

## The Reality of Fasting

The **Imām Ibn Qayyim Al-Jawziyyah** [ (رحمه الله) – May Allāh ﷻ have mercy upon him ] – states in his book ‘*Zād Al – Ma’ād*’ (2/29)

Fasting is the bridle of those who fear their Rabb, a shield for the warriors, and a religious exercise for those who are close (to Allāh ﷻ).

It is for the Rabb of the worlds and all that is between them and verily the one who fasts does not perform any activity except that an individual abandons their desires, food, and drink for the sake of the One whom they Worship. Indeed fasting is the worship which requires leaving that which a person loves and enjoys, selflessly, for the love and happiness of Allāh ﷻ.

And it is a secret between a servant and their Rabb; which no one will be aware of, except Him, this is the reality of fasting.

Fasting has an amazing effect in safeguarding the limbs externally, and their strength internally, and protects it from mixing with those factors which possesses the ability to corrupt, which, should be seized and thereby freeing them from the bad elements which prevent their good health.

Fasting safeguards the health of the heart and limbs, and returns to them that which was stolen from them due to an individual’s desires.

It is from the greatest of forces in helping to achieve righteousness; as Allāh ﷻ – The Most High, says:

«لَعَلَّكُمْ تَتَّقُونَ يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ»

«“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.”» [1]

And the Prophet Muḥammad (ﷺ) said: ( “Fasting is a shield” ) [2]

Its intent: that fasting is that which is beneficial and, when observed with a sound mind, and a steadfast nature: Allāh ﷻ ordains for His servants, mercy, goodness, protection, and a guard upon them.

In that is the guidance of the Messenger of Allāh (ﷺ) which is guidance in its entirety, through which the greatest of knowledge is acquired, whilst it being easy upon the soul.

[1] – Sūrah al-Baqarah [2:183]

[2] – Ṣaḥīḥ Muslim #1151

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