

# ALI 313: Walking on the Spiritual Path

## Session Three

### Read and Ponder

*Oh Abu Dhar, prayer with goodness  
is needed as much as  
salt is needed for the food.*

**Holy Prophet (s)**

# Agenda

## Servitude through Fasting

- 1) Welcoming the month of Ramadhan
- 2) Spiritual Aspects of Fasting
- 3) Fasting and Wisdom
- 4) Importance of Piety
- 5) Essence of Fasting

# Welcoming the month of Fasting

Peace be upon thee,  
O greatest month of God!

O festival of His friends!

Peace be upon thee,  
O most noble of accompanying times!

O best of months in days and hours!

Peace be upon thee,  
month in which expectations come near  
and good works are scattered about!

**Dua no. 45, Sahifa Sajjadiyya**

# Spiritual Aspects of Fasting

1) Non action – abstaining instead of performing. That is why fasting and silence are often mentioned together.

2) Less chance of insincerity of *Riya*. It is often not outwardly noticed. Allah says in Hadith al Qudsi; *All righteous acts of man will be rewarded ten to seventy times more than they deserve - except for patience, which is mine and I will reward it.*

- 3) Fasting kills desires. It disarms the ego and suppresses the animalistic tendencies within the human being.
- 4) Fasting can be performed along with other good deeds, unlike other forms of worship which can only be performed exclusively.
- 5) Fasting stimulates the remembrance of Allah.
- 6) Fasting increases determination. In the dua for 27<sup>th</sup> of Rajab we say: *I know the best provision for the person who steps in your path, indeed, is a strong will with which he chooses You [over any other thing].*

# Fasting and Wisdom

Fasting increases the level of one's perception and helps sharpen the mind since it reduces distractions.

It also weakens one's lust and harmful imagination which prevents the affect of emotions and other elements that logically should not bear on the process of understanding.

In addition, God has special favour and support for true seekers of knowledge and this may work in ways we are aware of and in ways we aren't.

# Importance of Piety

*Oh Abu Dharr, prayer with goodness is needed as much as salt is needed for the food.*

**Holy Prophet (s)**

Reflections:

- 1) Prayer is the salt of deeds.
- 2) Prayer with sins is like putting things in a backpack with holes.
- 3) It is better to perform wajibaat and stay away from muharramat before doing mustahab prayers.

# True Essence of Fasting

Surely the fast is not only abstaining from food and drink. Fasting has a condition which must be met for the fast to be complete, and that is the inner silence. Have you not heard what Maryam binte Imran(a) said: I have vowed a fast for the most Beneficent so I will not speak to anyone today, that is silence.

So when you fast, protect your tongues from lying, and lower your gaze, and do not have conflicts, and do not be jealous, and do not backbite, and do not show off . . . And do not get angry, and do not argue, and do not be unfair . . . and do not be heedless of Allah and of Salaat



Be vigilant about silence and forbearance and patience, and staying away from the people of evil and staying away from false words and . . . wrong assumptions.

Be present in the Hereafter, waiting for your days, waiting for what Allah has promised you, preparing for the meeting with Allah.

On you there should be peace and dignity, awe, humility, and lowliness of a slave afraid of his Master, hopeful, fearing, having purified the heart of pollution, sanctified your inner secrets from evil, cleansed your body of dirt.

You have given of yourself to God in the days of your fast, and emptied your heart for Him, and given Him of yourself for whatever He has ordered you and invited you towards.

So if you do all that then you have fasted for Allah with the true essence of fasting, doing what He has commanded you to do.

And whatever you decrease of this from your fast, then that much has been decreased from [the value of] your fast.

Imam as Sadiq (a)

Shahrullah, pg 158, H#306