



From the Benefits of Fasting: Piety, Patience, Paradise & More

Description

Bismillahi Wal Hamdullillah Was Salaatu Was SalÄ mu â alaa RasÅ«llahi AmmÄ Baâ d

Indeed the great act of worship, fasting, has been prescribed upon this ummah just as it was prescribed upon the previous nations. Allah the most high prescribed it upon us for many great benefits.

From the greatest of its benefits the attainment of piety

Allah the most high informs us (the meaning of which):

â ***Oh you who believe! Fasting has been prescribed upon just as it was prescribed upon those who came before you that perhaps you may receive piety*** â

(Suratul Baqarah Vs

Likewise from the benefits of fasting, the development of Sabr (patience). Since fasting itself is an exercise in patience, it requires patience and it develops patience and due to it, one receives the reward of the patient!

Allah the most high states (the meaning of which):

â ***Indeed the patient will receive their reward without measureâ***

(Suratuz Zumar Vs 10)

From its benefits is that it is from the things that expiates ones wrong-doings related to his family wealth children and neighbours

Upon the authority of Hudhaifa who said the Messenger of Allah (i·o) said:

â□ ***The wrongdoings of an individual related to his family, his wealth, himself and his children are expiated by fasting, prayer, charity and enjoining the good and forbidding the evil***â□

(Collected by Bukhārī and Muslim)

From the benefits of fasting is that preparing for it earns a person the good mention of Allah and the supplications of the Angels

â□ ***Indeed Allah mentions his servant in the gathering of the heavens and the angels supplicate for those who take the pre-dawn meal***â□

(Collected by Ibn Hibbān and At Tabarāni in â□ Al Awsatâ□ and declared â□ Hasanâ□ by Shaikh Al Albāni in Sahā«hul Jāmiâ□ (1844))#

From the benefits of fasting is that the fasting person is distanced from the fire and has a trench distancing him from the fire due to it

Upon the authority of â□ Uqbah Ibn â□ Aamir who said the Messenger of Allah (i·o) said:

â□ ***Whoever fasts a day for the sake of Allah, then Allah distances him from Jahannam the distance of one hundred years***â□

(Collected by Nisābâi and declared â□ Hasanâ□ by Shaikh Al Albāni in â□ Sahā«hul Jāmiâ□ (6330))

Upon the authority of Abu Umāmah who said the Messenger of Allah (i·o) said:

â□ ***Whoever fasts a day for the sake of Allah, Allah will make a trench between him and the hellfire like the distance between the heavens and the earth***â□

(Collected by At Tirmidhi and declared â□ Sahā«hâ□ by Shaikh Al Albāni in As Sahā«hah (563))

From the benefits of fasting is that the one who dies while fasting enters Jannah

Upon the authority of Hudhaifa رضي الله عنه anhu who said that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said:

âمّا وَمَنْ يَوْمَ يَرْجُو أَنْ يَرَى جَنَّةً فَلْيَأْكُلْ فَيَوْمَ يَرَى جَنَّةً

(Collected by Ahmad in his Musnad and Ibn ShÄhÄn and others and declared محدث سلیمان بن عاصم by Shaikh Al AlbÄni in SahÄhul JÄmi (6224))

In Jannah it will be said to those who used to fast âمّا وَمَنْ يَوْمَ يَرْجُو أَنْ يَرَى جَنَّةً فَلْيَأْكُلْ فَيَوْمَ يَرَى جَنَّةً

Allah the most high says regarding that which the people of Jannah will be told (the meaning of which):

âمّا وَمَنْ يَوْمَ يَرْجُو أَنْ يَرَى جَنَّةً فَلْيَأْكُلْ فَيَوْمَ يَرَى جَنَّةً

(Suratul Haqqah Vs 24)

MujÄhid and others from the scholars of tafseer-Rahimahumullah said:

âمّا وَمَنْ يَوْمَ يَرْجُو أَنْ يَرَى جَنَّةً فَلْيَأْكُلْ فَيَوْمَ يَرَى جَنَّةً

(See Fathul QadÄr 5/284)

From its benefits is that the fragrance of the mouth of the fasting person smells sweeter than musk to Allah

Upon the authority of Abu Huraiah who said that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said:

âمّا وَمَنْ يَوْمَ يَرْجُو أَنْ يَرَى جَنَّةً فَلْيَأْكُلْ فَيَوْمَ يَرَى جَنَّةً

(Collected by Muslim (2762))

From the benefits of fasting is the two periods of joy the fasting person receives

Upon the authority of who said that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said:

âمّا وَمَنْ يَوْمَ يَرْجُو أَنْ يَرَى جَنَّةً فَلْيَأْكُلْ فَيَوْمَ يَرَى جَنَّةً

(Collected by Muslim (2762))

Alongside the many other benefits fasting brings from, from nurturing the believer upon suppressing his desires for the sake of Allah, reminding him of the state of those less well off than him, those who regularly experience hunger and other health related benefits. Thus all praise is due to Allah who has guided us to the most noble of actions, Wa illhil hamdu wal minah!

Was Sallallahu âlla alaa Nabiyyinâ Muhammad

Abu Hakeem

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