

Benefits and Advice For the Fasting Person

1. It is necessary that your food and drink be **Halaal** (lawful) in order that your deeds be *accepted* and your supplication be *answered*.
2. Beware of fasting (abstaining) from the **lawful**, then breaking your fast with the **unlawful**, such as smoking and backbiting.
3. Whoever ate something due to **forgetfulness** must continue his fast, and there is no need to make up the day. "It is Allah Who has given him to eat and drink."
4. Guard your tongue from **lying, cursing, backbiting** and **tale-bearing**. Surely, these things *decrease* the reward of fasting, and perhaps they *may invalidate* it. Allah says: "*Verily, Allah only accepts (the deeds of) al-Muttaqeen (the pious and righteous, who guard themselves from the displeasure of Allah)*". [Qur'aan 5:27]
5. Beware of **wasting** your **time** without performing good deeds. Surely, you will be questioned about your *time*, called to account about *it*, and rewarded for whatever deeds you have done with *it* (i.e. the time given to you in this world).
6. Don't let the *fast* cause you to **transgress the bounds** (of proper behavior), such that you become **angry** for the smallest matter, *excusing yourself* by the fact that you are fasting.
7. Turn back to Allah with **sincere repentance** - at all times - by *abandoning* sinful behavior, *regretting* what you have done previously, being *determined* not to return to such behavior in the future; and consider Ramadan as the *turning point*, the point of change in your life.
8. **Fast six days** in the month of **Shawwal**. Whoever fasts the (complete) month of Ramadan, *and then follows it up* with six days of fasting in *Shawwal* will be considered as having fasted the whole year.
9. Increase your **spending** in the *Way of Allah*. Verily, Ramadan is the month of charity and generosity.
10. Performing **Umrah** (the Visit to Makkah) in *Ramadan* earns the *reward of a Hajj* (Pilgrimage).

O Allah! We ask You by Your Beautiful Names and Lofty Characteristics to make us of those who are foremost in the doing of good deeds, and who are far removed from all types of evil.

O Allah! Grant us understanding of Your *Deen* (Islam) as well as the application of it (in our lives); Make us firm and steadfast in it, until we meet You [on the Day of Judgement] in a condition that You are pleased with us, O Allah, the Generous the Bountiful.