Theme 15 - The blessed month of Ramadan

الْشَهْر رَمَضَانَ الْمُبَارَك

Learning objectives:

- To learn about the blessings of Ramadan.
- To learn fasting is good for your health, developing sympathy and getting closer to Allah.
- To be able to explain why Ramadan is called the spring of goodness.

In this theme, you will learn:

Ramadan is the ninth month in the Islamic calendar. During the month of Ramadan, we fast from dawn to sunset. There are many spiritual and health benefits of fasting. During a fast one must not eat or drink or lie, be dishonest or gossip. Fasting helps to purify the body, increases Taqwa and patience, helps you to avoid getting angry, encourages you to show compassion and be generous to others. Ramadan is time to remember Allah, worship and seek forgiveness.

قَالَ الله تَعَالَى:﴿ يَاَيُّهَا الَّذِيْنَ امَنُوْا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِيْنَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُوْنَ ﴾ [البقرة :183].

وَقَالَ تَعَالَى: ﴿ شَهْرُ رَمَضَانَ الَّذِيٓ أُنْزِلَ فِيْهِ الْقُرْاٰنُ هُدًى لِّلنَّاسِ وَ بَيِّنٰتٍ مِّنَ الْهُدٰى وَالْفُرْقَانِۚ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُۗ وَمَنْ كَانَ مَرِيْضًا اَوْعَلٰى سَفَرٍ فَعِدَّةٌ مِّنْ اَيَّامٍ اُخَرَۗ ﴾ [البقرة :185].

Allah ﷻ says: "Believers, fasting has been compulsory for you as it was made compulsory for those before you so you become mindful of Allah" (2:183). Allah ﷻ says: "The Quran was revealed in the month of Ramadan; the Quran is a guidance for people, it contains clear teachings and distinguishes right from wrong; whoever is present in the month must fast in it, but, if anyone is ill or on a journey, then let them fast an equivalent number of days later" (2:186).

[1] عن أبي هريرة قالَ رَسولُ اللَّهِ:« قالَ اللَّهُ: كُلُّ عَمَلِ ابْنِ آدَمَ له، إلَّا الصِّيَامَ؛ فإنَّه لي، وأَنَا أجْزِي به، والصِّيَامُ جُنَّةٌ، وإذَا كانَ يَوْمُ صَوْمِ أحَدِكُمْ فلا يَرْفُثْ ولَا يَصْخَبْ، فإنْ سَابَّهُ أحَدٌ أوْ قَاتَلَهُ، فَلْيَقُلْ: إنِّي امْرُؤٌ صَائِمٌ. والذي نَفْسُ مُحَمَّدٍ بيَدِهِ، لَخُلُوفُ فَمِ الصَّائِمِ أطْيَبُ عِنْدَ اللَّهِ مِن رِيحِ المِسْكِ. لِلصَّائِمِ فَرْحَتَانِ يَفْرَحُهُمَا: إذَا أفْطَرَ فَرِحَ، وإذَا لَقِيَ رَبَّهُ فَرِحَ بصَوْمِهِ.» متفقٌ عَلَيْهِ.

1. Abu Hurairah ﷺ reported: The Messenger of Allah ﷺ said, "Allah said: `Every act of the son of Adam is for him, except fasting, which is for Me, and I will reward him for it.' Fasting is a shield. When you are fasting, don't swear nor shout and if anyone is nasty with you or tries to quarrel with then say: `I am fasting.'

By Him in whose hand is the soul of Muhammad, the breath of the fasting person is sweeter to Allah than the fragrance of musk. The one who fasts, experiences two joys: He feels pleasure when he breaks the fast and he is joyful when he meets his Lord."

[2] عن سهلِ بنِ سعدٍ عن النَّبِيِّ قَالَ: « إِنَّ فِي الجَنَّة بَابًا يُقَالُ لَهُ: الرَّيَّانُ، يدْخُلُ مِنْهُ الصَّائمونَ يومَ القِيامةِ، لاَ يدخلُ مِنْه أَحدٌ غَيرهُم، يقالُ: أَينَ الصَّائمُونَ؟ فَيقومونَ لاَ يدخلُ مِنهُ أَحَدٌ غَيْرُهُمْ، فإِذا دَخَلوا أُغلِقَ فَلَم يدخلْ مِنْهُ أَحَدٌ » متفقٌ عَلَيْهِ

2. Sahl bin Sa`d ﷺ reported: The Prophet ﷺ said, "In Paradise there is a gate which is called 'Ar-Raiyan' through which only those who fasted will enter on the Day of Resurrection. No one else will go through it. An announcement will be made, "Where are those who fasted?" They will stand up and walk towards it. When the last of them will have entered, the gate will be closed and then no one will enter through that gate."

