

Fasting Removes the Ills of the Chest: Hadith and Explanations

Description

Fasting removes the ills of the chest!

Bismillahi Wal Hamdullillah was SalÄ tu Was SalÄ mu â AlÄ RasÅ«lillah

AmmÄ Baâ d:

In addition to the many benefits fasting has in relation to the development of taqwa and suppressing the desires of the fasting person, fasting also has another benefit mentioned in the following authentic hadith:

Upon the authority of a man from the companions of the prophet (ï·º) who said: â I heard the Messenger of Allah (ï·º) say:

â ***Fasting the month of patience (Ramadhan) and three days of each month removes â Waharâ from the chests***â

(Collected by Abdur RazÄ q in his â Musanaf and Ibn saâ d in his â TabaqÄ tâ and ImÄ m Ahmad in his Musnad and was declared â SahÄ«hâ by Shk AlbÄ ni in â SahÄ«hut TarghÄ«b wat TarhÄ«b: 1033)

ImÄ m Al Azhari mentions in tahdhÄ«b Al Lughah: â Laith said: â ***Wahar*** is a reference to malice and enmity in the heart

Abu Ubaidah said: â ***Wahar*** is its deceit and its anxiety and perplexityâ

Al Mundhiri mentions: â□□ It (***wahar***) is deceit, hatred, malice and wiswÄ□ sâ□□

Thus we see that from the benefits of fasting is that it removes and purges the chest from those things that affect its tranquility including the wiswÄ□ s of the shayÄ□ tÄ«n

As Allah, The Most High, mentions: â□□ ..***it may be that you dislike a thing which is good for you, and that you like a thing which is bad for you. Allah knows and you do not know***â□□ (Suratul Baqarah: Vs 216)

Was SallallÄ□ hu â□□ AlÄ□ NabiyinÄ□ Muhammad

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Category

1. Worship

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