

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ
وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ

وَقَالَ النَّبِيُّ ﷺ: خَمْسٌ يُفْطِرُنَ الصَّائِمَ: الْكُذْبُ، وَالْغَيْبَةُ، وَالنَّمِيمَةُ، وَالْيَمِينُ
الْكَاذِبَةُ، وَالنَّظْرُ بِشَهْوَةٍ

Respected Believers,

The topic of today's khutbah will be the spiritual beauties of the blessed month of Ramadan and the spiritual aspect of fasting. In this sacred month of Ramadan, when we open our hearts to Allah the Almighty, discipline our souls, detach from worldly ties, and turn toward divine blessings, we all aim to purify our souls and bodies by fulfilling the true essence of fasting. The enlightening words of Mawlaana (RhA) remind us of how this month is a unique gateway to Allah's grace and mercy: **"Ramadan has arrived; now withdraw your hand from material food so that spiritual sustenance may descend upon you from the heavens."**

Our beloved Prophet ﷺ said: **"Fasting is a shield against the fire of Hell. When one of you is fasting, let him not utter foul words or raise his voice in anger. If someone insults him or provokes him, let him say, 'I am fasting.'"** (Bukhārī, Sawm, 9)

Brothers! Fasting is not merely a physical act; it is a profound act of worship that purifies our hearts, refines our souls, and disciplines our inner self. However, for this spiritual journey to be realized, we must avoid sins that break our spiritual fast and harm its sanctity.

The Prophet ﷺ said: **"Five things nullify the reward of fasting: lying, backbiting, slander (spreading rumors), swearing falsely, and looking at forbidden things with desire."** (Daylamī, al-Musnad, 5/304)

Fasting is not just abstaining from food and drink. One must also restrain their hands, tongue, eyes, ears, and all limbs from committing sins.

The Prophet ﷺ said: **"Looking at what is forbidden is one of the poisonous arrows of Shaytan. Whoever refrains from it out of fear of Allah, Allah will grant them a faith whose sweetness they will feel in their hearts."** (Tabarānī, al-Mu'jam al-Kabīr, 10/274;

Hākīm, Mustadrak, 4/314; Munzirī, al-Targhīb wa'l-Tarhīb, III, 63)

He ﷺ also warned us: **"There are many who fast but gain nothing from their fasting except hunger and thirst."** (Ibn Mājah, Siyām, 21)

It is not the act of a wise person to endure hardship and difficulty in worship only to nullify its reward. However, those who commit sins while fasting should not say, "My fast is broken; it has no value," and thus outwardly break their fast, as this would require expiation (Kaffaarah). Instead, one who harms the spirituality of fasting through sins should continue fasting, sincerely beg Allah for forgiveness, and repent for their sins.

The Prophet ﷺ said in another hadith: **"Fasting is a shield. If one refrains from foul speech and ignorance on a day of fasting, their past sins will be forgiven."** (Ibn Khuzaymah, Ṣaḥīḥ, 3/242)

Additionally, he ﷺ said: **"In Paradise, there is a gate called Rayyān. On the Day of Resurrection, those who fasted will be called to enter through it, and once they have entered, no one else will be allowed through. After the last fasting person enters, the gate will be closed."** (Bukhārī, Sawm, 4; Muslim, Siyām, 166)

Respected Brothers!

The purpose of fasting is to gain control over one's ego and to cultivate good character. It is not merely about keeping the stomach empty. Therefore, a fasting believer must ensure that all parts of their body participate in the fast. I conclude this khutbah with the meaning of a noble hadith: Whoever does not abandon false speech and acting upon it, Allah has no need for them to abandon their food and drink. (Bukhārī, Sawm, 8)