



Fasting Removes the Ills of the Chest: Hadith and Explanations

Description

Fasting removes the ills of the chest!

Bismillahi Wal Hamdullillah was Salātu Was Salāmu ‘Alā Rasūlillah

Ammā Ba’d:

In addition to the many benefits fasting has in relation to the development of taqwa and suppressing the desires of the fasting person, fasting also has another benefit mentioned in the following authentic hadith:

Upon the authority of a man from the companions of the prophet () who said: “I heard the Messenger of Allah () say:

“Fasting the month of patience (Ramadhan) and three days of each month removes ‘Wahar’ from the chests”

(Collected by Abdur Razāq in his ‘Musanaf and Ibn sa’d in his ‘Tabaqāt’ and Imām Ahmad in his Musnad and was declared ‘Sahīh’ by Shk Albāni in ‘Sahīhut Targhīb wat Tarhīb: 1033)

Imām Al Azhari mentions in tahdhīb Al Lughah: “Laith said: “**Wahar** is a reference to malice and enmity in the heart

Abu Ubaidah said: “**Wahar** is its deceit and its anxiety and perplexity”

Al Mundhiri mentions: “It (**wahar**) is deceit, hatred, malice and wiswās”

Thus we see that from the benefits of fasting is that it removes and purges the chest from those things that affect its tranquility including the wiswās of the shayātīn

As Allah, The Most High, mentions: “..**it may be that you dislike a thing which is good for you, and that you like a thing which is bad for you. Allah knows and you do not know**” (Suratul Baqarah: Vs 216)

Was Sallallāhu ‘Alā Nabiyyinā Muhammad

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Category

1. Worship

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