

Ramadan Special – Fasting of a Believer – Part 2

Fasting of a Believer

Quran:

Surah Al Baqarah 185: (شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَيْكُم وَلَعَلَّكُمْ تَشْكُرُونَ)
(The month of Ramadân in which was revealed the Qur'ân, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadân i.e. is present at his home), he must observe Saum (fasts) that month, and whoever is ill or on a journey, the same number [of days which one did not observe Saum (fasts) must be made up] from other days. Allâh intends for you ease, and He does not want to make things difficult for you. (He wants that you) must complete the same number (of days), and that you must magnify Allâh [i.e. to say Takbîr (Allâhu-Akbar; Allâh is the Most Great) for having guided you so that you may be grateful to Him)

- The wisdom behind fasting is in order to have taqwa, and not to starve or be thirsty. The wisdom of fasting is we don't surrender to our desires.
- The Quran was sent down in Ramadan, and there are two sending down of the Quran. The first sending is in whole from the Preserved Tablet to the lowest heaven. And the second sending is when the first ayat were revealed upon the Prophet (ﷺ), which took place in the last ten nights of Ramadan.
- The words of guidance were sent down in Ramadan, and the Quran is a connection between the heavens and the earth. And not only was the Quran revealed in Ramadan, but even the Tawrat, Injeel, and Zaboor. So all the divine books were revealed in Ramadan and only the believer will appreciate this.
- In Ramadan we need to focus on the Quran because it's the nourishment of our soul. We should increase in Ramadan, whether listening to it or reading it.
- Allah (ﷻ) obligated the fast upon us as ease, and not as hardship, and this depends on belief. When we complete the fast then we need to elevate and exalt Allah (ﷻ) because He's the One Who guided us and made it easy for us. What else is required from the believers? To be grateful.
- What does gratitude mean? We need to attribute the blessings of doing good deeds, praying, and fasting all to Allah (ﷻ); we shouldn't attribute it to ourselves.

Dua of the one fasting:

Surah Al Baqarah 186: (وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ) (And when My slaves ask you (O Muhammad ﷺ) concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright)

- There's an acceptable invocation for the one fasting. When a person knows Allah (ﷻ) is near then he will be cautious of his actions, words and thoughts. We need to believe when we're reciting the Quran, then Allah (ﷻ) is near.

- We are not talking to One Who needs explanation, we're talking to One Who sees and hears. There's no confusion of needs or requests. Even if we don't know how to make dua, we need to believe Allah (ﷻ) is near. He is not near physically but is near by His seeing, knowledge and hearing; He is above the seventh heavens.
- We can invoke Allah (ﷻ) by making dua or by our actions. We think invocation is only when we ask, but when we fast, we are invoking Allah (ﷻ). When we pray, we're invoking Allah (ﷻ). This means we're invoking Him by our state of worship; as if we're asking Him for paradise and protection from the hellfire, subhan Allah.
- Some people before Ramadan feel charged up for fasting because everyone else is 'excited' and then with time it slows down. This shouldn't be the case because worship is based on faith. When we worship on the first day then our faith should increase and the second day should make us increase more as a result of increase in faith.
- When we respond to Allah (ﷻ) and believe in Him, then what will we attain? Rushd – perfect guidance with no errors. May Allah (ﷻ) grant us rushd. Ameen.
- We don't want to go through 'trial and errors' in our life, but we want rushd. What should we do? We need to make dua, respond to Allah (ﷻ) and believe in Him.

Who are the believers mentioned in the Quran?

Surah Al Mu'minoon 1-11:

قَدْ أَفْلَحَ الْمُؤْمِنُونَ (١) الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ (٢) وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ (٣) وَالَّذِينَ هُمْ لِلزَّكَاةِ فَاعِلُونَ (٤) وَالَّذِينَ هُمْ لِفُرُوجِهِمْ حَافِظُونَ (٥) إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ مَلُومِينَ (٦) فَمَنْ أَتَبَعَىٰ وَرَاءَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْعَادُونَ (٧) وَالَّذِينَ هُمْ لِأَمْتِنَتِهِمْ وَعَهْدِهِمْ رَاعُونَ (٨) وَالَّذِينَ هُمْ عَلَىٰ صَلَوَاتِهِمْ يُحَافِظُونَ (٩) أُولَٰئِكَ هُمُ الْوَارِثُونَ (١٠) الَّذِينَ يَرِثُونَ الْفِرْدَوْسَ هُمْ فِيهَا خَالِدُونَ (١١)

Successful indeed are the believers. (1) Those who offer their Salât (prayers) with all solemnity and full submissiveness. (2) And those who turn away from Al-Laghw (dirty, false, evil vain talk, falsehood, and all that Allâh has forbidden). (3) And those who pay the Zakât. (4) And those who guard their chastity (i.e. private parts, from illegal sexual acts). (5) Except from their wives or (slaves) that their right hands possess, - for then, they are free from blame; (6) But whoever seeks beyond that, then those are the transgressors; (7) Those who are faithfully true to their Amanât (all the duties which Allâh has ordained, honesty, moral responsibility and trusts) and to their covenants; (8) And those who strictly guard their (five compulsory congregational) Salawât (prayers) (at their fixed stated hours). (9) These are indeed the inheritors. (10) Who shall inherit the Firdaus (Paradise). They shall dwell therein forever. (11)

The title 'believers' means they're constantly believing. What are their characteristics?

