

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																																	
-Feet	13																																	
	14																																	
-Private Parts	15																																	
	16																																	
	17																																	
	18																																	
	19																																	
	20																																	
	21																																	
	22																																	

For further information or advice, please contact:

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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.