

The Quest for Piety Beneficial Counsels on Ramadan

Lesson One. Elements of Fasting

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What is Fasting?

One. It is an expression of gratitude

Two. It is the fulfillment of a divine command

Three. It is a means of our rectification and forgiveness

2

Defintion of Fasting

“Fasting is to withhold [abstain] from eating, drinking, and sexual intercourse during daylight hours [from fajr prayer] with an intention of fasting, performed by one capable and required to do so.”

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