



## RAMADHAN: FEAST OR WORSHIP?

الْحَمْدُ لِلَّهِ الَّذِي أَرْسَلَ رَسُولَهُ بِالْهُدَىٰ وَدِينِ الْحَقِّ لِيُظْهِرَهُ عَلَى الدِّينِ  
كُلِّهِ وَلَوْ كَرِهَ الْمُشْرِكُونَ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ  
لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ  
وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ  
إِلَى يَوْمِ الدِّينِ.

أَمَّا بَعْدُ، فَيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ  
مُسْلِمُونَ.

Let us all increase our devotion towards Allah the Almighty by performing all that He has decreed and abstaining from all that He has prohibited. Hopefully, we will be forgiven in this world and in the Hereafter.

**Dear Brothers and Sisters,**



Breaking their fast is among the pleasures that Muslims experience during *Ramadhan*. The *Azan* (the calling for prayers) that is broadcast on the radio or at the mosques at *Maghrib* time sounds so beautiful because it is the signal that Muslims are allowed to eat or drink after enduring 14 hours of thirst and hunger. It is true what Prophet Muhammad (may peace and blessings of Allah be upon [pbuh]) said in a *Hadith* that was narrated by Imam Muslim:

لِلصَّائِمِ فَرْحَتَانِ فَرْحَةٌ عِنْدَ فِطْرِهِ وَفَرْحَةٌ عِنْدَ لِقَاءِ رَبِّهِ.....

Which means: *A fasting person has two moments of joy. One when he breaks his fast and another when he meets his Lord.*

Although this *Hadith* implies that the breaking of fast is a delightful moment, it does not mean that Islam gives permission for its followers to go beyond all the limits when eating and drinking. Allah the Almighty dislikes those who exceed their limit as He mentioned in the Quran in Chapter 7 (Surah Al-A'raf), verse (*ayat*) 31:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ



وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ ﴿٣١﴾

Which means: “...eat and drink: But waste not by excess, for Allah loveth not the wasters.”

Unfortunately some of us turn the breaking of fast into a field of revenge against the hunger borne during the day. A variety of dishes are served and moderation is forgotten. Furthermore, various types of food and drink can easily be purchased at the *Ramadhan* bazaars. All dishes seem appealing to the eyes of one who is hungry. Our lust and stomach seem to tell us to get everything in sight.

The Prophet (pbuh) said in a *Hadith* which was narrated by Imam al-Tirmizi and Imam Ibn Majah which means: "A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one third for food, one third for drink and one third for air.”

**Dear Brothers and Sisters,**



The month of *Ramadhan* is a month of worship and not a food festival. The Prophet (pbuh) advocated simplicity of breaking the fast as mentioned in his *Hadith* that was narrated by Imam Abu Daud and Imam Ahmad:

كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يُفْطِرُ عَلَى رُطَبَاتٍ قَبْلَ أَنْ  
يُصَلِّيَ فَإِنْ لَمْ تَكُنْ رُطَبَاتٌ فَعَلَى تَمْرَاتٍ فَإِنْ لَمْ تَكُنْ حَسَا حَسَوَاتٍ  
مِنْ مَاءٍ

Which means: *“The Messenger of Allah used to break his fast before praying with some fresh dates; but if there were no fresh dates, he had a few dry dates, and if there were no dry dates, he took some mouthfuls of water.”*

Therefore, we must control the amount of food and drink we consume during *Ramadhan*. Instead, we must concentrate on our worship especially on the last ten days of *Ramadhan*. Aisha (may Allah be pleased with her) related a *Hadith* which was narrated by Imam Muslim:

كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا دَخَلَ الْعَشْرُ أَحْيَا اللَّيْلَ،  
وَأَيْقَظَ أَهْلَهُ، وَجَدَّ وَشَدَّ الْمِعْزَرَ.

Which means: “*When the last ten nights began Allah's Messenger kept awake at night (for prayer and devotion), wakened his family, and prepared himself to observe prayer (with more vigour).*”

This *Hadith* reminds us that Muslims should not waste the opportunity to worship in the month of *Ramadhan*. Moreover, whoever spends the night of *laylat al-qadr* (the Night of Decree) in prayer is promised the forgiveness of his past sins. The Prophet (pbuh) said in a *Hadith* which was narrated by Imam al-Bukhari and Imam Muslim

مَنْ قَامَ لَيْلَةَ الْقَدْرِ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ

Which means: “*Whoever spends the night of Lailat Al-Qadr in prayer out of faith and in the hope of reward, he will be forgiven his previous sins.*”

**Dear Brothers and Sisters,**

Therefore, we must return to the ultimate goal of fasting which is to instill piety and to control our evil desires. Hopefully

we will obtain Allah the Almighty's forgiveness in this glorious month of *Ramadhan* and gain the reward of Paradise in the hereafter. Let us remember Allah the Almighty's promise in the Quran in Chapter 3 (Surah 'Ali Imran), verse (*ayat*) 133:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

وَسَارِعُوا إِلَى مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ وَالْأَرْضُ

أُعِدَّتْ لِلْمُتَّقِينَ ﴿١٣٣﴾

Which means: *“Be quick in the race for forgiveness from your Lord, and for a Garden whose width is that (of the whole) of the heavens and of the earth, prepared for the righteous”*.

بَارِكْ اللَّهُ لِيْ وَلَكُمْ فِي الْقُرْءَانِ الْعَظِيْمِ، وَنَفَعْنِيْ وَإِيَّاكُمْ بِمَا فِيْهِ

مِنَ الْآيَاتِ وَالذِّكْرِ الْحَكِيْمِ، وَتَقَبَّلْ مِنِّيْ وَمِنْكُمْ تِلَاوَتَهُ، إِنَّهُ هُوَ

السَّمِيْعُ الْعَلِيْمُ. أَقُوْلُ قَوْلِيْ هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيْمَ لِيْ وَلَكُمْ،



وَلِسَائِرِ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ،

فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ.