

RAMADAN

Importance of fasting in the month of Ramadan

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WHAT IS RAMADAN?

Ramadan is a very important time in the Islamic calendar, a month of sacrifice and prayer, the ninth month of the Muslim calendar and the holy month of fasting. The holy Quran was first revealed to the Prophet Muhammed (S.A.W) during the holy month of ramadan on a night known as *laylatul-Qadr* (the night of destiny and power). The fasting during ramadan is called '*sawm*' which literally means '*to refrain*'. Ramadan is much more than just not eating and drinking. We should refrain from evil actions as well, including thoughts and words. We have to use this month to re-evaluate our lives in light of islamic guidance. We should make peace with

those who wronged us, strengthen ties with family and friends and do away with bad habits essentially cleansing our lives, thoughts and feelings.

WHEN IS RAMADAN?

It begins and ends with the appearance of the crescent moon. Because the Muslim calendar year is shorter than the Gregorian calendar year, Ramadan begins 10–12 days earlier each year, allowing it to fall in every season throughout a 33-year cycle. Ramadan lasts from Monday, April 12 to Tuesday, May 11 in 2021. (Dates are dependent on the appearance of the crescent moon and may vary across countries.)

WHY DO WE FAST IN THE MONTH OF RAMADAN?

Fasting is one of the five pillars of Islam. We fast as an act of worship, a chance to get closer to Allah, and a way to become more compassionate to those in need. Fasting is also seen as a way to learn patience and break bad habits.

EXCEPTIONS

Pregnant women, the elderly, menstruating women and those whose medical condition prevents them from fasting (for instance those who suffer from diabetes) are exempted from fasting. But then, they are obligated to make up for their missed fasts, later when they are able to do so or they have the option to feed the poor. In addition, children are not obligated to fast during Ramadan until they reach puberty. However, children gradually start fasting at the age of seven.

12 EASY WAYS TO INCREASE GOOD DEEDS THIS RAMADAN

How fortunate are we to worship during this holy month of Ramadan? The reward for fasting is mentioned in the following Hadeeths:

“Every action of the son of Adam is given manifold reward, each good deed receiving ten times its like, up to seven hundred times. Allah, the Most High said: ‘Except for fasting, for it is for Me and I will give recompense for it, he leaves off his desires and his food for Me.’ For the fasting person, there are two times of joy; a time when he breaks his fast and a time of joy when he meets his Lord, and the smell coming from the mouth of the fasting person is better with Allah than the smell of musk.” (Bukhari).

Here are some easy ways to attain good deeds with increased reward this month, ramadan.

1. Smile! Alhamdulillah, we have made it to another Ramadan!

“When you smile to your brother’s face, it is charity.” — Prophet Muhammad ﷺ

2. Help your family with chores around the house.

“Cleanliness is half of faith.” — Prophet Muhammad ﷺ

3. Go one day without complaining.

“I only complain of my suffering and my grief to Allah.” — The Holy Qur’an [12:86]

4. Recite the Qur’an. It may be difficult for some & easier for others.

Aishah (May Allah be pleased with her) reported: The Messenger of Allah ﷺ said, “The one who is proficient in the recitation of the Qur’an will be with the honourable and obedient scribes (angels) and he who recites the Qur’an and finds it difficult to recite, doing his best to recite it in the best way possible, will have a double reward.” [Al-Bukhari and Muslim || Book 9, Hadith 994]

5. Donate to a charity of your choosing!

“Spend (in charity) out of We have bestowed for their sustenance secretly and openly ; and turn off evil with good: for such there is the final attainment of the (Eternal) Home.” — The Holy Qur’an [13:22]

6. Revive a Sunnah!

“Verily, whoever revives a tradition (sunnah) from among my traditions which has died after me, then he will have a reward similar to whoever acts upon it without taking anything away from their rewards.” — Prophet Muhammad ﷺ

7. Spend your day solely in remembrance of Allah. Find a quiet place and remember Allah and all He has done for you.

“So remember Me, and I shall remember you; and be grateful unto Me, and deny Me not.” — The Holy Qur’an [2:152]

8. Share your knowledge! Each day we learn something good or some new deed. If we share this with others, we will get the same reward.

“Whoever guides [another] to a good deed will get a reward similar to the one who performs it.” — Prophet Muhammad ﷺ

9. Forgive others and, most importantly, yourself. It may be incredibly difficult, but the reward is immense.

After all, “do you not wish that Allah should forgive you? (The Holy Qur’an [24:22]). If your Lord could forgive you for your previous sins, forgive yourself. It will take so much off of your shoulders.

“Whoever does not show mercy will not be shown mercy.” — Prophet Muhammad ﷺ

10. Pay it forward! A selfless act shows compassion, love, and above all: that you are making a difference in this worldly life. With these acts, there’s no doubt you might make someone’s day.

“Never will you attain righteousness until you spend (give) from that which you love. And whatever you spend (give), indeed Allaah is Knowing of it.” — The Holy Qur’an [3:92]

11. Learn one name of Allah and invoke Him with it. Al-Asma-ul-Husna are the 99 Most Beautiful Names and Attributes of Allah.

“Allah has ninety-nine names, and whoever knows them will go to Paradise.” — Prophet Muhammad ﷺ

12. Stand in prayer on Laylatul Qadr. The 21st of Ramadaan begins the last ten nights of Ramadaan and the first odd night. It has been reported that one of the odd nights in the last ten days could be Laylatul Qadr!

“Laylatul Qadr (The Night of Power) is better than a thousand months.” — The Holy Qur’an [97:3]

InshaAllah, this ramadan we'll move on forward with prior knowledge. Read a lot of Quran (it was first revealed this month), pray more sunnah, nafl and taraweeh, and make more Dhikr and remember Allah at all times. Alhamdulillah, we have so much and are blessed with almost everything. There is a girl out there wishing she was you, wishing she had half of what you have, and yet there are so much of us not thankful enough, not grateful enough for what we have. And there are many many more people wishing that their lives would have been easy at the slightest . So spend this month, thinking about these poor people and orphans. Pray that they may enter heaven with all of us. Let this month do its magic on you and wash away all your sins. Let this month be a fresh start. Inshallah, Allah is with us and He remembers us, when we remember Him.