

The Greatness of Fasting

1. BREAK FROM BUSY LIFESTYLES

Fasting, as prescribed for the month of Ramadan, is a break from our usual hectic routines, often full of worldly concerns & issues. Ramadan offers us a more spiritual approach & a retreat from our excessive lifestyles, enabling us to focus more towards our religious duties & the improvement of our character.

2. FOOD CONTROL

Abstinence from food & drink allows the gastro-intestinal system to rest & recover from the usual intake of food, due to the fact that fasting helps us control what we eat/drink.

Science proves that fasting allows the body to 'detox', meaning to flush out toxic substances built throughout the previous months. It also improves stamina, circulation and strength.

In addition, it promotes clearer skin and whiter eyes as the body feels healthier & less contaminated while fasting.

3. OVERCOMING BAD HABITS

Fasting rapidly decreases cravings for nicotine, caffeine and other drugs. Through helping us to learn abstinence and self-control, fasting has helped many people give up their addiction to smoking & other related habits.

It also provides us with the opportunity to give up habits such as lying, backbiting, gossiping etc. as we know that during this month, our fasts are not complete if we do not abstain from such evil. Therefore it is a suitable time to turn away from these acts & start afresh.

4. MORE TIME FOR REFLECTION

As fasting prevents the need for food, it gives us more time & opportunity to reflect and become closer to Almighty Allah. It allows us to seek spiritual enlightenment without the distraction of food & drink.

5. GRATITUDE & UNDERSTANDING

Fasting enables us to understand the plight of the poor & needy a little more. It allows us to undergo a journey which demonstrates to us a portion of the hardship they endure, and shows us how difficult it is to survive without food & drink.

Alhamdulillah, we are fortunate enough to know where our next meal will come from and we know that at the end of the fasting day, we will be able to enjoy a good Iftaar. Sadly, many Muslim families around the world are too poor to even have Iftaar and are not even able to break their fasts with a meal.

Thus, it reminds us how lucky we are and we should always thank Almighty Allah for our sustenance especially in Ramadan.

6. TESTS PATIENCE AND STRENGTH

Fasting tests & improves our patience, as well as our inner strength. It allows us to practise self-control and enables us to train our minds to fight its natural desires i.e. food.

7. STRENGTHENS COMMUNITY

Fasting in Ramadan strengthens community links as Muslims living in the same area unite at this time of year, gathering in Masjids & spending their time with their brothers & sisters in faith.

It also strengthens & renews family bonds as Ramadan is a month of forgiveness and families come together to enjoy the blessings it bestows.