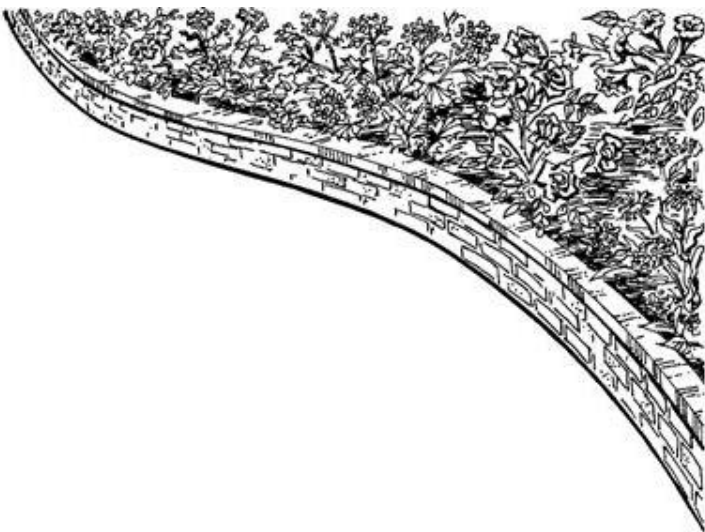


Islamic Studies

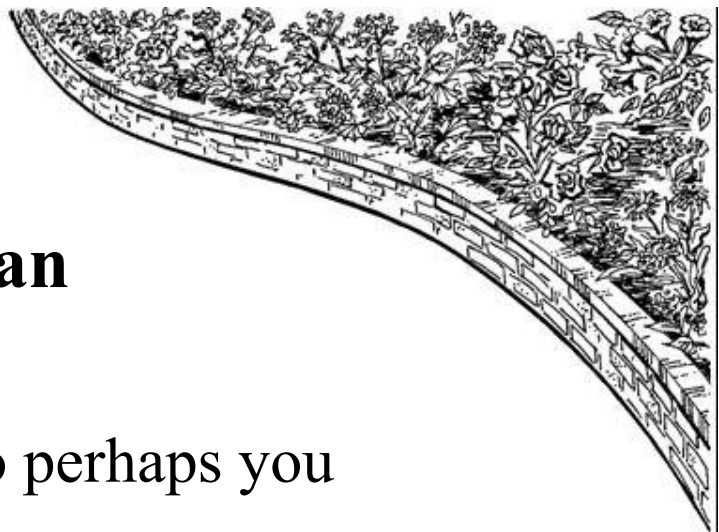
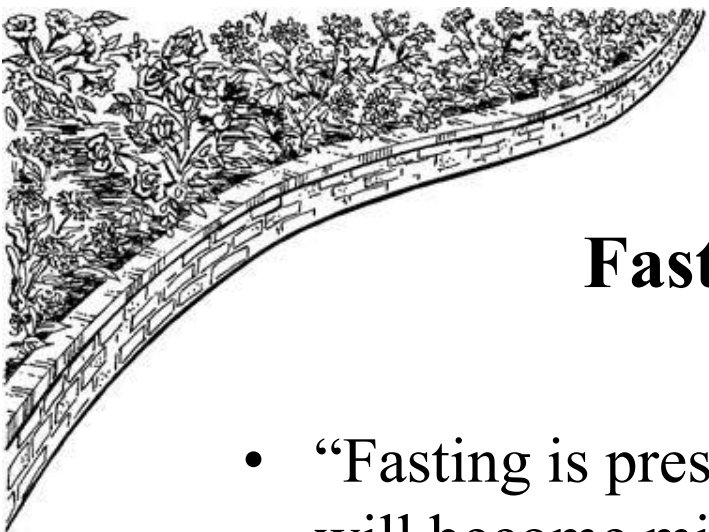
Pillars of Islam: Shahada, Prayer (Salaat)& Fasting (Sawm)



MLO 3.1.7

Explaining the Quranic guidance on fasting and identifying who is obligated to observe fasting in Ramadan.

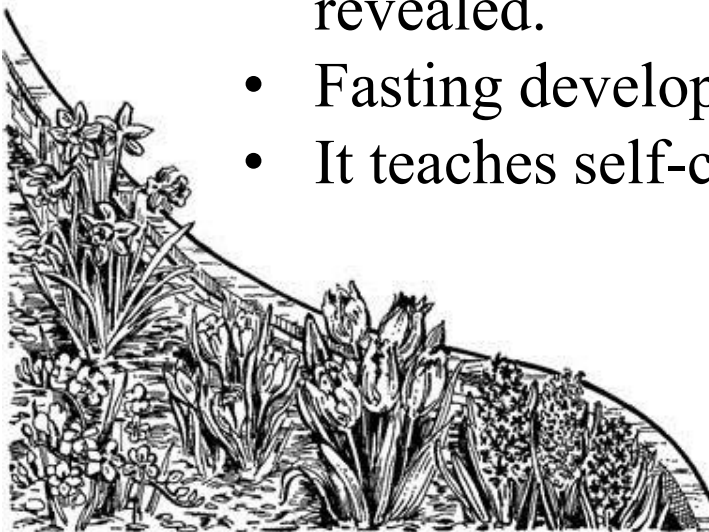
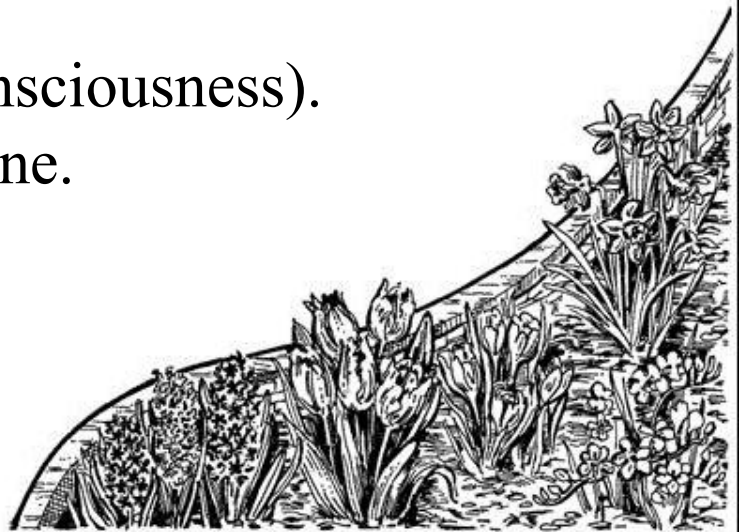


