

Good Practices for Ramadhan



Fasting Not Feasting

“The son of Adam does not fill any vessel worse than his stomach;
for the son of Adam a few mouthfuls are sufficient to keep his back straight.
If you must fill it then one-third for food, one-third for drink and one-third for air.”
[Sunan al-Tirmidhî (2380)]

Frugality Not Waste

Spendthrifts are the brothers of Satan, and Satan is ever ungrateful to his Lord.
[al-Isra’ 17:27]

Every Ramadhan 200,000 tonnes of food go straight into the rubbish bins.
This quantity of food could feed 180 million people. [(SWCorp)]

Spirituality Not Materialism

(Woe unto him) who amasses wealth and counts it a safeguard,
thinking that his wealth will make him live forever!
Nay, but (in the life to come such as) he shall indeed be abandoned to crushing torment!
[Surah Al – Humazah, 104:2-4]

Restraint Not Indulgence

“...eat and drink without going to excesses.
For Allah does not like those who go to excess.” [Surah Al-Araf Verse 31].

Iftar at Home Not Buffett in Hotels

How many are the sins that have come about as a result of satiation and overeating.
How many are the good deeds that have failed to materialize on account of it.
Whoever safeguards himself from the evil of his stomach has indeed saved himself from a great evil.
Satan has his greatest influence over a person with a full stomach [Ibn al-Qayyim]

Charity Not Greed

You are obsessed by greed for more and more until you go down to your graves.
Nay, in time you will come to understand. [Surah At – Takathur, 102:1-3]

Don't Abuse Ramadhan for Profits or Indulgence