

The Fourth Principle Of Islam: Fasting



The fourth principle of Islam is to fast every day in the holy month of Ramadan. We should be sure to fast every day in the blessed month of Ramadan. We should not miss this important fard ^[1] for any reason. Our Prophet declared: "Fasting is a shield that protects the Believer against Hell." If one cannot fast for some indispensable reasons, such as sickness, one should eat secretly and, immediately after the excuse is over, one should perform it. We are all His born servants. We are not independent or without an owner. We should live within the commandments and the restrictions of our owner so that we may be saved from Hell.

GLOSSARY

[1] fard: an act or thing that is commanded by Allahu ta'ala in the Qur'an al-karim. Fard (or fard) means (any behaviour or thought or belief which is) obligatory. Islam's open commandments are called fard (pl. faraid).