



The Benefit and Regulation of Fasting

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Topics Covered

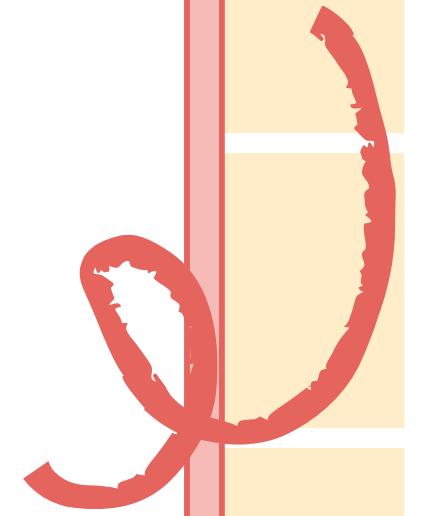




TOPIC 1

What is *fasting*?

fasting means is intended to instill self-discipline, self-control, empathy, and compassion



Allah said...

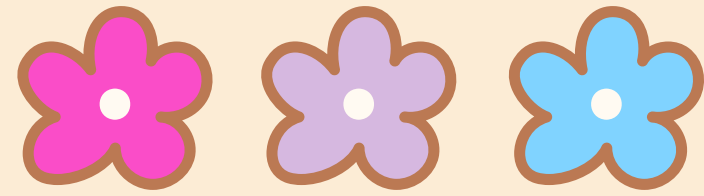
يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ
مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

O you who believe, fasting is prescribed for you as it was prescribed for those before you that you may become righteous.

al-Baqarah 2:183



So fasting is the act of worship to get closer to Allah SWT



TOPIC 2

Does fasting have any benefits?



THE ANSWER IS:

yes!

Let's talk about the physical benefits of fasting first, shall we?



The physical benefit of *fasting*



- enhances heart health
- could delay aging and promote long life
- protects you from obesity
- Boost cognitive performance



now let's talk about the
spiritual benefits of
fasting..



The spiritual benefit of *fasting*



- It increases our Taqwa
- It protects us from the hellfire
- It leads us into Paradise
- It carries unimaginable reward



TOPIC 3

Are there like..
regulations
for *fasting?*





YES!

every Muslim whose health allows
abstain from food, drink, shun
obscenities, inward sins and the likes
of it from dawn to sunset.

There are also things that can break our fast, such as:

- To drink any kind of medicine intentionally
- To vomit intentionally
- Intentionally eat and drink
- Anything put by force into the mouth of a fasting person



credits:

- **The Reward of Fasting is islam** <https://muslimhands.org.uk/latest/2021/03/the-benefits-of-fasting-in-the-quran-and-hadith>
- **3 Good Deeds With Unlimited Rewards** <https://muslim.sg/articles/3-good-deeds-with-unlimited-rewards>
- **Ramadhan Information** <https://www.hidaya.org/publications/ramadan-information/>