

## FASTING

Fasting is the fourth pillar of Islam. Fasting is to not eat or drink anything from dawn to sunset. Muslims all over the world fast during the blessed month of Ramadhan. We fast to get blessings from Allah (S.W.T) and to be close to Allah (S.W.T). The month of Ramadhan is a very blessed month as the doors of Paradise are open.

Fasting is mandatory for Muslims and we should not miss our fasts. But if you are sick or travelling and can't fast you can make up the fast during the year. Small children are not required to fast but can fast a few to get used to it. Before fasting, we make niyyah for the fast. We eat suhur which is a meal before starting the fast. It is Sunnah to eat suhur. At sunset we break our fasts with dates or water and make dua to thank Allah (S.W.T) for the food we eat. It is good to give food to the poor to break their fast. In Canada we have long fasts in the summer and short fasts in the winter.

We should not miss Salah, especially in the month of Ramadhan and should recite the Holy Qur'an. In Ramadhan after Isha Salah there is Taraweh Salah which is 20 rakats. After every four rakats we make dua. Lailatul-Qadr is a night that is better than a thousand months and is in the month of Ramadhan. We also give Zakat to the poor and the needy in the month of Ramadhan to help them.

Ramadhan ends when the new moon is sighted. We celebrate Eid-ul Fitr the next day. We wear good clothes and go for Eid Salah in the morning. We give Zakat al-Fitr to the poor so they can enjoy Eid day also.

Muslims also keep nafl fasts during the year such as fasting on the day of Nisf Shabaan. These are not mandatory fasts. If you fast for six days after Ramadhan in the month of Shawwal, you get blessings for fasting the entire year. Muslims also fast on Mondays to celebrate the birth of our beloved Prophet Muhammad (S.A.W).

Ramadhan is a very blessed month. The Holy Qur'an was revealed during the month of Ramadhan. Muslims all over the world wait for Ramadhan. We fast and pray and also do other good things such as care for the orphans, feed the poor and visit the sick. We also avoid bad things, such as talking rudely, lying and being disrespectful. We do this to please Allah (S.W.T) and to follow our Beloved Prophet Muhammad (S.A.W). We pray that Allah (S.W.T) accepts all our good deeds. Amin.

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