- **Prayer:** the first and last of their characteristics is prayer. They want their connection to Allah (ﷻ) to be good. They are (خاشعون) – focused in their prayers with much humility. They have khushu' because they believe in Allah (ﷻ). What will help us to have khushu'?
- **Turn away from vain talk:** they avoid useless talk which is not rewarded. Vain talk can easily occupy our minds and when we come to the prayer then we'll think about this vain talk. In Surah Al Furqan, Allah (ﷻ) describes Ibad Ar Rahman as when passing by vain talk, they pass by with dignity. The worst 'thief' is the one that steals your time. And easily the phone can distract us.
- **Give zakat:** which includes both the obligatory zakat and sadaqah. It also includes purifying the self and a person will know his weaknesses when with people.
- **Guarding their chastity:** they are modest, protecting their chastity by not indulging in haram or exceeding their boundaries. To be modest and to cover oneself is from the qualities of the believers.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Ramadan Special – Fasting of a Believer
13 May 2018 – 27 Shaban 1439

- **Guarding their covenants and promises:** they fulfill their duties and responsibilities.
- **Guard their prayers:** it's important to guard our obligatory prayers, especially in Ramadan. Many times people will rush the 'isha prayer in order to pray the taraweeh, though the 'isha prayer is more beloved to Allah (ﷻ), subhan Allah. And some people will pray qiyam and come to the fajr prayer while sleepy. It's important to know our priorities – the obligations should be the highlights before the voluntaries.
- Those who attain these qualities will inherit Firdaous and this is the highest level in paradise. The dwellers of Firdaous will see Allah (ﷻ) twice a day. May Allah (ﷻ) grant us Firdaous. Ameen.

Fasting of the believer – hadiths

Fasting with faith and hoping for the reward:

Hadith: (وَعَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا، غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ) (Abu Hurairah (May Allah be pleased with him) reported: The Prophet (ﷺ) said, "He who observes fasting during the month of Ramadan with Faith while seeking its reward from Allah, will have his past sins forgiven.") – Riyadh As Saliheen, Al Bukhari and Muslim Book 9, Hadith 1219

- We need to fast with faith and hoping for the reward from Allah (ﷻ), and if we fulfill these conditions, then what will be granted? Our sins will be forgiven. This is itself is a success. May Allah (ﷻ) forgive our sins and make us fast with faith and hoping for the reward. Ameen.

Sighting of the new moon:

- When the new moon is sighted then it will be the start of Ramadan and if can't be seen, then the month will be completed and then we fast. This is submission.
- When the new moon is sighted then we should make the following dua, and this is not only said for Ramadan, but for all new moon sightings throughout the year:

اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ ، وَالسَّلَامَةِ وَالْإِسْلَامِ ، وَالتَّوْفِيقِ لِمَا تُحِبُّ وَتَرْضَى ، رَبَّنَا وَرَبِّكَ اللَّهُ

Allaahumma ahillahu 'alaynaa bil-amni wal-eemaani, was-salaamati wal-islamami, wat-tawfeeqi limaa tuhibbu watarḍaa, rabunaa wa rabbuk-allaahu

O Allah, let the crescent loom above us in peace and faith, safety and Islam, and in agreement with all that You love and pleases You. Our Lord and your Lord is Allah

(At Tirmidhi 3451)

- We should begin fasting when the crescent is sighted and end when the next crescent is sighted; this is submission.

Ramadan a blessed month, doors of paradise are opened, doors of hellfire are closed, and devils are chained:

Hadith: (عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " أَتَاكُمْ رَمَضَانُ شَهْرٌ مُبَارَكٌ فَرَضَ اللَّهُ عَزَّ وَجَلَّ عَلَيْكُمْ صِيَامَهُ تَفْتَحُ فِيهِ أَبْوَابُ السَّمَاءِ وَتُغْلَقُ فِيهِ أَبْوَابُ الْجَحِيمِ وَتُعَلَّقُ فِيهِ مَرَدَةُ الشَّيَاطِينِ لِلَّهِ فِيهِ نَيْلَةٌ خَيْرٌ مِنْ أَلْفِ شَهْرٍ مَنْ حَرَمَ خَيْرَهَا فَقَدْ حَرَمَ) (It was narrated that Abu Hurairah said: "The Messenger of Allah said: 'There has come to you Ramadan, a blessed month, which Allah, the Mighty and Sublime, has enjoined you to fast. In it the gates of heavens are opened and the gates of Hell are closed,

