

Fasting: Health For The Body, Peace For The Heart

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى
الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ
وَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِن ذَنْبِهِ.

Honorable Muslims!

In the verse I have recited, our Lord Almighty (swt) states, "O believers! Fasting is prescribed for you—as it was for those before you— so perhaps you will become mindful of Allah."ⁱ

In the hadith I have read, our Prophet (saw) says, "Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all his past sins will be forgiven."ⁱⁱ

Dear Muslims!

Fasting is more than just abstaining from food and drink. The true essence of fasting is reached when it encompasses our mind, soul, and entire being. Fasting can then bring health to our bodies and peace to our hearts.

The fasting of the mind means contemplating the might and mercy of our Lord (swt). The fasting of the heart means placing no love for anything above the love for Allah (swt) and His Messenger (saw). It also involves letting go of all evil thoughts and feelings that darken the heart such as hatred, and jealousy. The fasting of the tongue means abstaining from lying, gossiping,

slander, and using harsh or offensive language. It also involves refraining from insults that disrespect someone's character, reputation, or worth. The fasting of the ear means avoiding listening to bad and evil words. It also involves not accepting something we hear as true without doing our research. The Messenger of Allah (saw) warns us in this regard as follows, "Whoever does not give up evil and ignorant speech, and acting in accordance with that, Allah has no need of his giving up his food and drink."ⁱⁱⁱ

Dear Muslims!

The fasting of the hand means refraining from reaching out to anything haram. It also involves keeping our hands away from anything not halal or undeserved. The fasting of the foot means following the straight path laid out by Allah (swt) and His Messenger (saw). It also involves using our steps to pursue good works and acts of charity.

Honorable Muslims!

Fasting means sharing our iftar and sahur meals with those in need, the destitute, and the orphan. It means remembering those confined to hunger and thirst around the world. It means truly feeling the pain of our Muslim brothers and sisters, especially those in Gaza and East Turkestan, who are groaning under persecution. It means continuing to support and advocate for the oppressed through our actions, words, and resources. It means refusing to financially support, even in the smallest way, those who oppress others or those who enable them.

ⁱ Baqarah 2/183.

ⁱⁱ Bukhari, Sawm, 6.

ⁱⁱⁱ Bukhari, Sawm, 8.