

The Wisdom Behind Fasting and its Benefits

Q: Saum-2: What are the reasons for and the benefits of fasting?

Answer: There are innumerable reasons and benefits of fasting. One of the most Innumerable is habituating oneself with controlling the carnal self. One there by restrains one s innate desires. as a result of which those good deeds that are normally difficult to carry out become easier. One therefore is able to forsake sin and develops the qualities of piety and abstinence.

Allaah says, "O you who have Imaan! Fasting has been made obligatory for you just as it was made obligatory for those before you (the Jews and Christians) so that you may develop Taqwa (fasting saves a person from sin because it develops self-restraint and drives away the passions that lead to sin).

Fasting serves as nutrition for the soul so that the soul gains strength by it. There is nothing as effective as fasting to curb carnal desires and purify the soul. Fasting opens the door to spirituality and lends vitality to one's acts of worship.

Reliable books of Ahadeeth mention that Rasulullaah SAW. once asked, "O Allaah! What brings a person closest to You?" Allaah replied, "When a person is hungry and in Sajdah."

Another wisdom behind fasting is that people inculcate the qualities of Allaah. Just as Allaah does not need food, drink or carnal passions, the fasting person also does away with these during the fast. Similarly, he also then adopts the qualities of the angels, who are sustained on Dhikr and not on food. The fasting person also gets the golden opportunity to be grateful to Allaah during the days of fasting, when he also sympathises with the poor.

Furthermore. fasting purges the body of toxins and diseases and is especially effective in purging phlegm. Fasting harnesses the love of Allaah and Rasulullaah SAW. and raises a person's stages in the Aakhirah. Allaah says, "Fasting is for Me and I shall personally reward a person for it. Another of the thousands of reasons for fasting is that by fasting, a person is fulfilling the command of Allaah, thereby gaining proximity to Him. And Allaah knows best what is most correct.

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