

# Fasting

وَمِنْ  
الصَّوْمَاءِ

## Volume 1



Islam The  
**BASICS**

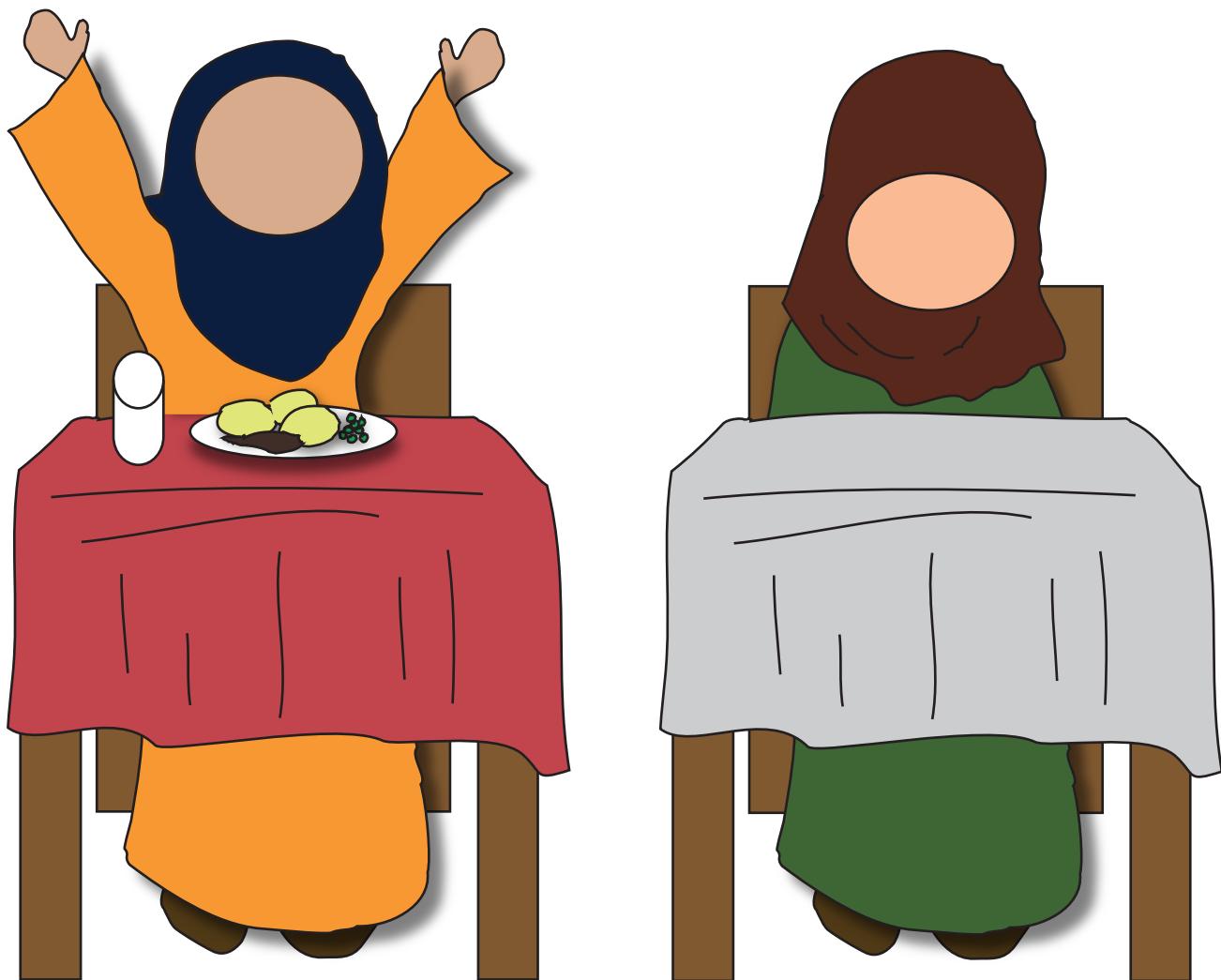
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Allaah created all of us and  
everything that we see around us.  
Nothing else can create anything.  
So we should worship only Him.  
How could we worship anything else?



