

اللَّهُمَّ أَهْلُهُ عَلَيْنَا لِأَمْنٍ وَإِيمَانٍ، وَالسَّلَامَةِ وَالْإِسْلَامِ، رَبِّي وَرَبُّكَ أَسْ، هِلَالُ رُشْدٍ وَخَيْرٍ (Tirmidhi)

Has fasting 25/50 Ramadans in your life changed you? If not, why? Because we do not prepare for it wholeheartedly. Ramadan should transform your **Tawhid, Akhlaq & Taqwa**, but we barely get to touch those fruits let alone savour them. **Insanity is doing the same thing over and over and expecting a different result.** If my heart has not attained **Taqwa** through fasting, I am doing something wrong, I am fasting wrong. Don't waste this Ramadan, or let it go by before you reach your grave.

“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous -[Fasting for] a limited number of days...But to fast is best for you, if you only knew.”

If you walk through a graveyard you will see tombstones with epitaphs.

1. HERE LIES SOMEONE WHO DID NOT SEEK THE SPIRIT OF FASTING.

‘Ibdaah is meant to produce a change of heart. Every law of the Shari‘ah purifies and transforms the heart inwardly & outwardly.

”Beware, in the body there is a piece of flesh. If it becomes good, the entire body will be reformed; if it is corrupt, the entire body will be spoilt.

Indeed, it is the heart.” (Bukhari)

2. HERE LIES SOMEONE WHO DID NOT FAST FROM SINS WITH HIS SENSES.

The senses are the doors to your heart. What you hear, see, speak, think, and do with your hands, feet & sexual organs, will either cleanse or corrupt your heart. Fast with your senses from every act that displeases Allah ﷻ.

"Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink." (Bukhari)

3. HERE LIES SOMEONE WHO DID NOT FAST FROM THEIR TONGUE'S POISON - Fasting with your tongue deserves special attention. The evils of the tongue are grave and prolific, yet often completely ignored and overlooked by the majority.

They include lies, black and white, backbiting, slander, rumour mongering, passing on false information, violating trusts, vulgarity, mockery, excessive jesting, disputation and argumentation, complaining, and on and on – and on.

"And what causes people to be cast into Hell upon their faces except the harvest of their tongues? (Ibn Majah)

4. HERE LIES SOMEONE WHO DID NOT FAST FROM THE SINS OF THE HEART – You sin with your heart when you harbour cardinal vices like Arrogance (*Kibr*), Delusion (*Ghurur*), Miserliness (*Bukhl*), Violent Jealousy (*Hasad*), Ostentation (*Riya'*), Obscenity (*Fahsh*), Harshness (*Qasawah*), And Love Of The World (*Hubb Al-Dunya*). Fasting with your heart is to internally struggle against such feelings and not indulge or embrace them.

“Avoid the external of sin and the internal of it.” (6:120)

5. HERE LIES SOMEONE WHO DID NOT FAST WITH SPIRITUAL VIGILANCE.

Fasting with its inner dimensions requires spiritual vigilance – or *Muraqabah* – that Allah ﷻ is Ever-Watchful of the senses and heart.

When base thoughts and feelings arise, you should: Turn to Allah ﷻ in forgiveness and protection; ignore the thoughts and feelings; calmly keep re-orienting your heart to Allah ﷻ; busy yourself in acts Dhikr; and act with the virtuous opposite of the inner vice that is plaguing you.

“And Allah is Ever-Watchful over all things.” (33:52)

“But as for him who feared to stand before his Lord and restrained his soul from lust, Then indeed, Paradise will be [his] refuge.” (79:40-41)