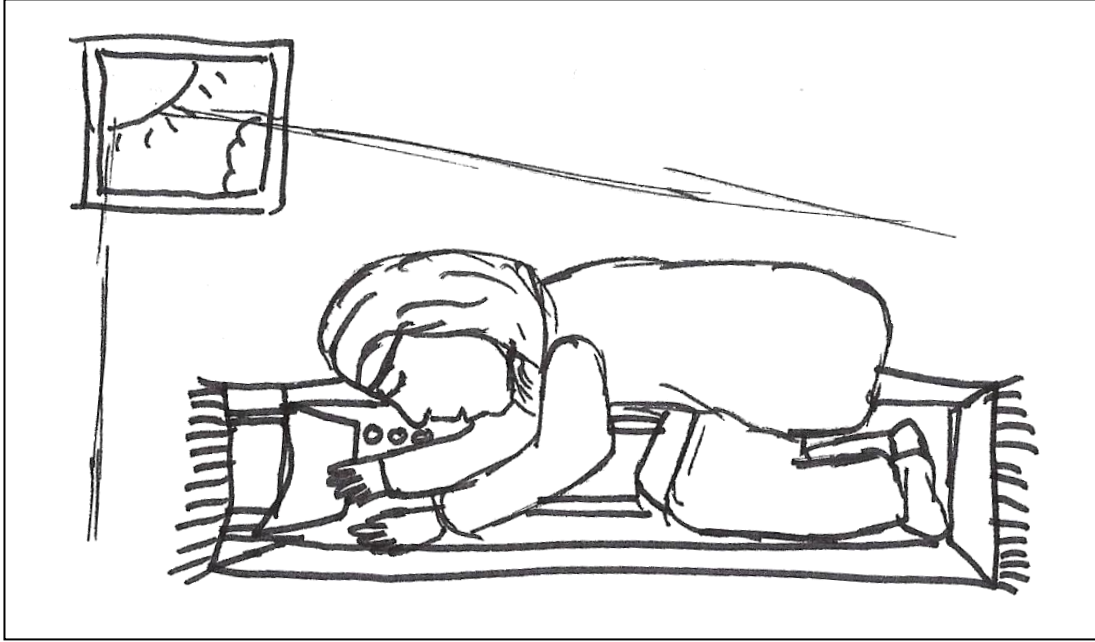


Hadith: Reward of fasting.

Hadith means: The words actually spoken by the Holy Prophet (PBUH) or the words that describe an incident related to the Holy prophet's life. If a hadith does not contradict with *any* verse of the Holy Quran, it is our duty as Muslims to act upon it throughout our lives



قَالَ اللَّهُ عَزَّ وَجَلَّ: كُلُّ عَمَلٍ ابْنِ اِدْمَ لَهُ إِلَّا الصِّيَامَ
فَإِنَّهُ لِي وَأَنَا أَجْرِي بِهِ

Allah the Almighty says: All deeds of a person are for his own sake except the fast. The Fast is kept for my sake alone and I am the reward for it. (i.e: I will reward him with nearness to me.) canada book

If you think about all the things that we are required or advised to do by Allah, we will soon begin to realise that everything is for our own good. For example, we are told to say our prayers. Allah doesn't need us to worship him, it is for our *own* good. Praying keeps on the straight path, helps us to get close to Allah and in turn have peace in our *own* lives.

Allah says however that we fast for his sake. This is because we not only give up bad deeds but we also give up what Allah has made lawful for us i.e.; Eating and drinking. Allah is so pleased with us when we give up what is permissible aswell, that the reward is even greater. Allah rewards us by granting us nearness to him. No reward can be greater than receiving Allah's love and feeling his presence in our hearts.