



Islamiat

**THE CSS POINT**  
Yes We Can Do It!

SAUM (Fasting)

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# Introduction

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- ▶ After Imaan, Salaah and Zakaah, the most important pillar of Islaam is Saum (Fasting) during the month of Ramadhaan (the 9th month of the Islaamic calendar).
- ▶ "Saum" in Arabic, means to restrain and keep silence. The Holy Qur-aan defines "Saum" as "patience" too which means "self-control, perseverance and determination". Thus Saum stands, according to Islam, for guarding oneself against selfishness, sensual and carnal desires and protecting one's instinctive restraint and perseverance.

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- ▶ The fasts of Ramadaan were made compulsory in the 2nd year of Hijrat when the believers had become accustomed to the belief of "Tauheed" (monotheism), prayer and other Quranic injunctions.
  - ▶ Ramadan is fasting is a pious activity which is not only fard on the Ummah of Prophet Muhammad (pbuh) but it was also compulsory before prophet Muhammad (pbuh).

Allah Says in Quran: Surah Al-Baqrah Chapter#2 verse# 183

*“O’ ye who believe! Fasting is prescribed for you ,As it was prescribed for those who preceded you,  
That you may be reverent. (2:183)*

# Significance of fasting

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Allah Says in Quran: Surah Al-Baqrah Chapter#2 verse# 183

*“O’ ye who believe! Fasting is prescribed for you ,As it was prescribed for those who preceded you,That you may be reverent. (2:183)*

- ▶ Sahih Hadith
- ▶ *Narated By Abu Huraira :The Prophet said, “Whoever fasts in the month of Ramadan out of sincere faith, and hoping for a reward from Allah, then all his previous sins will be forgiven.”*  
Volumn 003, Book 031, Hadith Number 125. Sahih Bukhari



# Objectives of Fasting

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- ▶ 1. That the believers should praise His (Allah's) "Kibriyaa'i" (Magnificence, Grandeur) and "Azmat" (Greatness).
- ▶ 2. Be thankful to Him (Allah) on receiving Divine guidance that He lifted up the mankind to the height of "Rifat-o-'Izzat" (eminence and honour) from the depth of ignominy and disgrace.
- ▶ 3. That the believers may eschew evil deeds and "Taqvaa" may develop in them.

# Individual Benefits of Fasting

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- ▶ Sense of Worship
- ▶ Obedience of commands
- ▶ Sense of Obligation
- ▶ Character Building
- ▶ Self Discipline

# Collective Benefits

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- ▶ An Aura of Piety and Purity
- ▶ Unity of Muslim Ummah
- ▶ Brotherhood and Equality
- ▶ Build a better Society
- ▶ Shows Oneness of God

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