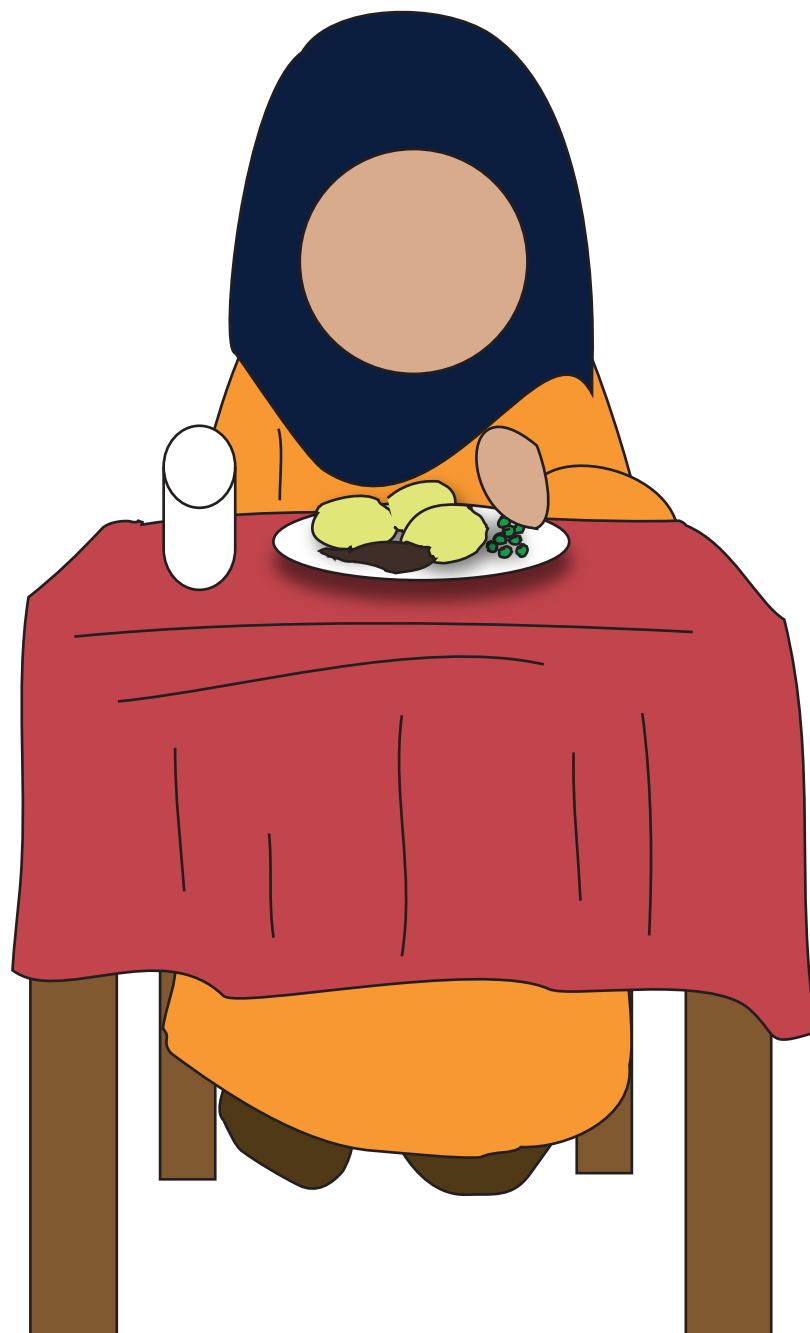
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Allaah made food and drink for us.  
All of us love to eat and drink.  
When we are hungry or thirsty and  
we cannot find anything to eat or drink,  
then we feel sad and ill.



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How kind Allaah is to us.  
He takes away  
our hunger and our thirst.



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Allaah tells us to worship Him.  
He tells us about all the different types of worship that we can do.

