

Arab Republic of Egypt
Ministry of Awqaf
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Faith and Moral Aspects of Fasting

All praise is due to Allah, the Lord of all worlds, Who says in His Ever Glorious Book, **“Hurry towards your Lord’s forgiveness and the Paradise which is as wide as the heavens and earth prepared for the righteous, who give, both in prosperity and adversity, who restrain their anger and pardon people- Allah loves those who do good.”** I bear witness that there is no god but Allah, and that Muhammad is His Servant and Messenger. May Allah’s Peace and Blessings be upon him, his Household, Companions and upon those who follow their path to the Day of Judgment.

The Almighty Allah has prescribed fasting for lofty purposes and valuable objectives. It is a practice to learn faith and morals. When contemplating the Glorious Qur’an, one finds that the Almighty Allah mentioned the purpose of fasting in His Glorious Book, when He (Glory be to Him) said, **“You who believe, fasting is prescribed for you, as it was prescribed for those before you, so that you may be mindful of Allah.”** Being mindful of Allah is a comprehensive value that encompasses all values of goodness, and therefore it was mentioned in the Qur’an along with many faith and moral values. The Almighty Allah said, **“Goodness**

does not consist in turning your face towards East or West. The truly good are those who believe in Allah and the Last Day, in the Angels, the Scripture, and the prophets; who give away some of their wealth, however much they cherish it, to their relatives, to orphans, the needy, travellers and beggars, and to liberate those in bondage; those who keep up the prayer and pay the prescribed alms; who keep pledges whenever they make them; who are steadfast in misfortune, adversity, and times of danger. These are the ones who are true, and it is they who are Mindful of Allah.”

Among the religious and ethical aspects of fasting is the value of observing Allah. Fasting is a secret between a servant and his Lord, which no one but Allah shall know its truth. It is evidence that a servant believes that the Almighty Allah watches and sees him in all conditions. Allah (Glory be to Him) said, **“In whatever matter you [Prophet] may be engaged and whatever part of the Qur’an you are reciting, whatever work you [people] are doing, We witness you when you are engaged in it. Not even the weight of a speck of dust in the earth or sky escapes your Lord, nor anything lesser or greater: it is all written in a clear record.”** It is based on this belief, that the reward of fasting is so great that it is Allah only Who knows this reward. The Prophet (PBUH) said, **“Every good deed of the son of Adam will be multiplied manifold. A good deed will be multiplied ten times up to as many as seven hundred times, or as much as Allah wills. Allah says: ‘Except for fasting, which is for Me and I shall reward for it. He gives up his desire and his food for My sake.’”** It is very

befitting for a fasting person who observes Allah in his fat, to observe Him too in his work, production, and all his dealings during and after Ramadan.

Fasting is a practice for learning patience in all its forms. It is patience on performing acts of obedience, withholding from prohibited acts, and avoiding lusts. Therefore, the Prophet (PBUH) described Ramadan as the month of patience, when he (PBUH) said, "Fasting during the month of patience (Ramadan) and three days of each month is equal to fasting for a lifetime." Thus, it is required from the fasting person to have patience by suppressing his anger, forgiving those who wronged him, providing for those who do not help him, and do goodness to those who offended him, as our Prophet (PBUH) said, "When any one of you is observing fasting on a day, he should neither indulge in obscene language nor should he raise the voice; and if anyone reviles him or tries to quarrel with him he should say: 'I am observing fast.'"

Moreover, genuine fast prevents a Muslim from lying, cheating, deceiving, betraying, or backbiting anyone. The Prophet (PBUH) said, "If one does not abandon lies and false conduct, Allah has no need that he should abstain from his food and his drink."

All praise is due to Allah, Lord of the Worlds; may Allah's Peace and Blessings be upon Prophet Muhammad (PBUH), his companions and followers:

One of the most important purposes of fasting is to achieve solidarity and compassion, and to experience the feelings of the poor and needy. Thus, this drives a person to feel sympathy with them, help them, and try to fulfill their needs. The Prophet (PBUH) was asked, "Which Islam is good?" He (PBUH) said: "You feed the food, and greet those you know and those you do not know."

If the reward of solidarity, compassion, generosity, and feeding the poor is great at all times, it is more rewardable during the month of Ramadan as our Prophet (PBUH) said, "He who provides a fasting person something with which to break his fast, will earn the same reward as the one who was observing the fast, without diminishing in any way the reward of the latter." Abd Allah Ibn Abbas said, "The Messenger of Allah (PBUH) was the most generous of the men; and he was the most generous during the month of Ramadan."

How beautiful it is for us to learn from the practice of fasting the lessons of faith and moral values in order to attain the genuine fruits of fasting. Jabir Ibn Abd Allah said, "When you fast, then let your hearing, seeing, and tongue fast as well from falsehood and sins, and avoid harming

your neighbors. Rather, you must have dignity and calmness on the day of your fasting.”

May Allah save our country, Egypt and all other countries of the world!