

4

Fasting (Roza)

Fasting (Roza) is one of the Arkans (pillars) of Islam. It orders us to stay away from eating, drinking and such things which Allah Almighty has forbidden, from the Azan of Fajr till the Azan of Maghrib with the intention of worship.

Allah Almighty has made the Roza in the month of Ramadan-ul-Mubarik obligatory for the Muslims. Ramadan-ul-Mubarik is the ninth month of Islamic calendar. The concept of fasting is also present in other religions of the world. The Jews, the Christians, the Hindus and the followers of Buddhism also fast according to their own religious instructions. For example, the Christians fast in March and April.

The Holy Quran's revelation started in Ramadan-ul-Mubarik. During the last ten days of Ramadan-ul-Mubarik, there is a specific night which is called Shab-e-Qadr (the Night of Power). It is a very important night. Worshipping and bowing before Allah Almighty during this one night is better than the worshipping for one thousand months. During this night, Hazrat Jibrail (ﷺ) descends on the earth with other angels.

As soon as the moon of Ramadan-ul-Mubarik is sighted the Muslims get busy with the praying. Taraviah salat is offered with Isha salat. Fasting (Roza) is observed during the day. Allah's remembrance and the recitation from the Holy Quran is mostly done. Helping others, good deeds, worship and salats are also undertaken with great emphasis in this month. Allah Almighty has promised 70 folds reward for each prayer and good deeds during the month of Ramadan compared to other months.

Fasting protects the man from diseases and also enable him to realise the importance and need of food for poor people in the society. This fasting exercise incites sympathy towards the poor, the orphans and the destitutes.

Roza starts with the Azan-e-Fajr. Meal is taken before Azan. It is called "Sahri". It is the Sunnah of the Rasool ﷺ to have Sahri. Roza is ended with Azan-e-Maghrib. When "Iftari" is taken generally, the Muslims invite each other at Iftari. The Rasool ﷺ had said that there is a great reward for serving others at Iftar.

After fasting whole of the month of Ramadan, the Muslims celebrate Eid-ul-Fitr on the first of Shawal. This Eid is a reward for the Muslims from Allah Almighty.

EXERCISE

1. Answer the following questions:

- (i) What is meant by Roza?
- (ii) What benefits we get from Roza?
- (iii) What is the name of the month in which Roza is practised?
- (iv) What is meant by Sahri and Iftari?
- (v) With which salat the "Travah salat" is offered?

2. Fill in the blanks with following words:

Azan

diseases

Sunnah

ninth

- (i) Man is saved from _____ by Roza.
- (ii) The Roza starts with the _____ for Fajr.
- (iii) Ramadan-ul-Mubarak is the _____ month of Islamic calendar.
- (iv) Having Sahri is Rasool's (ﷺ) _____.

3. Mark (✓) the right answer.

- (i) When does the Shab-e-Qadr(Night of Power) fall in Ramadan?
a) during the first ten days
b) during the second ten days
c) during the last ten days
- (ii) What is the meal called taken at the time of ending the Roza?
a) Sahri b) Iftari c) both
- (iii) Which day is celebrated on the first of Shawal?
a) Eid-ul-Adha
b) Eid-ul-Fitr
c) Eid Milad-un-Nabi
- (iv) When did the revelation of the Holy Quran start?
a) in Muharram
b) in Rabi-ul-Awal
c) in Ramadan-ul-Mubarik
- (v) The worship in Ramadan is more rewarding as compared with other common days by:
a) 30 times b) 50 times c) 70 times



Memorize the "Duaa" of ending Roza and recite it to your teacher.

Instructions for the teacher

Teachers may tell the students some more benefits of Roza, so that they may understand its significance.