**Ash-Shahaadah** الشهادة  
Ash-hadu an laa ilaaaha illa Allaah, wa ash-hadu anna Muhammadaan rasoolu Allaah.  
أَشْهُدُ أَنَّ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهُدُ أَنَّ مُحَمَّداً رَسُولُ اللَّهِ

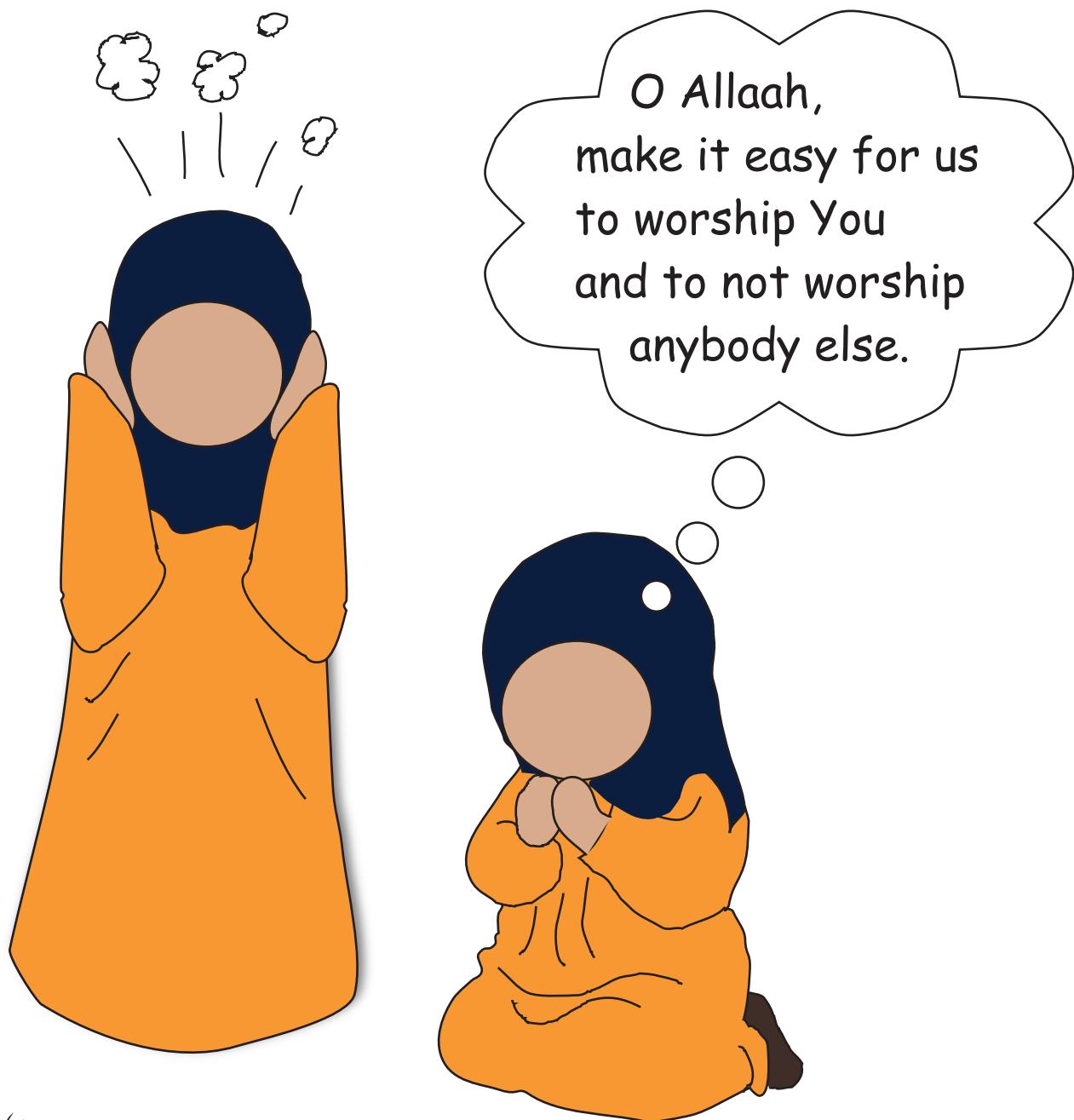
**As-Salaah** الصلاة  
prayer

**Az-Zakaah** الزكاة  
charity

**As-Sawm** الصوم  
fasting

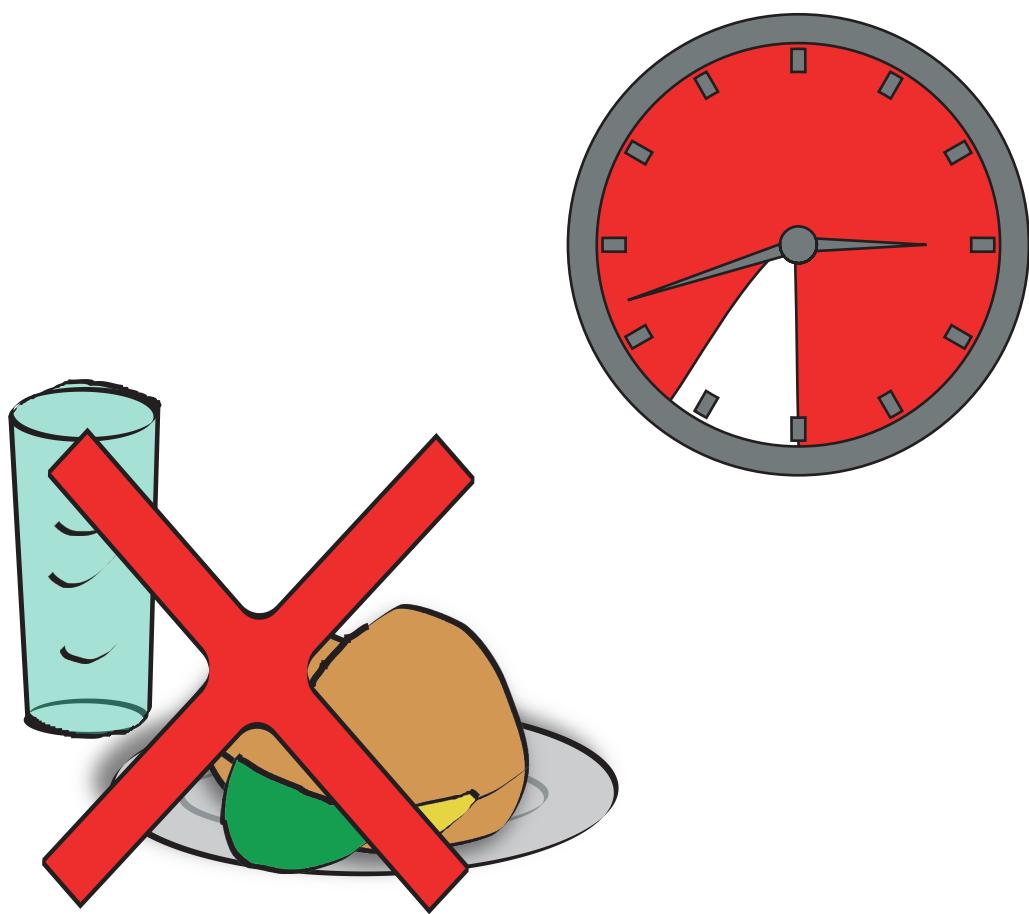
**Al-Hajj** الحجّ  
pilgrimage

All the worship that we do helps us,  
even if we find it a bit difficult at first.  
Allaah makes the worship easy for us  
if we ask Him for help.



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Once a year, for one month,  
 Muslims are not allowed to eat or drink  
 for a few hours each day.  
 They do this because Allaah  
 told them to do that. [1]



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[1] Allaah - the Most High - says:

<<O you who believe! Fasting is *kutiba* (prescribed) for you as it was prescribed for those before you so that you might attain *taqwaa* (fear of and dutifulness to Allaah).>>

*Soorah al Baqarah (2) aayah 183*

*And Shaykh al Fawzaan - hafidhahullaah - stated in his explanation of al Usool ath Thalaathah about this aayah: The meaning of *kutiba* here is *furida* (it was made obligatory).*

This is called fasting.  
In Arabic, we call it *sawm*.  
And that special month is called Ramadaan. [2]



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[2] Allaah - the Most High - says:

<<The month of Ramadaan in which the Qur-aan was revealed, a guidance for mankind and clear proofs for the guidance and the criterion. So whoever from you sights (the crescent on the first night of) the month (and is resident at his home), then he must observe the fast...>>

*Soorah al Baqarah (2) aayah 185*

Muslims must fast during that month - unless they have a special reason not to.

For example, if a person is ill and he would become more ill if he fasted, then he does not fast.

