

Fasting is for Me and I will reward the fasting person for it

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The Faqeeh of the Era

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Translated by Ahmed Abu Turaab

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allaah the most Kind the most Merciful

Why did Allaah specify fasting by saying, ‘Fasting is for Me and I will reward [the fasting person] for it?’

Shaykh Ibn Uthaymeen (رَحِمَهُ اللهُ)¹ was asked, “Why did Allaah, the Most High, specify fasting in His Saying, ‘Fasting is for Me and I will reward [the fasting person] for it?’” So he replied, “Because the fasting person leaves his food, drink and desires for the Sake of Allaah (عزوجل)², in all those places where only his Lord can see him, so Allaah (تعالى)³, specified it for Himself because of the manifestation of total sincerity in it.”⁴

¹ (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah the Most High have mercy on him

² (عزوجل) (Azza wa Jaal) Mighty and Majestic is He

³ (تعالى) Ta'aala (He, The Most High)

⁴ Fataawaa Nurun-alad-Darb.

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