

محاضرات التعليم عن بعد الفرقة الأولى المحاضرة السابعة كلية اللغات والترجمة قسم اللغة الإنجليزية وحدة تدريس اللغة الإنجليزية كلغة أجنبية efl.director@azhar.edu.eg Lecture Seven
The Third Pillar of
Islam:
Fasting

>Key vocabulary

Word	meaning	Word	meaning
Abstain from (v)	يسمك عن / يمتنع عن	Self restraint	ضبط النفس
Benefits (n)	منافع	Indulgence (n)	الانغماس
Significant (adj)	بارز / ممیز	Elimination (n)	الحد من / التخلص من
Obedience (n)	طاعه	objective (n)	الحكم الشرعي
Spiritual (adj)	روحي	Fast (v-n)	يصوم / صوم
Adult Muslims	المكلفون	The aged (n)	المسنين
Journey (n)	رحله	Postpone (v)	يؤ جل
The whole of	كامل	Believers (n)	الؤمنون
Sunrise (n)	الشروق	Dusk (n)	الغروب

Word	meaning	Word	meaning
Pure submission	عباده خالصه	Acknowledge (v)	يؤمن / يقر
Fulfill the needs	يلبي احتياجات	The Sustainer (n)	الرزاق
Discipline of appetites	التحكم في الغرائز	Sustenance (n)	الرزق
Over indulgence (n)	الانغماس	Natural appetites	الغرائز الطبيعيه
Slave to one's desires	عبد لر غباته	Flexibility (n)	مرونه
Free of	متحرر من	Well off (adj)	موسر / ذو سعه
Slavery (n)	العبوديه	The poor (n)	الفقراء
Obtain (v)	يحصل علي	Hunger (n)	الجوع
slave	7ic	Thirst (n)	العطش

Word	meaning	word	meaning
The sick (n)	المرضي	Festival (n)	احتفال
Sexual relations/ intercourse	الجماع	The lesser festival	العيد الصغير
Perform (v)	يؤدي	Act (n)	فعل
Celebrate (v)	يحتفل ب	thus	وبالتالي
Create (v)	يخلق	Command (v-n)	امر / يأمر
Physical and spiritual needs	الاحتياجات البدنيه والروحيه	appear	يظهر
To develop a sense	ينمي شعور	Given in the Quran	ذكر في القرأن
It's true significance	مغزاه الحقيقي	Complete obedience	طاعه کامله
The means to	الوسيله الي	Bounty (n)	نعمه/ عطاء

Word	meaning	Word	meaning
Natural resources	مصادر طبيعيه	Increase (v)	یزید
Faculties (n)	قدرات	Improve (v)	يحسن
Appreciate (v)	يقدِّر	Fatty substance	الدهون
Afflictions (n)	محن / معاناه	Decrease (v)	يقلل
Sympathetic (adj)	متعاطف مع	Sense of community and brotherhood	الشعور بالانتماء للمجتمع وبالإخاء
Activity (n)	نشاط	Harmful (adj)	ضار
Devout (adj)	ورع/مخلص	His will	إرادته (سبحانه)
State	يقرر	Obedient (adj)	طائع
Solely (adv)	فقط	It should be emphasized	ينبغي التأكيد علي

Pre Reading Questions

- > What is the third pillar of Islam?
- What is meant by fasting? Does it only mean not to drink or eat?
- > Do Muslims ,throughout the year, only fast in Ramandan?
- What are the benefits of fasting for individuals and for society as well?
- Is it obligatory for the sick or old people to fast?

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.

The Third Pillar of Islam: Fasting.

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.

The Third Pillar of Islam: Fasting

- 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*.



What is the main object of fasting?

- Fasting is an act of pure submission to God's command given in the Qur'an, to observe the fast.
- 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.
- 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).

Fasting has many benefits:

- 1-We learn self restraint, discipline of our appetites, and flexibility of our habits.
- 2- 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.
- 3- 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.
- 4- 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.

Post reading Questions:

- 1. Who does not have to fast?
- The sick
- 2. What are the special prayers which are performed in Ramdan called?
- Taraweh
- 3. Which festival marks the end of fasting?
- Eid al Fitr
- 4. How do Muslims fulfill the command of Allah?
- Gladly
- 5. Is fasting something only Muslims have to do?
- No, it was prescribed to those before them
- 6. Are the health benefits of fasting the objective?
- No, the main reason is to obey the commands of God

Post reading Questions

- 1-What is the main objective of fasting?
- 2-Who does not have to fast?
- 3. What are the special prayers which are performed in Ramadan called?
- 4. Which festival marks the end of fasting?
- 5. How do Muslims fulfill the command of Allah?
- 6. Is fasting something only Muslims have to do?
- 7. what do Muslims abstain from while fasting?
- 8. Are the health benefits of fasting the objective?

>Translate into Arabic:

- l- 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.
- 2- Through fasting, those who are well-off learn to appreciate the afflictions of the poor- hunger and thirst- and become more sympathetic toward them.

Watch this

• https://www.youtube.com/watch?v=5pv mUoYNbmU