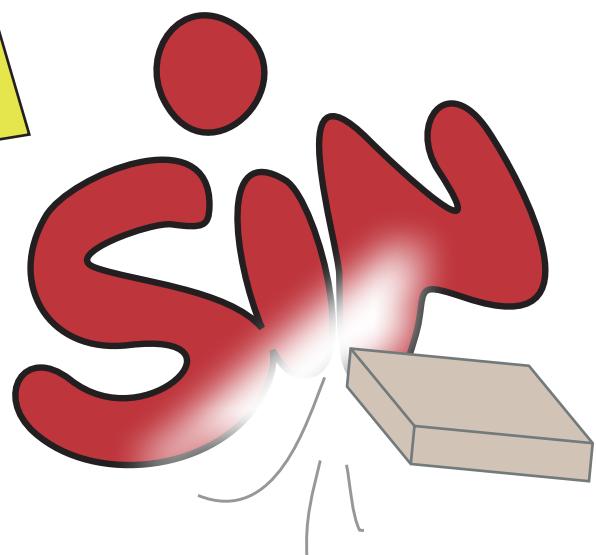
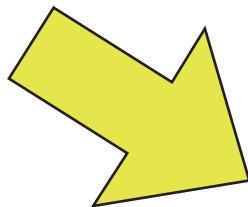
Allaah has made our religion easy for us.

*Alhamdulillaah.*



Allaah has promised us that if we fast during Ramadaan in order to please Him and hoping that He will reward us for doing that, then He will forgive us for the bad things we did. [3]

