, so that the extra money that we have could be channeled



to those that are truly in need.

We are all reminded to not perceive *Bazaar Ramadaan* as a food fair and an avenue to gorge ourselves out after refraining from food and

drink during the day. We should actually place the wisdom and value of fasting far above our desire to consume food, which will never be satiated. Let it not be that in the end,

*Bazaar Ramadaan becomes  
“bazir” (wasted)*

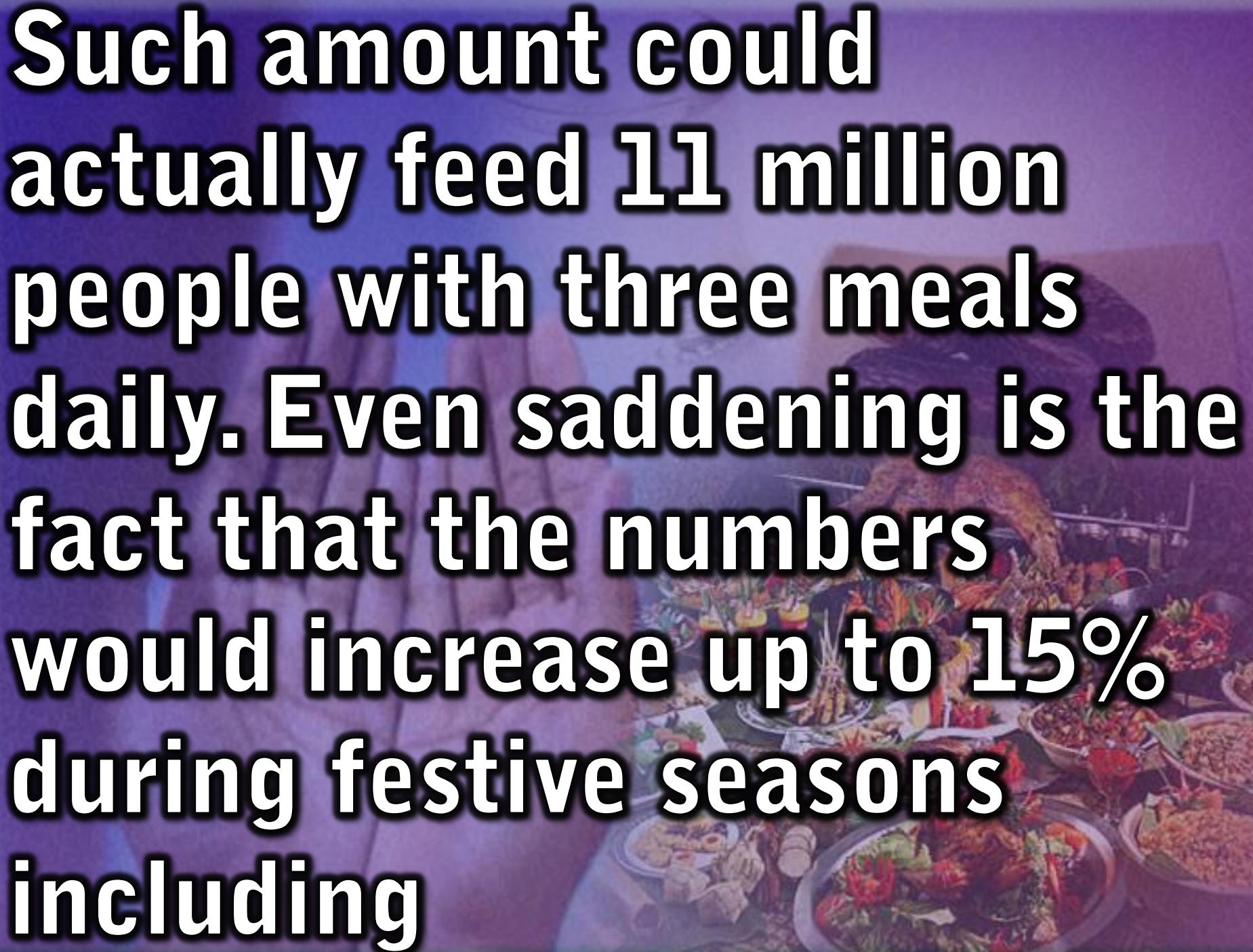
*Ramadaan, leaving us  
defeated in the struggle  
against our desire during  
iftaar.*

*Our concerns were proven  
through various facts*



revealed by the Solid Waste Management Corporation (SWCorp), whom recorded a staggering amount of 15,000 tons of food leftovers thrown away daily throughout the year 2015.

