

Observing the Spiritual Fast During the Month of Ramadaan

“There are many who fast and gain nothing from the Fast except hunger and thirst.” (Meaning of hadith)

Tick across everyday you fast, if however you violate the guideline(s) then it will be classed as not keeping a spiritual fast and you have to start again, also write the day number next to the type of organ of the body in the organs column.

Organs of the body	Attempt	<u>Number of Days</u>																														Guidelines		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Level	Day/Night	
-Heart	1																																1	D/N
	2																																2	D/N
-Eyes	3																																3	D/N
	4																																4	D/N
-Tongue	5																																5	D/N
	6																																6	D/N
-Ears	7																																7	D/N
	8																																8	D/N
-Stomach	9																																9	D/N
	10																																10	D/N
-Hands	11																																11	D/N
	12																																12	
-Feet	13																																13	
	14																																14	
-Private Parts	15																																15	
	16																																16	
	17																																17	
	18																																18	
	19																																19	
	20																																20	
	21																																21	
	22																																22	

For further information or advice, please contact:

Muhammadiyah House of Wisdom, 33 Ridling Lane, Hyde, Cheshire, SK14 1NP Tel: 0161 351 1975 / 07790 550 360

Level 1

Abstaining from food, drink, smoking, and marital relationship from break of dawn to sunset.

Level 2

In addition to the above, offering obligatory Salah and the Taraawih prayers.

Level 3

To abstain from the sins of the tongue and eyes.

Level 4

To abstain from the sins related to other sensual organs of the body such as ears, hands, feet including tongue and eyes.

Level 5

To engage all the organs in acts of worship and fulfilling the rights of Allah, the Exalted and His creation in addition to no.4

Level 6

To make your mind & heart fast abstaining oneself from intentionally planning or thinking about a sin.

Level 7

To engage the mind & heart in the remembrance and thoughts of death, life hereafter, day of judgment, paradise and hell.

Level 8

To become completely annihilated in the remembrance of Allah, the Exalted in such a way that it becomes the dominant factor in your life.