Commentary: This Hadith tells us about the special distinction of those who observe fasting. It signifies the faithful are those who observe Saum during the month of Ramadan but also frequently observe voluntary fasts over and above the obligatory ones, otherwise the fasting of Ramadan is compulsory for every Muslim.

[3] عن أبي سعيد الخدري قال رسول الله: « ما مِن عَبْدٍ يَصُومُ يَوْمًا في سَبيلِ اللهِ، إِلَّا بَاعَدَ اللَّهُ، بذلكَ اليَومِ وَجْهَهُ عَنِ النَّارِ سَبْعِينَ خَرِيفًا » متفقٌ عَلَيْه

3. Abu Sa`id Al-Khudri ﷺ reported: The Messenger of Allah ﷺ said, "Every slave of Allah who observes fasting for one day for the sake of Allah, Allah will draw his face farther from Hell fire to the extent of a distance to be covered in seventy years."

Commentary: "Every slave of Allah" includes men and women. The Hadith highlights the excellence of fasting for the sake of Allah, which will serve, on the Day of Resurrection as shield against Hell fire.

[4] عن أبي هريرة عن النبي قال: « مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ » متفقٌ عَلَيْه

4. Abu Hurairah ﷺ reported: The Prophet ﷺ said, "He who observes fasting during the month of Ramadan with faith while seeking its reward from Allah, will have his past sins forgiven."

[5] عن أبي هريرة عن النبي قال: « إِذا جَاءَ رَمَضَانُ، فُتِّحَتْ أَبْوَابُ الجنَّةِ، وغُلِّقَت أَبْوَابُ النَّارِ، وصُفِّدتِ الشياطِينُ» متفقٌ عَلَيْه

5. Abu Hurairah ﷺ reported: The Messenger of Allah ﷺ said, "When Ramadan begins, the gates of Paradise are opened and the gates of Hell are closed, and the devils are chained."

Commentary: This is a special feature of Ramadan during which Muslims become keener to worship of Allah. They pay greater attention to the recitation of the Quran, remembrance of Allah, worship, and seeking forgiveness for sins.

[6] عن ابن عباس عن النبي قال: « كان رسول الله أَجْوَدَ الناسِ، وكان أَجْوَدَ ما يكونُ في رمضانَ حِينَ يَلْقاهُ جبريلُ، وكان يَلْقاهُ في كلِّ ليلة مِن رمضانَ فَيُدارِسُه القرآن، فَلَرسولُ الله أَجْوَدُ بالخير من الريح المُرسَلة» متفقٌ عَلَيْه

6. Narrated by Ibn `Abbas ﷺ: "The Prophet ﷺ was the most generous amongst the people, and he ﷺ used to be more so in the month of Ramadan when Gabriel visited him ﷺ, and Gabriel used to meet him ﷺ on every night of Ramadan till the end of the month. The Prophet ﷺ used to recite the Holy Quran to Gabriel, and when Gabriel met him, he ﷺ used to be more generous than a fast wind (which causes rain and welfare)."

[7] عن أَنَسِ بْنِ مَالِكٍ قَالَ النَّبِيُّ: « تَسَحَّرُوا فَإِنَّ فِي السَّحُورِ بَرَكَةً » متفقٌ عَلَيْه

7. Anas reported the Messenger ﷺ said: "Eat your breakfast at dawn (suhoor) since it has special blessings."

[8] عن سلمان بن عامر عن النبي قال: « إذا أفطرَ أحدُكم ؛ فليُفطر على تمرٍ؛ [فإنَّهُ بركةٌ] فإن لم يجد تمرًا ؛ فليُفطر على الماءِ ؛ فإنَّهُ طهورٌ » رَوَاهُ أَبُو دَاوُدَ.

8. Salman Ibn Amir reported that the Messenger ﷺ said: "Break your fast with a date (it has blessings) if you don't have it then with water since it is pure."

Activities:

- Design a poster about Ramadan for non Muslims.
- Keep a diary for the month of Ramadan and record your fasts and prayers.
- Discuss the spiritual and health benefits of Ramadan.

In this theme you have learnt:

- The Quran was revealed in the month of Ramadan.
- Fasting in Ramadan is obligatory on every adult Muslim, and whoever is ill or on a journey, must make up any missed fasts afterwards.
- Fasting is a shield against lying, gossiping and dishonesty.
- Ar-Raiyan is the gate of Paradise through which only the people of fasting will enter.
- In Ramadan the gates of Paradise are open and the gates of Hell are closed.