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Ramadan Special – Fasting of a Believer
13 May 2018 – 27 Shaban 1439

and every devil is chained up. In it Allah has a night which is better than a thousand months; whoever is deprived of its goodness is indeed deprived.") – Sunan An Nisa'i 2106

- We need to greet each other of the coming of Ramadan. Ramadan is a blessed month and we fast because Allah (ﷻ) made it obligatory upon us. As soon as Ramadan enters from maghrib time, Allah (ﷻ) will change the atmosphere and this is based on belief. The gates of paradise will open and the gates of the hellfire will be closed. We're not talking about change of weather but change in the feelings. The leader shayateen will be chained, but the small shayateen are still there, though they're useless, subhan Allah.
- In Ramadan, anyone who's a 'D' level can go up to 'B' level, anyone who's 'B' level can go up to 'A', and anyone who's 'A+' can go on to more pluses – A++++.
- In the month of Ramadan is a night greater than a thousand months, this is more than 83 years which is the Night of Decree. The whole month and year is preparation for this night. Maybe we will not get to live to be 83 years, but to attain this night is a great opportunity from Allah (ﷻ). Surely this is a blessed month, but we can't do anything except by Allah's might and power.
- We want to start fresh in Ramadan, and to open a new page with Allah (ﷻ). The one who's deprived is the one who entered Ramadan and left it without having his sins forgiven and not changed. May Allah (ﷻ) make us among the winners. Ameen.

Caller will call: 'O seeker of good come forward, o seeker of evil, stop!' and people freed from the hellfire:

عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِذَا كَانَ أَوَّلَ لَيْلَةٍ مِنْ شَهْرِ رَمَضَانَ صُفِّدَتِ الشَّيَاطِينُ وَمَرَدَةُ الْجِنَّ وَغَلَّقَتْ أَبْوَابُ النَّارِ فَلَمْ يَفْتَحْ مِنْهَا بَابٌ. وَفُتِحَتْ أَبْوَابُ الْجَنَّةِ فَلَمْ يُغْلَقْ مِنْهَا بَابٌ وَيُنَادِي مُنَادٍ يَا بَاغِيَ الْخَيْرِ أَقْبِلْ وَيَا بَاغِيَ الشَّرِّ أَقْصِرْ وَلِلَّهِ عَتَقَاءُ مِنَ النَّارِ " (وَذَلِكَ كُلُّ لَيْلَةٍ) (Abu Hurairah narrated that the Messenger of Allah (ﷺ) said: "On the first night of the month of Ramadan, the Shayatin are shackled, the jinns are restrained, the gates of the Fires are shut such that no gate among them would be opened. The gates of Paradise are opened such that no gate among them would be closed, and a caller calls: 'O seeker of the good; come near!' and 'O seeker of evil; stop! For there are those whom Allah frees from the Fire.' And that is every night.") – Jami` at-Tirmidhi 682

- We need to believe there's a caller, even if we can't hear it. Allah (ﷻ) will take care of all the outer distractions, but it's a battle with ourselves. Allah (ﷻ) brings all of the encouragement to give us that push to taste the sweetness of obedience to Him and surrendering to Him. In Ramadan, we taste the sweetness of faith and worship, and we don't want to lose it after Ramadan.
- Allah (ﷻ) gave us Ramadan as a gift, and we want to taste the prayer, fasting and Quran.
- In every night of Ramadan, Allah (ﷻ) will set people free from the hellfire so they will not enter it. May Allah (ﷻ) make us among those who are freed. Ameen.

Two joys for the fasting person:

وعن أبي هريرة رضي الله عنه، قال: قال رسول الله صلى الله عليه وسلم: "قال الله عز وجل: كل عمل ابن آدم له إلا الصيام، فإنه لي (Hadith: (Abu Hurairah (May Allah be pleased with him) reported: The Messenger of Allah (ﷺ) said, "Allah the Exalted and Majestic said: 'Every act of the son of Adam is for him, except As-Siyam (the fasting) which is (exclusively) for Me, and I will reward him for it.' The fasting person has two joyous occasions, one at the time of breaking his fast, and the other at the time of meeting

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Ramadan Special – Fasting of a Believer
13 May 2018 – 27 Shaban 1439

his Rubb. Surely, the breath of one observing Saum is better smelling to Allah than the fragrance of musk.) – Riyadh As Saliheen, Al Bukhari and Muslim Book 9, Hadith 1215

- The joy of the fasting person is when he breaks his fast and the other joy is when he meets his Lord.

Five steps for purifying the self in Ramadan

1. From the excellence of one's Islam is to leave what doesn't concern him
2. Don't give fake excuses for yourself because you know yourself.
3. Take the Quran seriously by reciting it and studying it.
4. Sincerity: do everything for the sake of Allah (ﷻ). We need to have an intention for fasting and this intention is not said verbally, but in the heart. Either we make this intention that we want to fast Ramadan, or we make an intention before each day of fasting.
5. Account yourself before you're called to accounts on the Day of Judgement

We ask Allah (ﷻ) by all His names and attributes to reach the month of Ramadan and to attain the best in this month. Ameen.