

## Benefits of Fasting

### Dear Mumins!

In my today's khutba I would like to express some of the benefits of fasting.

1- As Allah (s.w.t.) gave a medicine for each illness, a cure for each sickness He also did give protective means opposing to the evil. Just one characteristic of fasting is protective worship from all bad deeds for us. Fasting is the shield. It protects man from the evil. As it protects from the badness it also protects from the Hell indirectly.

2- Fasting makes our morals beautiful. It is not an ordinary event of being left hungry. The prophet Muhammad said: Whoever does not give up forged speech and evil actions, Allah is not in need of him leaving his food and drink (i.e. Allah will not accept his fasting.) (Bukhari, Savm, 8)

3- Fasting of Ramadan is the key to the genuine gratitude, since many people cannot estimate worth of the favors because of not feeling real hunger. They've never known that how much they need these favors properly. But they certainly can feel that how valuable a piece of dry bread is, as well, by appetite what the real hunger causes.

4- People have not been created in same level in point of living and have separated to some categories like rich, middle and poor. Because of these differences, Allah (s.w.t.) has invited the rich to help to the poor. To make rich run for the poor's aid is just possible when they know, live and feel their situations and hungers in act even very briefly. And this becomes a reality in a best way by fasting.

5- Nafs (soul) of man does not approach to see its own inability and weakness, faults and mistakes. By fasting it appears that how much nafs is weak and inability. Men who perceived his/her nafs's real capacity, now tries to carry out his/her duty of worship by leaving its lack of supervision and the reliance on nafs and the pride.

6- Same as the machine working continuously needs for maintenance, our tired digestion organs need for maintenance and rest for a month at least in a year. The worship of fasting makes it happen in the best way.

7- Fasting increases the tolerance of body to the hunger and thirst. So it makes person earn endurance and durability.

8- Fasting causes nafs to become accustomed to asceticism and learns to obey order. Because of leaving even halal deeds by submitting to the divine order it earns whole skill and ability about avoiding harams. And then, as much as it is physical it gains spiritual and mental health, too.

9- Above all, we fast for only because it is Allah's order. But even fasting is one of the signs to learn that how much Allah is merciful to His slaves. Because He did not order worship that we cannot complete. For example, if He had ordered to fasting from fajr until next fajr, namely had given permission to eat or drink once in twenty-four hours, many people would not carry out this worship or would have difficulty.

Let's devote ourselves completely to fasting! Let's feel the fasting with our whole cell and all feelings. May Allah (s.w.t.) accept our fasting.

