

## 18 Understandings to Fasting

1. The most important consideration in undertaking a fast, as in any act of devotion, is to seek nearness to God, and seek His pleasure and Forgiveness. This itself generates a spirit of piety in man.
2. Creating the conditions of hunger and thirst for oneself, simply in obedience to the Divine order, measures the faith of man in God and helps strengthen it by putting it to a severe test.
3. Fasting enhances through creation of artificial non-availability, the value of the bounties of God which man often takes for granted. This inculcates in man a spirit of gratitude and consequent devotion to God. Nothing else can bring home to a man the worth of God's bounties than a glass of water and a square meal after a day long fast. This also reminds man that the real joy in enjoying God's bounties lies in moderation and restraint and not in over indulging.
4. Fasting makes us deeply conscious of the pangs of hunger and discomfort suffered by the less fortunate among our brethren. They have to put up with difficult conditions all through their lives. It thus kindles in man a spirit of sacrifice leading to change towards his suffering brethren.
5. Fasting gives man an unflinching training in endurance, a spirit of acceptance. This could well prepare him to put up with the unchangeable situations in life in the same spirit of resignation as cultivated during the fasts.
6. Fasting develops courage, fortitude, and a fighting spirit in man to surmount the heavy odds in life with a cool and tranquil mind. It sharpens his power of concentration to overcome obstacles through a vigorous exercise all throughout the month, leading to a steeling of his will power and resolve, that could help him in challenging situations in life. It is seen that many an undesirable habit which is difficult to give up, is more easily given up during the days of fasting.
7. Fasting teaches man reliance on God, and confidence in Him. Just as the vigorous state of fasting for a whole month is undertaken with His assistance, bitter situations in life could also be surmounted with His help.
8. Fasting develops a spirit of patience in man, with the realization that the days of fasting, though seemingly unending, do have a successful

- and happy end. Thus is life. All bitter situations pass, and come to an end.
9. Fasting is meant to conquer anger and develop self-control in man. The vigorous effort required to put up with hunger and thirst can well be extended to conquer other infirmities of human character that lead man into error and sin.
  10. Fasting inculcates a spirit of tolerance in man to face unpleasant conditions and situations without making his fellow beings the victim of his wrath. Many people, when facing discomfort and deprivation, become irritable and annoyed. This anger is then vented on those around them. Fasting helps a man become more tolerant despite his own discomfort.
  11. Fasting mellows a man and enhances his character, giving a jolt to the human instincts of pride, haughtiness, jealousy and ambition. Fasting softens his character, and clears his heart and mind of many negative emotions.
  12. Fasting exposes the weakness of man in the event of his being deprived of two basic bounties of God; food and drink. It infuses into him a spirit of weakness and submission, generating humility and prayer in an otherwise arrogant being.
  13. Fasting breathes the spirit of forgiveness in man towards others, as he seeks God's forgiveness through fasts and prayers.
  14. Fasting gives lessons in punctuality. Man has to adhere to a strict schedule of time in the observance of the fast.
  15. Fasting could affect the economy of the individual as he is less wasteful on food and meals.
  16. Fasting demands a rigid sense of discipline, mental, spiritual and physical. This forms characteristics which are an essential ingredient to success in life.
  17. Fasting creates spiritual reformation in man, infusing him with a spirit of enthusiasm and zest to change and become a better human being in the eyes of God. This is an excellent opportunity, given to believers each year, to change themselves and consequently their destinies.
  18. On the physical side, fasting cleanses the human system of the accumulated impurities of uninterrupted eating throughout the year. It prepares the body to face diseases or conditions of scarcity. The rigid abstinence of a fast regulates man's health, sharpens his intellect and enhances the qualities of his heart.