رمضان

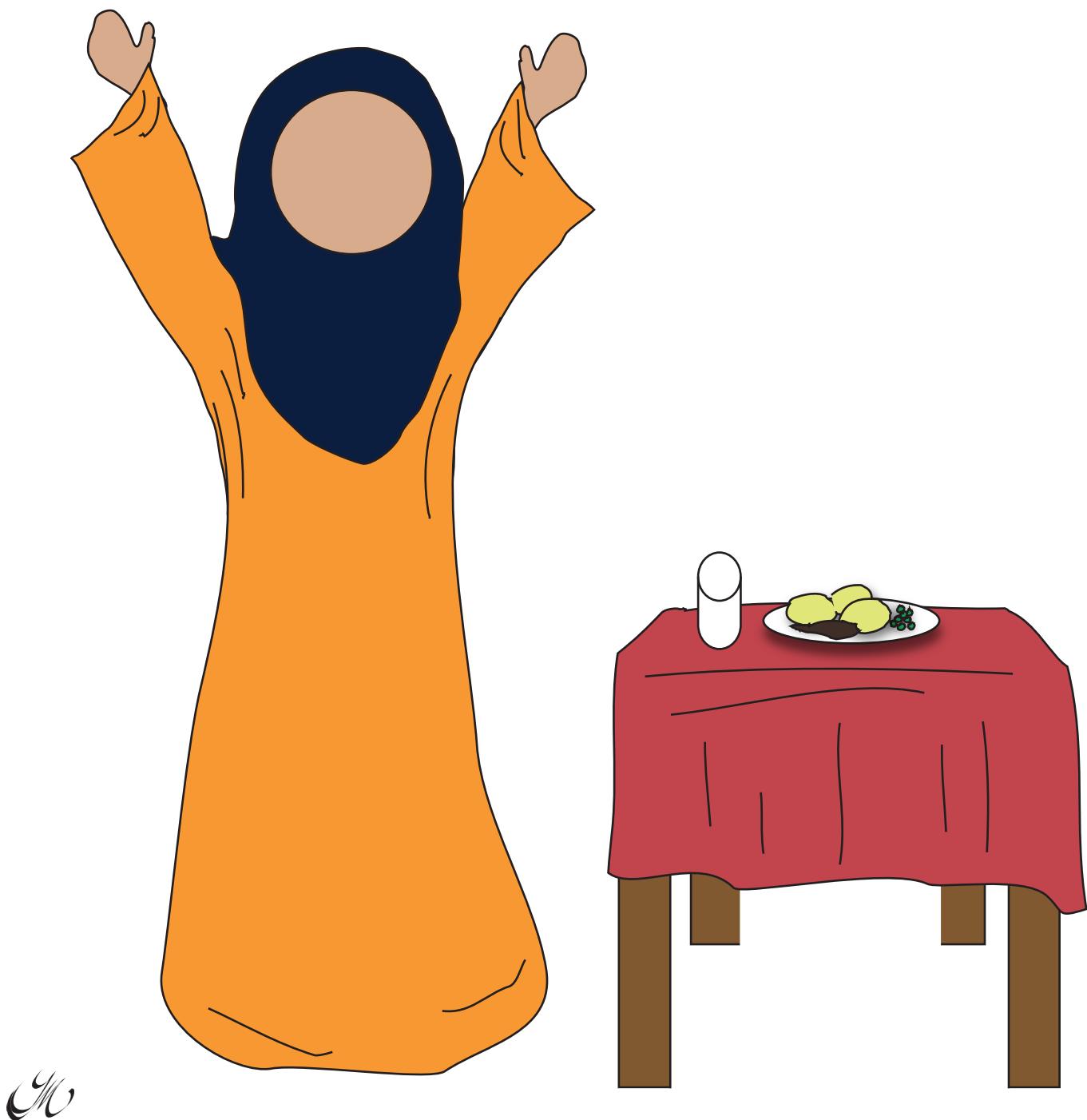


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[3] Aboo Hurayrah - radi Allaahu 'anhu - said that the Messenger of Allaah - soll Allaahu 'alaihi wa sallam - stated: Whoever fasts the month of Ramadaan with eemaan (true faith) and hoping for its reward shall have all his previous sins forgiven for him.

Reported by al Bukhaaree (4/115/1901), Muslim, an Nasaa-ee and ibn Maajah.

When we fast so as to please Allaah,  
then we are very happy when we can start  
eating and drinking again in the evening.



But there is another time  
when we will be happy in shaa Allaah.  
We will also be very happy in shaa Allaah  
when we meet Allaah after we have died. [4]

