

# Virtues Of Fasting



Allahu ta'ala commands all Muslims to fast a month (Ramadan-i Sharif) in a year during the day– time. This is not a useless, unnecessary order. Fasting provides both material and spiritual benefits. In order to keep the body healthy, the stomach and intestines, which become very tired after digesting food continuously for a year, should rest for a month in a year (if a lot of food isn't eaten during the iftar <sup>[1]</sup> meal). This is the material benefit of fasting.

The spiritual benefit is felt by the fasting person as a result of his experiencing the suffering of a starving person. In turn, this promotes the mutual cooperation and assistance between people. Conflict will never arise in a community whose members mutually help each other. Furthermore, any Muslim who fasts a month in order to comply with Allahu ta'ala's orders will accustom himself to obeying the rules of Allahu ta'ala. And the more he obeys Allahu ta'ala, the more his capacity to obey grows.

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## GLOSSARY

**[1] iftar:** the act of breaking a fast. Fasting is done for thirty days in Ramadan. Iftar is done when the sun sets.