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Fasting

الصنَّوم Fasting

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1– The Prophet (S) said, 'Fasting is incumbent upon you, for verily it severs the roots [of desires] and removes wildness.' [Kanz al-'Ummal, no. 23610]

2- The Prophet (S) said, 'Everything has a zakat, and the zakat of the bodies is to fast.' [Faza'il al-Ashhur al-Thalatha, p. 75, no. 57]

3- The Prophet (S) said, 'Fast and you will be healthy.' [al-Da'aawat, p. 76, no. 179]

4– The Prophet (S) said, 'The fasting person is in constant worship of Allah, even when he is sleeping in his bed, as long as he does not backbite a fellow Muslim.'[Thawab al-A'amal, p. 75, no. 1]

ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): ما مِن صائمٍ يَحضُرُ قَوماً يَطعَمُونَ إِلّا سَبَّحَت أعضاؤهُ، وكانَت صَلاةُ الملائكةِ5 عَليهِ، وكانَت صَلاتُهُم استِغفاراً

5– The Prophet (S) said, 'No sooner does a fasting person come upon a group of people eating than his limbs glorify Allah on his behalf, the angels invoke blessings on him, and this invocation of theirs is counted as seeking forgiveness on his behalf.' [lbid. p. 77, no. 1]

6– The Prophet (S) said, 'Fasting acts as a shield from the Fire.' [al-Kafi, v. 4, p. 62, no. 1]

7- Fatima al-Zahra' (a.s.) said, 'Allah made fasting obligatory in order to reinforce sincere devotion [to Him].'[Bihar al-Anwar, v. 96, p. 368, no. 4]

8- Imam al-Baqir (a.s.) said, 'The fast and the obligatory pilgrimage (Hajj) pacify the heart.'[Amali al-Tusi, p. 296, no. 582]

9- Imam al-Sadiq (a.s.) said, 'Verily Allah, Blessed and most High, says, 'The fast is solely for Me and I am its reward.'[al-Kafi, v. 4, p. 63, no. 6]

10- Imam al-Sadiq (a.s.) said, 'A fasting person's sleep is worship, his silence is glorification of Allah, his good deeds are accepted, and his supplication is answered.'[al-Faqih, v. 2, p. 76, no. 1783]

11– Imam al-Sadiq (a.s.) said, 'A fasting person has two sources of joy: his joy when he opens his fast and his joy at meeting his Lord.'[al-Kafi, v. 4, p. 65, no. 15]

12- Imam al-Sadiq (a.s.) said, 'Whoever offers a fasting person something with which to open his fast obtains the same reward as him.'[Ibid. p. 68, no. 1]

13– Imam al-'Aaskari (a.s.) was once asked the reasoning behind the obligation of fasting, to which he replied, 'That the rich may experience the pain of hunger and bestow his generosity thereby upon the poor.'[Bihar al-Anwar, v. 96, p. 369, no. 50]

Enjoinment of Fasting of One's Own Accord

14— The Prophet (S) said, 'He who fasts a single day of his own accord is rewarded to such an extent that even if he was to be given the whole world's worth of gold for it, the reward he deserves would not be fulfilled until the Day of Resurrection.'[Ma'ani al-Akhbar, p. 409, no. 91]

15— The Prophet (S) said, 'He who fasts a single day of his own accord, wishing to procure the reward of Allah, [Allah makes] his forgiveness mandatory.'[Amali al-Saduq, p. 443, no. 2]

16- The Prophet (S) said, 'Whoever [voluntarily] fasts three days every month is considered as having fasted his whole life, for verily Allah, Mighty and Exalted, says, "Whoever brings virtue shall receive ten times its like" [Qur'an 6: 160]. [Da'aim al-Islam, v. 1, p. 283]

17– Imam al-Sadiq (a.s.) said, 'Verily when a man fasts a single day of his own accord, desiring thereby what is with Allah, Mighty and Exalted, Allah gives him entrance into Paradise because of it.'[al-Kafi, v. 4, p. 63, no. 5]

The Etiquette of Fasting

أدَبُ الصَّوم

18– The Prophet (S) said, 'Allah, Mighty and Exalted, says, 'He whose limbs do not fast by refraining from what I have prohibited, then there is no need for him to refrain from food and drink for My sake.'[al-Firdaws, v. 5, p. 242, no. 8075]

19– Imam Ali (a.s.) said, 'Fasting is just as much keeping away from prohibited things as it is keeping away from food and drink.'[Bihar al–Anwar, v. 96, p. 294, no. 21]

20- Fatima al-Zahra' (a.s.) said, 'What is the fasting person doing with his fast if he is not guarding his tongue, his hearing, his sight and his limbs [from sins]?! [Da'aim al-Islam, v. 1, p. 268]

21– Muhammad b. Muslim narrated, 'Abu 'Aabdillah (a.s.) [i.e. Imam al-Sadiq] said, 'When you fast, your hearing must fast, along with your sight, your hair, your skin...' and he listed a number of other things, and said, 'The day that you fast must not be like a day that you do not fast.'[al-Kafi, v. 4, p. 87, no. 1]

The Virtue of Fasting in Hot and Cold Weather

22- The Prophet (S) said, 'Fasting in cold weather is an easy thing to do.'[al-Faqih, v. 4, p. 356, no. 5762]

23- Imam al-Sadiq (a.s.) said, 'The best jihad is fasting in hot weather.' [Bihar al-Anwar, v. 96, p. 256, no. 38]

24– Imam al–Sadiq (a.s.) said, 'Winter is the springtime of a believer – its nights are long, so he can make use of them to stand in prayer, whereas its days are short and he can make use of them to fast.'[Ma'ani al–Akhbar, p. 228, no. 1]

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