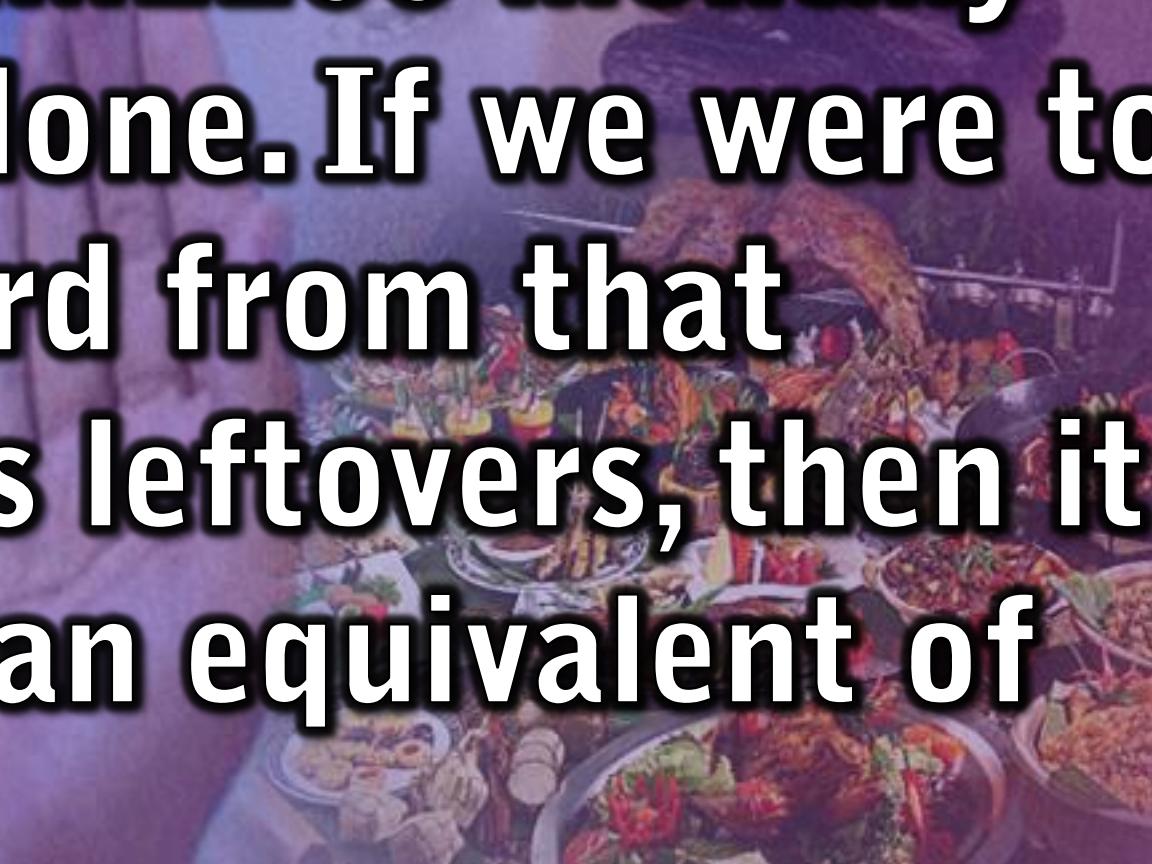
Such amount could actually feed 11 million people with three meals daily. Even saddening is the fact that the numbers would increase up to 15% during festive seasons including

A large pile of discarded food waste, including fruits, vegetables, and prepared dishes, illustrating food waste.

# Ramadaan.

The same source cited that a third (1/3) of the food was wasted during its preparation process, production, and consumption. Researches have found that a household

that consists of five individuals would spend on average RM1100 monthly on food alone. If we were to take a third from that amount as leftovers, then it would be an equivalent of RM360



**thrown into the trash  
every month. Is this a  
true reflection of the  
*akhlaaq* of a Muslim?**

**Wastefulness is truly  
prohibited in Islam.**

Surely, we do not want to  
be among the brothers  
of *Shaytaan*, as  
mentioned in al-Qur'an  
(interpretation of the  
meaning):



**“Indeed, the wasteful  
are brothers of the  
devils, and ever has  
Satan been to his Lord  
ungrateful”**

*(al-Israa’ 17:27)*

**Remaining moderate in eating has been clearly mentioned in al-Qur'an (interpretation of the meaning):**



**“... and eat and drink,  
but be not excessive.**

**Indeed, He likes not  
those who commit  
excess”**

**(al-A‘raaf 7:31)**

Narrated Miqdaam bin Ma‘deekarib *radiyAllaahu ‘anh*: I heard that Rasulullah ﷺ said:

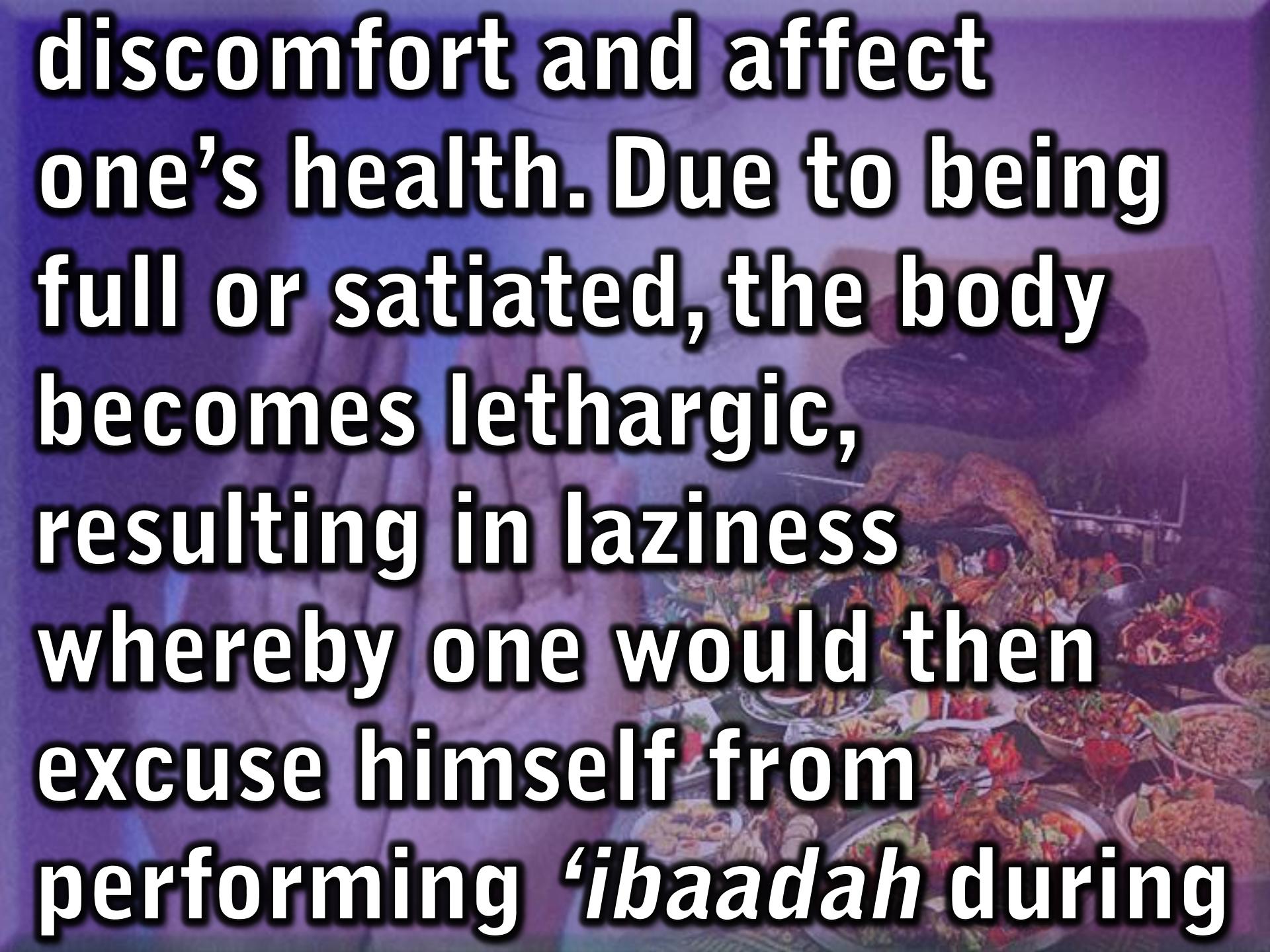
“The human does not fill any container that is worse than his stomach.

