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**احياء علوم الدين  
للامام الغرالي**

**Revival Circle  
The Book of Fasting**

**Lesson 3**  
The Secrets and Inward Conditions of Fasting

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SeekersGuidance Canada 2021

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**Why Do We  
Fast?**

{Oh you who believe,  
fasting is prescribed  
for you, as it was  
prescribed for those  
before you, so that  
you may be mindful  
of God.}

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ  
الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن  
قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

[2:183]

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## Who is Fasting For?

The Prophet ﷺ said:

“Allah says:

Every action of the child of Adam is for themselves, except fasting; it is for Me, and I Myself reward it.”

[Bukhari]

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ :  
قَالَ اللَّهُ : كُلُّ عَمَلٍ ابْنِ آدَمَ لَهُ إِلَّا الصِّيَامَ فَإِنَّهُ لِي وَأَنَا أَجْزِي بِهِ

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## Three Degrees of Fasting

1. The Fast of the Common People
2. The Fast of the Elite
3. The Fast of the Elite of the Elite

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## 1. Fasting of the Common People

Restraining the bellies and sexual organs from fulfilling their desires (ie. legal fasting).

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## 2. Fasting of the Elite

Restraining of the hearing, sight, tongue, hands, feet and all limbs from sinning.

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## 3. Fasting of the Elite of the Elite

The heart fasting from low aspirations  
and worldly thoughts  
and anything other than Allah Most High.

This fast breaks by thinking about anything other than  
Allah, the Last Day, or something worldly  
unless that worldly thought is desired in Religion  
ie. for Allah Most High

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## 2. Fasting of the Elite

1. Lowering the Gaze
2. Safeguarding the Tongue
3. Not Listening to the Offensive
4. Restraining all the Limbs
5. Not Eating Excessively at Iftar
6. One's Heart Should be between Hope and Fear

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## Isn't the Fast Valid?

1. Outward and Inward Fasting
2. Validity vs. Acceptance
3. Beastly and Angelic Natures
4. Seeing the Real Point

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## Voluntary Fasting

Arafa  
 10<sup>th</sup> Muharram  
 10 days of Dhul Hijjah  
 10 days of Muharram  
 The Sacred Months (Dhul Qa'da, Dhul Hijjah,  
 Muharram, Rajab) & also Shawwal  
 The 3 White Days  
 Mondays and Thursday

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“...Except fasting:  
 it is for **Me**,  
 and I **Myself** reward it.”

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