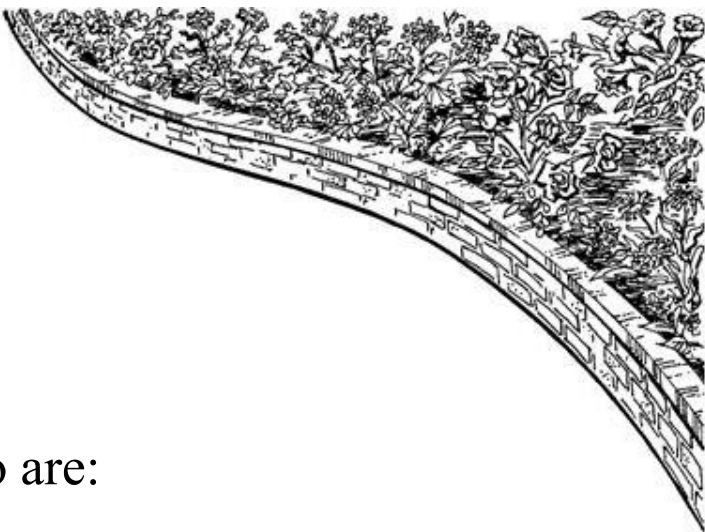
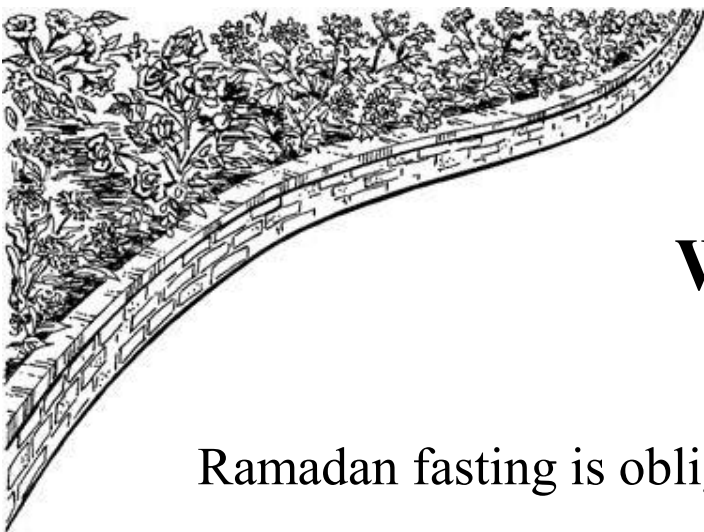


Fasting in the Qur'an

- “Fasting is prescribed for you... so perhaps you will become mindful of Allah.”

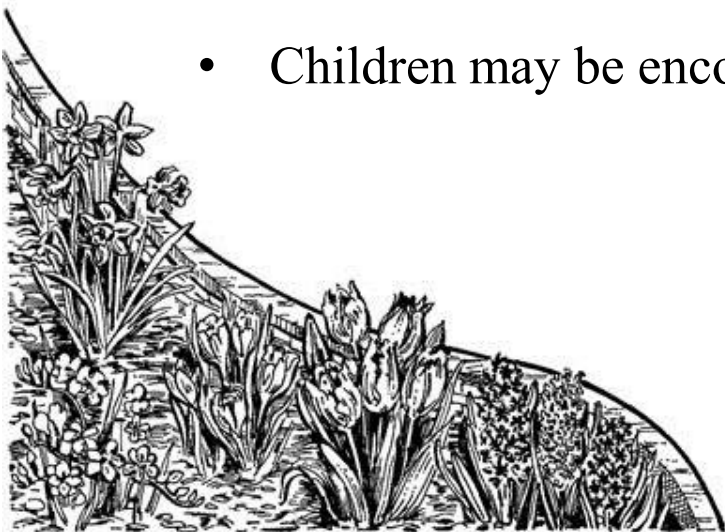
(Qur'an 2:183)

- Fasting was prescribed for previous communities as well.
 - Ramadan is the month in which the Qur'an was revealed.
 - Fasting develops Taqwa (God-consciousness).
 - It teaches self-control and discipline.
- 
- 



Who Must Fast?

Ramadan fasting is obligatory for Muslims who are:

- Mentally and physically capable.
 - Of the age of puberty.
 - Not travelling (resident).
 - Healthy enough that fasting is not harmful.
 - Children may be encouraged to practice fasting gradually.
- 
- 