

CHAPTER 4: DEVOTIONAL ACTS

AL-SAUM (FASTING)

1. Define the Meaning of Saum

- i. Saum (fasting) is the fourth pillar of islam
- ii. Islamically means: abstaining from eating, drinking, sexual pleasure and all that nullify Fast from dawn (Fajr) to sunset (Maghrib).

2. State the Conditions for Saum

- i. Must be a Muslim
- ii. Must attend the age of puberty
- iii. Must be mentally fit or sound minded
- iv. Must be healthy
- v. Must make sure that shaaban has ended or by sighting the recent of holy month

3. Discuss the sunnah acts during fasting

- i. To take light meal during *suhur*
- ii. To break the fasting with 3 dates or water
- iii. To observe Taraweh
- iv. To exchange social visit and intensify humanitarian services
- v. To increase study and recitation of the holy Quran
- vi. To bring more *Istighfar*

4. Mention the Importance of Saum

- i. It trains a person to acquire taqwa (piety).
- ii. It is a shield that defends its observer against sins and vices i.e. lying, backbiting etc.
- iii. It makes one healthy by reducing excess fat in the body.
- iv. It inculcates loyalty and obedience to Allah.

- v. It remains one of the Day of Resurrection when everyone will feel great pangs of hunger and thirst.
- vi. It shows equality of man, i.e. fasting is not limited to one town or one country but affects entire Muslim world.
- vii. One gets reward from Allah for observing it.
- viii. It prepares a person for the hardships of famine.
- ix. It brings about sympathetic sentiment towards the poor.
- x. It makes one do budgeting.
- xi. It helps one develop feelings of nearness to Allah.
- xii. It creates a strong sense of discipline in an individual.

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