**It is sufficient for the son  
of Adam to eat what will  
support his back. If this is  
not possible, then a third  
for food, a third for drink,  
and third for his breath.”**

*(at-Tirmidhi: hasan)*

According to the official online portal for the Ministry of Health Malaysia, we are advised to not overeat during *iftaar*. This is because, after fasting for an entire day, the gastric activities within

the stomach will reduce to its minimum level and increases during *iftaar*. Eating excessively will cause a drastic increase in acid secretion. This condition can cause

A photograph showing a person sitting at a table covered with a white cloth, surrounded by numerous bowls and plates of food. The food appears to be of Asian cuisine, with various colors and textures. The person is partially visible, wearing a dark shirt and light-colored pants.

discomfort and affect  
one's health. Due to being  
full or satiated, the body  
becomes lethargic,  
resulting in laziness  
whereby one would then  
excuse himself from  
performing '*ibaadah* during

the night. If it were like that every single day, how would we seize the tremendous rewards offered in

*Ramadaan?*

Let us emulate the guidelines of breaking the fast

as shown by Rasulullah ﷺ with food that are easy to eat and digest.

Narrated Anas bin Maalik *radiyAllaahu ‘anh*, in explaining the practice of Rasulullah ﷺ when

**breaking the fast:**

**“The Messenger of Allah**  
**(صلى الله عليه وسلم)** used to break his  
fast before praying with  
some fresh dates (*rutab*);  
but if there were no fresh  
dates, he had a few dry  
dates,

and if there were no dry dates, he took a few sips of water.”

*(Abu Dawood and at-Tirmidhi: hasan)*

In another narration by Anas bin Maalik, Rasulullah ﷺ further explained:

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

**“If the supper is served  
start having it before  
praying the Maghrib  
prayer and do not be hasty  
in finishing it”**

*(al-Bukhaari and Muslim)*

In concluding today's *khutbah*, the following matters should be thoroughly observed, namely:

1. The Muslims should fast in *Ramadaan* with full

*khushoo'* (humility) and a high level of *taqwa* of Allah *Subhaanahu Wa Ta'aala.*

2. The Muslims should not turn *Ramadaan* into a month of wastefulness or

extravagance when buying food for *iftaar* and *suhoor* (pre-dawn meal).

3. The Muslims should always remember that *Ramadaan* is a month for

reaping as much reward  
and forgiveness as  
possible, bestowed by  
**Allah Subhaanahu Wa  
Ta‘aala.**



“O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive.

Indeed, He likes not those who commit excess”