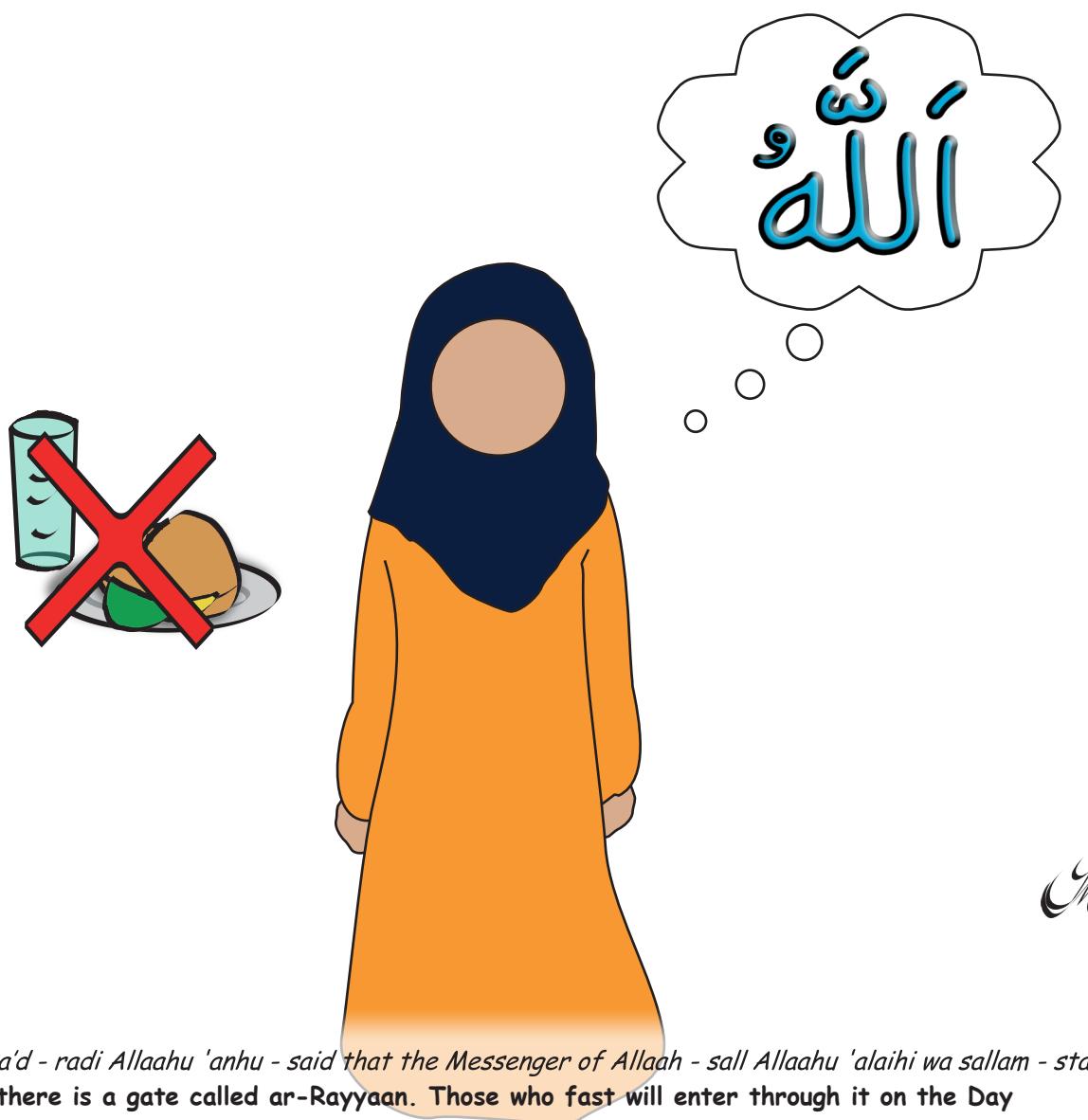


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[4] Aboo Hurayrah - radi Allaahu 'anhu - said that the Messenger of Allaah - soll Allaahu 'alaihi wa sallam - stated:  
For the fasting person, there are two times of pleasure: when he breaks his fast, he is pleased  
and when he meets His Lord, he will be pleased with his fasting.

Reported by al Bukhaaree (4/118/1904), Muslim and an Nasaa-ee.

We will in shaa Allaah even have a special gate for us to go through and go into Jannah (Paradise) after we have died. [5] But this is true only if we did our fasting to please Allaah alone - and not to show off to the people around us.

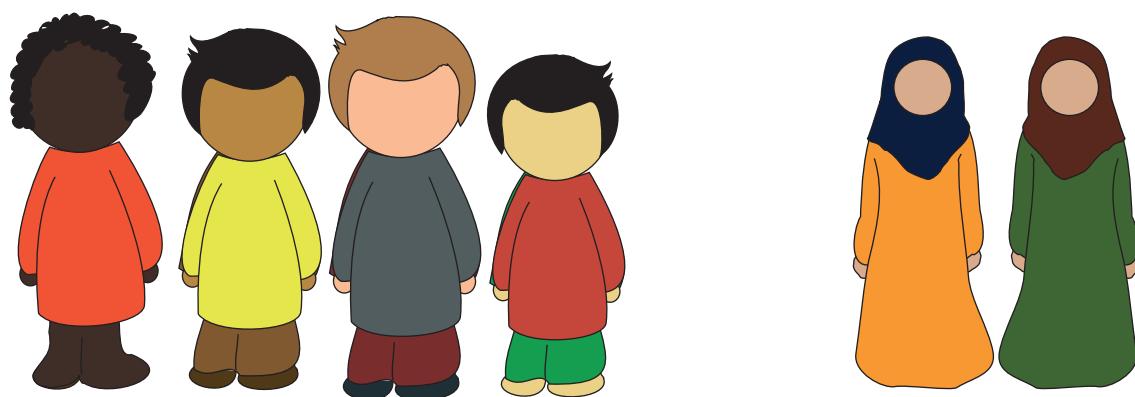
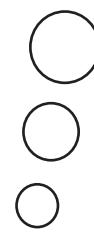


[5] *Sahl ibn Sa'd - radi Allaahu 'anhu - said that the Messenger of Allaah - sall Allaahu 'alaihi wa sallam - stated: In Paradise, there is a gate called ar-Rayyaan. Those who fast will enter through it on the Day of Resurrection and none other than them shall enter it. It will be said, "Where are those who fasted?" They will stand and none other than them shall enter it. When they all enter it, it will be closed and no one will then enter it.*

*Reported by al Bukhaaree(4/111/1896) and this is his wording:  
Muslim, at Tirmidhee an Nasaa-ee and ibn Maajah.*

O Allaah,  
accept our fasting  
and all the worship  
we do for You.

O Allaah,  
make it easy for us  
to fast during Ramadaan.



O Allaah,  
protect us from worshipping anyone  
except for You.  
Aameen.

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**See  
other volumes, too,  
in shaa Allaah!!!**

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