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International



**WHY DO  
MUSLIMS  
FAST DURING**

**THE MONTH OF  
RAMADAN**





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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

• IN THE •  
NAME OF  
ALLAH

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ  
الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن  
قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ﴿١٨٣﴾

[البقرة: ١٨٣]

{O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous a}

Quran ( 2 : 183 )

INTERACTION ICONS - CLICK



﴿أَيَّامًا مَّعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى  
سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ  
طَعَامُ مَسْكِينٍ فَمَنْ تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ وَأَنْ  
تَصُومُوا خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ ﴿١٨٤﴾﴾

[البقرة: ١٨٤]

{[Fasting for] a limited number of days. So whoever among you is ill or on a journey [during them] a then an equal number of other days [are to be made up]. And upon those who are able [to fast, but with hardship] a a ransom [as substitute] of feeding a poor person [each day]. And whoever volunteers good [i.e., excess] a it is better for him. But to fast is best for you, if you only knew }

Quran ( 2 : 184 )

INTERACTION ICONS - CLICK



شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ  
مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن  
كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ  
الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ  
عَلَى مَا هَدَاكُمُ وَلَعَلَّكُمْ تَشْكُرُونَ ﴿١٨٥﴾

[البقرة: ١٨٥]

{The month of Ramadhān [is that] in which was revealed the Qur'ān, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the crescent of] the month,[1] let him fast it; and whoever is ill or on a journey a then an equal number of other days. Allāh intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allāh for that [to] which He has guided you; and perhaps you will be grateful }

Quran ( 2 : 185 )

INTERACTION ICONS - CLICK



وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ  
أَجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا  
لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ ﴿١٨٦﴾

[البقرة: ١٨٦]

{And when My servants ask you, [O Muḥammad], concerning Me a indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided}

Quran ( 2 : 186 )

INTERACTION ICONS - CLICK



هُأَحِلَّ لَكُمْ لَيْلَةَ الصِّيَامِ الرَّفَثُ إِلَى نِسَائِكُمْ هُنَّ لِبَاسٌ لَكُمْ وَأَنْتُمْ  
لِبَاسٌ لَهُنَّ عَلِمَ اللَّهُ أَنَّكُمْ كُنْتُمْ تَخْتَانُونَ أَنْفُسَكُمْ فَتَابَ عَلَيْكُمْ  
وَعَفَا عَنْكُمْ فَإِنَّ بَاشِرُوهُنَّ وَابْتِغُوا مَا كَتَبَ اللَّهُ لَكُمْ وَكُلُوا وَاشْرَبُوا  
حَتَّى يَتَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ ثُمَّ أَتَمُّوا  
الصِّيَامَ إِلَى اللَّيْلِ وَلَا تُبَاشِرُوهُنَّ وَأَنْتُمْ عَاكِفُونَ فِي الْمَسَاجِدِ تِلْكَ حُدُودُ  
اللَّهِ فَلَا تَقْرَبُوهَا كَذَلِكَ يُبَيِّنُ اللَّهُ آيَاتِهِ لِلنَّاسِ لَعَلَّهُمْ يَتَّقُونَ ﴿١٨٧﴾

[البقرة: ١٨٧]

{It has been made permissible for you the night preceding fasting to go to your wives [for sexual relations]. They are a clothing for you and you are a clothing for them. Allāh knows that you used to deceive yourselves, so He accepted your repentance and forgave you. So now, have relations with them and seek that which Allāh has decreed for you [i.e., offspring]. And eat and drink until the white thread of dawn becomes distinct to you from the black thread [of night]. Then complete the fast until the night [i.e., sunset]. And do not have relations with them as long as you are staying for worship in the mosques. These are the limits [set by] Allāh, so do not approach them. Thus does Allāh make clear His verses [i.e., ordinances] to the people that they may become righteous.}

Quran ( 2 : 187 )

INTERACTION ICONS - CLICK





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يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن  
طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ  
إِنَّ كُنْتُمْ إِيَّاهُ تَعْبُدُونَ ﴿١٧٢﴾

[البقرة: ١٧٢]

{O you who have believed, eat from the good [i.e., lawful] things which We have provided for you and be grateful to Allāh if it is [indeed] Him that you worship.}

Quran ( 2 : 172 )

INTERACTION ICONS - CLICK



﴿فَاتَّقُوا اللَّهَ مَا اسْتَطَعْتُمْ وَأَسْمَعُوا وَأَطِيعُوا  
وَأَنْفِقُوا خَيْرًا لِأَنْفُسِكُمْ وَمَنْ يُوقْ شِحْ  
نَفْسِهِ فَأُولَئِكَ هُمُ الْمُفْلِحُونَ﴾ (١٦)

