Revisiting Ramadhan

Are we ready to reap the rewards

By N.U. Abdul Razzak Udayar

The religion of Islam is essentially built upon five sturdy pillars, Shahadah, Salat, Zakat, Sawm and Hajj. The first pillar, the Profession of Faith, the belief that "There is no deity but Allah, and Muhammad is the Messenger of Allah" is central to Islam. The second obligatory duty salat refers to Prayer and Muslims pray facing Mecca five times a day: at dawn, noon, mid-afternoon, sunset, and after dark. The third pillar Zakat or Almsgiving means the act of giving a portion of a Muslim's wealth to those in need throughout their lifetime. Importantly, the fourth column, Sawm does require the Muslims to fast during the month of Ramadhan and the fifth pillar, Hajj refers to the pilgrimage to Makkah.

Month of Mercy

Millions of Muslims across the globe who have been keeping their fingers crossed to have Fasting, are really blessed as Ramadhan, the month of best blessings and immense mercy has gracefully reached us in on the 2nd day of this month of March, for 2025. Indeed, Ramadan is the ninth Islamic month that gives mankind the rich rewards for good deeds and virtues when the believers adhere to fast with dedication and determination. During this month-long holy period all Muslims are expected to fast as it is the command of Almighty Allah in order to achieve piety. Certainly, fasting teaches restraint, the ability to control worldly desires and spend time in prayer and meditation

"O you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqun (the pious).

(Al-Quran: Surah Al-Baqarah 2:183)

What is Fasting?

It is a unique moral and spiritual characteristic of Islam. In simple terms it means to abstain completely from foods, drinks, intimate intercourse and smoking, before the break of the dawn till sunset. But, the complete meaning goes beyond this definition as the following Hadis explains.



Narrated Abu Huraira: The Prophet (pbuh) said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)"

(Sahih Bukhari, Volume 3, Book 31, Number 127)

As a matter of fact, this 4th obligatory duty of Islam, justly ensures a level playing field for every believer regardless of their social position, status, age etc. Every believer is required to undergo the first-hand experience of feeling the pangs of hunger and untold suffering of poverty. Hence Ramadhan is a power packed package that readily offers rewards to true Muslims who abide by the rules and regulations of Islam and truly display great values like patience, honesty kindness, empathy, sympathy and importantly piety towards Almighty Allah.

There are many benefits that Fasting offers to the observers of this compulsory obligation. Our bodies are Amanah or trust from Allah, the almighty. It is the annual practice of fasting that helps us in no small way to take care of it.

"And fasting is good for you, if you only knew."

(Surah al-Baqarah, Ch.2: V.185)

The above verse of the Holy Quran clearly encourages Muslims to keep fast, as the benefits of observing fasts are numerous and include spiritual, mental, social and physical benefits.

Fast protects you from obesity and reduces inflammation. Then it boosts up cognitive performance and greatly help in preventing neuro-degenerative disorders. Unbelievably, it promotes blood sugar control by reducing insulin resistance. Those who fast get good heart health. Fasting also resets our metabolism ensuring a disease-free life for those who hold it.

"Whoever fasts Ramadan out of faith and in hope of reward, his previous sins will be forgiven.

(Bukhari (38) and Muslim (759)

Night of Glory

The best reward one gets via fasting is that forgiveness given by Allah the Great. No man can let go this great opportunity that is offered by the month of Mercy, the Ramadhan. No Muslim can easily forget the most significant day of this month the, Lailathul Qadr. The Guide for mankind, the Noble Quran was revealed on this greatest day. The Quran itself emphasises the importance of Laylatul Qadr in Surah Al-Qadr, stating:

"The Night of Decree is better than a thousand months."

(Quran 97:3)

It is obvious that rewards are aplenty on this great night. So, let us piously do good deeds and help everyone to get success in this world and hereafter. May Almighty Allah make this gem of isle a healthy and a prosperous nation where everyone can live proudly and peacefully.