

Why Fast....

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Objective



يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

[Shakir 2:183] O you who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may gain Taqwa.

This verse is addressing us as the believers and introducing fasting to us.

- Allah has created us, He knows the human psyche and this can be seen in the way He introduces the fasting:
- After praising and elevating us (O you who believe) – giving us the boost that we need, as He knows we would be anxious about this subject.
- He then tells us that fasting has been made obligatory on us as it was made obligatory for those before us – this would help us to overcome the fear and anxiousness we may have towards the fasting, as others have done it and are ok.
- He then gives us the purpose for the ruling: to gain Taqwa

- There are many benefits to the fast, eg. increasing my will power, empathising with the poor, detox, weight loss...
- But the purpose is one – to gain Taqwa. Taqwa is to do with my Soul not my body again emphasising that the rulings in Shariah are for the Soul, for my spiritual growth, i.e.
- The fast may benefit my body but its purpose is for the Soul.

This verse tells us that it is not as simple as fast and you will gain Taqwa but rather by fasting there is a possibility of gaining Taqwa – dependant on the purity of my Niyyah.

So how can I ensure that I achieve the purpose of the fast:

- Understand the purpose of the fast is to gain Taqwa. So what does Taqwa mean? God consciousness/being aware that Allah is always there/my connection with Allah.
- Ensure my Niyyah is pure – this has 2 facets:
 - To do it for the pleasure of Allah AND
 - To do it in the way that Allah wants me to do it.

- The above is easier said than done and that is why Allah tells us that those who fast maybe/perhaps/hopefully will gain Taqwa, so it is not a certainty.
- If the Niyyah is not pure then there is less likelihood of gaining the purpose of the Fast – Taqwa.

- Taqwa has been mentioned over 200 times in the Holy Qur'an showing that it is a difficult concept to acquire and that also you can acquire it in degrees rather than all or none.
- Compare this with fasting in Mahe Ramadhan, which has been mentioned only once in the Holy Qur'an.
- Most Muslims fast in Mahe Ramadhan - How many actually gain Taqwa?

Practical Steps:

- Realizing that there is a greater purpose behind the fasting than just being hungry
- Think of how much I am aware of Allah in the Holy month of Ramadhan
- Think of how I can take that awareness of Allah outside the Holy month
- Realizing that the month of Ramadhan is the learning ground for me and I need to take practical lessons from the month to implement in the other 11 months. For example:
 - I am reciting a juz of Qur'an daily in Mahe Ramadhan I need to ensure I continue the reciting of Qur'an every day but maybe I would recite less (page/verse)
 - I prayed Fajr, Magribain on time daily in Mahe Ramadhan – I need to ensure I continue with this outside of Mahe Ramadhan and pray all at Fadhilah time

And finally as parents it is important that we truly believe that God has our best interest at heart and knows what is best for us and our children and this is why He says (2:285)

...يُرِيدُ اللَّهُ بِكُمْ الْيُسْرَ وَلَا يُرِيدُ بِكُمْ الْعُسْرَ...

...Allah desires ease for you, and He does not desire for you difficulty...

The fact that God repeats it: He desires ease for you, He does not desire difficulty - like saying I want the food to taste good and I don't want the food to taste bad shows us it is not just about staying hungry and thirsty.

So Ease how:

- Fasting is easier in Mahe Ramadhan (generally considered physically impossible to fast 17 hrs)
- Shaytan locked up – so ease
- The fruits gained in this month will provide us ease in this world and the next (study hard and pass exams – ease later in life; eat well and ex – ease later in life)

Feedback & Contact



- If you have any suggestions on content to cover or queries relating to any materials within these slides please email admin@madressa.net
- Alternatively, to contact Dr Masuma Jaffer directly please email aalima@hujjat.org