

Hadith: Safeguarding the fast.

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



مَنْ لَمْ يَدَعْ قَوْلَ الزُّورِ وَالْعَمَلَ بِهِ فَلَيْسَ لِلَّهِ حَاجَةٌ
فِي أَنْ يَدَعَ طَعَامَهُ وَشَرَابَهُ

If a person does not eschew (avoid) falsehood and false conduct, Allah has no need that he should abstain from food and drink. sahih bukhari book 31, hadith 127

This Hadith very clearly explains that in order to attain Allah's pleasure during the month of Ramadhan, giving up food and drink is not enough. We should also try our very best to avoid falsehood and false conduct.

This means that fasting should go hand in hand with the doing of good deeds and avoiding all bad deeds.

If you are fasting and you don't say your prayers or you argue with your friends or lie or misbehave your fast will be empty of any blessing, you will have gone hungry for no reason.

So remember when you fast you not only give up food but you should also make a real effort to give up all bad deeds.