*(al-A’raaf 7:31)*

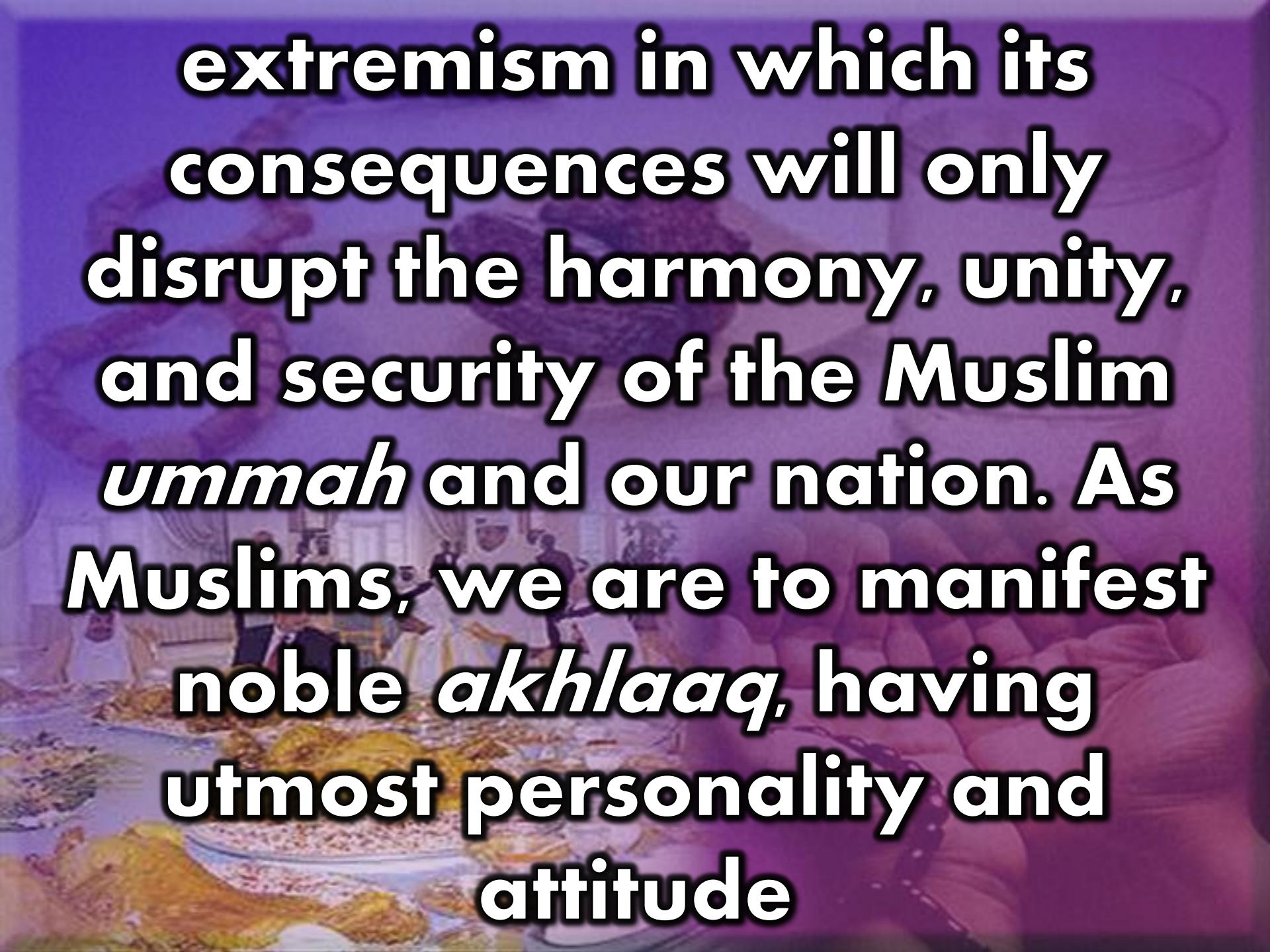
بَارَكَ اللَّهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ وَنَفَعَنِي  
وَإِيَّاكمْ بِمَا فِيهِ مِنَ الْآيَاتِ وَالذِّكْرِ الْحَكِيمِ  
وَتَقْبَلَ مِنِي وَمِنْكُمْ تِلَاوَتُهُ إِنَّهُ هُوَ السَّمِيعُ  
الْعَلِيمُ.

أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي  
وَلَكُمْ وَلِسَائِرِ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ  
إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ فَاسْتَغْفِرُوهُ

# **THE SECOND KHUTBAH**



**Once again, I would like to remind all of us that Islam teaches its adherents to remain moderate in every actions and deeds. At the same time, the Muslims are to avoid any form of deviant ideologies and**



**extremism in which its consequences will only disrupt the harmony, unity, and security of the Muslim *ummah* and our nation. As Muslims, we are to manifest noble *akhlaaq*, having utmost personality and attitude**

**for Rasulullah ﷺ was  
sent to perfect *akhlaaq*  
and as mercy for the  
entire mankind and the  
worlds.**

**O Allah, You are the Lord that  
is All Mighty, we are grateful  
to You for having bestowed  
upon us *rahmah* and *ni'mah*,  
that we are able to continue  
the effort in empowering the  
Muslim *ummah* especially in  
Selangor, as an**

**advanced state,  
prosperous, and providing  
welfare, under the  
auspices and leadership  
of our Ruler as the Head  
of Islamic Affairs in this  
state.**

**Hence, we sincerely beseech  
You, O Allah, strengthen our  
*imaan*, accept our deeds,  
strengthen our unity,  
increase our *rizq*, enrich us  
with beneficial knowledge,  
cultivate our soul with good  
mannerisms,**

**return us to the path that  
You are pleased with,  
protect us from disasters  
and Your severe trials, so  
that our state will become  
more peaceful and  
blessed.**

**O Allah, we sincerely beseech You, strengthen our beliefs according to the creed of *Ahl as-Sunnah wal Jamaa'ah*, and protect us from the practices and 'aqeedah that are astray such as *Shee'ah*, *Qadiyaani*, and other ideologies.**

**O Allah, open up our hearts in fulfilling the five daily prayers, performing *zakaat*, and other obligations, as well as making *waqf* and *infaaq* of our wealth especially to *Perbadanan Wakaf Negeri Selangor* (Selangor Waqf**

**Corporation) and *Tabung Amanah Pembangunan Islam Selangor* (Islamic Development Trust Fund of Selangor). With these deeds, O Allah, bless our lives and widen our *rizq* with perpetual rewards until the Last Day.**



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