

From the Benefits of Fasting!

Description

[redacted]

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 ***O 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 183)

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 measure***â□□
(Suratuz Zumar Vs 10)

From its benefits, is that it is from the things that expiates someones wrong-doings towards their family, wealth, children and neighbours.

Upon the authority of Hudhaifa who said the Messenger of Allah (ØµÙ□ Ù□ Ø§Ù□ Ù□ Ù□ Ø¹Ù□ Ù□ Ù□ Ù□ Ø³Ù□ Ù) 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 BukhÄ□ ri 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 predawn meal***â□□

(Collected by Ibn HibbÄ□ n and At TabarÄ□ ni in â□□ Al Awsatâ□□ and declared â□□ Hasanâ□□ by Shaikh Al AlbÄ□ ni in SahÄ«hul JÄ□ miâ□□ (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 (ØµÙ□ Ù□ Ø§Ù□ Ù□ Ù□ Ø¹Ù□ Ù□ Ù□ Ù□ Ø³Ù□ Ù) 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 NisÄ□ â□□ i and declared â□□ Hasanâ□□ by Shaikh AlbÄ□ ni in â□□ SahÄ«hul JÄ□ miâ□□ (6330))

Upon the authority of Abu UmÄ□ mah who said the Messenger of Allah (ØµÙ□ Ù□ Ø§Ù□ Ù

 Ù Ø¹Ù Ù Ù Ù Ø³Ù Ù) said:

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

(Collected by At Tirmidhi and declared â SahÄ«hâ by Shaikh Al AlbÄ ni in As SahÄ«hah (563))

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

Upon the authority of Hudhaifa â Radhiyallahu â anhu who said that the Messenger of Allah (ØµÙ Ù Ø§Ù Ù Ù Ø¹Ù Ù Ù Ù Ø³Ù Ù) said:

â ***Whosoeversâ final deed is a days fast will enter Jannah***â

(Collected by Ahmad in his Musnad and Ibn ShÄ hÄ«n and others and declared â SahÄ«hâ by Shaikh Al AlbÄ ni in SahÄ«hul JÄ miâ (6224))

In Jannah it will be said to those who used to fast â Eat and drink!â

Allah the most high says regarding that which the people of Jannah will be told (the meaning of which):
â ***Eat and drink at ease for that which you have sent on before you in days past!***â
(Suratul Haqqah Vs 24)

MujÄ hid and others from the scholars of Tafseer â Rahimahumullah said:

â *This was revealed concerning people who used to fast*â
(See Fathul QadÄ«r 5/284)

From its benefits is that the fragrance of the mouth of the fasting person is finer to Allah than Musk
Upon the authority of Abu Hurairah who said that the Messenger of Allah (ØµÙ Ù Ø§Ù Ù Ù Ø¹Ù Ù Ù Ù Ø³Ù Ù) said:

â ***By him is whose hands is the soul of Muhammad, the fragrance of the***

breath of the fasting person is finer to Allah on the day of Judgement than the fragrance of musk.â□□

(Collected by Muslim (1151))

From the benefits of fasting are the two periods of joy the fasting person receives.

Upon the authority of Abu Hurairah who said that the Messenger of Allah (ØµÙ□ Ù□ Ø§Ù□ Ù□ Ù□ Ø¹Ù□ Ù□ Ù□ Ù□ Ø³Ù□ Ù) said:
â□□ ***The fasting person has two occasions of joy! One when he breaks his fast and one when he meets his lord***â□□
(Collected by Muslim (1151)

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 lillhil hamdu wal minah!

Was Sallallahu â□□ alaa NabiyinÄ□ Muhammad
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Category

1. Ramadhaan

Date
11/18/2026
Date Created
02/25/2025