

FRIDAY KHUTBA OF TOKYO CAMII

August 21, 2009

THE VIRTUE OF FASTING

Dear Mumins!

Today, I will try to convey some hadiths of the Prophet Muhammad (s.a.w.) concerning the virtue of fasting during Ramadan. Rasulullah (s.a.w.) said:

Whoever fasts during the holy month of Ramadan with sincere faith, and hoping for a reward from Allah, then all his previous sins will be forgiven.¹

Fasting is a shield or protection from the fire and from committing sins. So when one of you is fasting he should not use foul or foolish talk. And if somebody should fight or quarrel with him, he should say, 'I am fasting.' By Him in Whose Hands my soul is the unpleasant smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. Allah (s.w.t) said, 'All the deeds of Adam's sons (people) are for them, except fasting which is for Me, and I will give the reward for it.'²

There is a gate in Paradise called Ar-Raiyân, and those who observe fasts will enter through it on the Day of Resurrection and none except them will enter through it.³

At the time of Iftar, there are some people, whom Allah forgive and sets free from the Hellfire. This continues every night.⁴

Whoever does not give up forged speech and evil actions, Allah is not in need of his

leaving his food and drink (i.e. Allah will not accept his fasting)⁵

If someone does not fast one day in Ramadan without any acceptable excuse, that person cannot win the reward of that one day, even if he or she fasts during whole year.⁶

When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained.⁷

Every servant of Allah who observes fast for a day in the way of Allah, Allah would remove, because of the sake of this day, his face farther from the Fire (of Hell) to the extent of seventy years' distance.⁸

Narrated from Abu Umamah (r.a.). He asked Rasulullah (s.a.w) to command him to do something that will bring many benefits. Rasulullah (s.a.w) said: "Go and fast, for the reward of fasting has no equal." Abu Umamah asked the Prophet three times, and every time Rasulullah (s.a.w) gave the same answer.⁹

May Allah accept the fasts that we observe. And may Allah make us from those who trained themselves in the best way with fasting.



¹ Bukharî, Sawm, 125.

² Bukharî, Sawm, 128

³ Bukharî, Sawm, 120

⁴ Ibn Majah.

⁵ Bukhari, 31/127.

⁶ Bukhari, 31/123.

⁷ Tirmizi.

⁸ Muslim, 6/2570.

⁹ Nasaî.