

Fruits for the Week

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THE MANNERS OF FASTING

It is preferred for the fasting person to observe the following manners:

1. Taking a pre-dawn meal. All Muslim scholars agree that it is preferred to take a pre-dawn meal and that there is no sin upon one who does not do so. Prophet Muhammad (SAW) said: *"Take a pre-dawn meal, for there are blessings in it."* (Bukhari and Muslim)
2. Hastening in breaking the fast. It is preferred for the fasting person to hasten in breaking the fast when the sun has set. Sahl ibn Saad reported that the Prophet (SAW) said: *"The people will always be with the good as long as they hasten in breaking the fast."* (Bukhari and Muslim)
3. Supplicating while breaking the fast and while fasting. Ibn Majah related from Abdullah ibn Amr ibn Al-As that the Prophet (SAW) said: *"A fasting person, upon breaking his fast, has a supplication that will not be rejected."* It is confirmed that the Prophet (SAW) said: *"O Allah, for You I have fasted and with Your provisions do I break my fast."*
4. Refraining from any action that does not benefit the fasting. Fasting is an act of worship that draws one closer to Allah (SWT). Allah (SWT) has prescribed it to purify the soul and to train it in good deeds. The fasting person must be on guard against any act that may cause him to lose the benefits of his fast. Fasting is not just refraining from eating and drinking but it is also refraining from everything that Allah (SWT) has forbidden. Thus, his fast will increase his God-consciousness. Allah (SWT) says in the Qur'an: *"O you who believe, fasting is prescribed for you as it was prescribed for the people before you in order for you to gain God-consciousness."* (Al-Baqarah: 185)
5. Being generous and studying the Qur'an. Being generous and studying the Qur'an is recommended during any time but it is especially stressed during the month of Ramadhan. Al-Bukhari recorded that Ibn Abbas said: *"The Prophet (SAW) was the most generous of the people but he would be the most generous during Ramadhan when he would meet with Gabriel. He would meet with him every night and recite the Qur'an. When Gabriel met him, he used to be more generous than a fast wind."*
6. Striving to perform as many acts of worship as possible during the last ten days of Ramadhan. Al-Bukhari and Al-Muslim recorded from Aishah that during the last ten days of Ramadhan, the Prophet (SAW) would wake his wives up during the night and then remain apart from them (that is, being busy in acts of worship). A version in Muslim states: *"He would strive (to do acts of worship) during the last ten days of Ramadhan more than any other time."* Wallahu A'lam.

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