[التغابن: ١٦]

{So fear Allāh as much as you are able and listen and obey and spend [in the way of Allāh]; it is better for your selves. And whoever is protected from the stinginess of his soul a it is those who will be the successful.}

Quran ( 64 : 16 )

INTERACTION ICONS - CLICK



وَجَاهِدُوا فِي اللَّهِ حَقَّ جِهَادِهِ هُوَ اجْتَبَاكُمْ وَمَا جَعَلَ  
عَلَيْكُمْ فِي الدِّينِ مِنْ حَرَجٍ مِلَّةَ أَبِيكُمْ إِبْرَاهِيمَ هُوَ سَمَّاكُمُ  
الْمُسْلِمِينَ مِنْ قَبْلُ وَفِي هَذَا لِيَكُونَ الرَّسُولُ شَهِيدًا عَلَيْكُمْ  
وَتَكُونُوا شُهَدَاءَ عَلَى النَّاسِ فَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ  
وَاعْتَصِمُوا بِاللَّهِ هُوَ مَوْلَاكُمْ فَنِعْمَ الْمَوْلَى وَنِعْمَ النَّصِيرُ ﴿٧٨﴾

[الحج: ٧٨]

{And strive for Allāh with the striving due to Him. He has chosen you and has not placed upon you in the religion any difficulty. [It is] the religion of your father, Abraham. He [i.e., Allāh] named you "Muslims" before [in former scriptures] and in this [revelation] that the Messenger may be a witness over you and you may be witnesses over the people. So establish prayer and give zakāh and hold fast to Allāh. He is your protector; and excellent is the protector, and excellent is the helper.}

Quran ( 22 : 78 )

INTERACTION ICONS - CLICK



هُمَا أَفَاءَ اللَّهِ عَلَى رَسُولِهِ مِنْ أَهْلِ الْقُرَى فَلِلَّهِ  
وَلِلرَّسُولِ وَلِذِي الْقُرْبَى وَالْيَتَامَى وَالْمَسَاكِينِ وَابْنِ  
السَّبِيلِ كَى لَا يَكُونَ دُولَةً بَيْنَ الْأَغْنِيَاءِ مِنْكُمْ وَمَا  
آتَاكُمُ الرَّسُولُ فَخُذُوهُ وَمَا نَهَاكُمْ عَنْهُ فَانْتَهُوا  
وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ شَدِيدُ الْعِقَابِ ﴿٧﴾

[الحشر: ٧]

{And what Allāh restored to His Messenger from the people of the towns a it is for Allāh and for the Messenger and for [his] near relatives and orphans and the needy and the [stranded] traveler a so that it will not be a perpetual distribution among the rich from among you. And whatever the Messenger has given you a take; and what he has forbidden you a refrain from. And fear Allāh; indeed, Allāh is severe in penalty.}

Quran ( 59 : 7 )

INTERACTION ICONS - CLICK



وَمِنَ اللَّيْلِ فَتَهَجَّدُ بِهِ نَافِلَةً لَكَ عَسَى  
أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا مَّحْمُودًا ﴿٧٩﴾

[الإسراء: ٧٩]

{And from [part of] the night, pray with it [i.e., recitation of the Qur'ān] as additional [worship] for you; it is expected that your Lord will resurrect you to a praised station.}

Quran ( 17 : 79 )

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خُذْ مِنْ أَمْوَالِهِمْ صَدَقَةً تُطَهِّرُهُمْ وَتُزَكِّيهِمْ  
بِهَا وَصَلِّ عَلَيْهِمْ إِنَّ صَلَاتَكَ سَكَنٌ لَهُمْ  
وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿١٠٣﴾

[التوبة: ١٠٣]

{Take, [O Muḥammad], from their wealth a charity by which you purify them and cause them increase, and invoke [Allāh's blessings] upon them. Indeed, your invocations are reassurance for them. And Allāh is Hearing and Knowing.}

Quran ( 9 : 103 )

INTERACTION ICONS - CLICK



هَإ�نَا أَنزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ﴿١﴾ وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ  
﴿٢﴾ لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ﴿٣﴾ تَنَزَّلُ الْمَلَائِكَةُ  
وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ ﴿٤﴾ سَلَامٌ هِيَ  
حَتَّىٰ مَطْلَعِ الْفَجْرِ ﴿٥﴾

[القدر: ١-٥]

{Indeed, We sent it [i.e., the Qur'an] down during the Night of Decree (1) And what can make you know what is the Night of Decree ? (2) The Night of Decree is better than a thousand months (3) The angels and the Spirit [i.e., Gabriel] descend therein by permission of their Lord for every matter (4) Peace it is until the emergence of dawn (5)}

Quran ( 97 )

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