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## The Conduct of the Fasting Person

### The First Khutbah

All praises are for Allah Lord of all the worlds. Who has made fasting a form of discipline and training for the manners and conduct of the fasting person. I testify that there is nothing worthy of worship except Allah, the uniquely one who has no partners in His one-ness. And I testify that our Sayyid, our Prophet, Muhammad is the slave of Allah and His Messenger, may the peace and blessings upon him and upon whomsoever follows them in guidance until the Last Day.

**To Continue:** I advise you, O slaves of Allah and myself, with the Taqwa of Allah, as Allah says:

وَسَارِعُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ وَالْأَرْضُ  
أُعدَّتْ لِلْمُتَّقِينَ

**And hasten to forgiveness from your Lord and a garden as wide as the heavens and earth, prepared for the righteous [Qur'an: ٣:١٣٣]**

**O Believers :**Jabir the son of Abdullah (may Allah be pleased with him) is reported to have said: "If you fast then let your hearing fast too, your sight fast too and your speech fast as well. Leave aside harming people. Let there be peace and tranquility in you on the day you fast. Do not make the day you fast and the day you do not fast appear to be the same." In this narration from a Sahabi (a prominent companion of the Prophet) there is encouragement for all

of those who fast to embody the best of characters and praiseworthy conduct. So, whenever they speak, they speak of goodness, and whenever they act with their limbs, they act with righteousness, so they prevent themselves from engaging in anything that would invalidate the reward of their fasts. So, the fasting person spends his day in devotion and worship, such that he becomes an example for all of those who seek devotion of the most merciful, and an example of goodly character. So, fasting in this manner is that which purifies the self and refines the character, as is indicated in the saying of Allah:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ  
 مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

**O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous – [Qur'an: ٢:١٨٣]**

Indeed, fasting for the slaves of Allah is a school for worship and the instilling of human values. In it we learn how to safeguard our prayers, to recite and ponder upon the Qur'an, to be sincere in our actions, to be forgiving of others, to be sincere and good in our speech. We are encouraged to be patient in our deeds, to be conscious of others, especially our relatives, alongside other noble virtues, all of which actualize the reality of fasting. All of this leads to the great reward which has been promised to those who fast. As Allah says:

كُلُّ عَمَلِ ابْنِ آدَمَ لَهُ إِلَّا الصِّيَامَ، فَإِنَّهُ لِي، وَأَنَا أَجْزِي بِهِ

**Every act of the son of Adam is for him except fasting. Indeed, it is done for My sake, and I am the reward for it. [Bukhari and Muslim]**

Here Allah is telling us of the special reward of immanence which He holds and multiplies for the one who fasts. I say this and seek forgiveness for myself and for you, so seek His forgiveness for He is the most-forgiving, most-merciful.

## **The Second Khutbah**

All praises are for Allah, and may peace and blessings be upon the Messenger of Allah who was an example of goodly conduct to those who fast. And may peace and blessings be upon his family and companions, and whomsoever follows them in the best of ways.

### **Slaves of Allah:**

Indeed, from the behavior and conduct that Islam has encouraged us to embody, that which should be especially embodied in Ramadan is to not be excessive and waste the food and drink we consume. As Allah says:

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

**And eat and drink, but be not excessive. Indeed, He likes not those who commit excess. [Qur'an: ٧:٣١]**

In Ramadan there are plenty of opportunities to do good, and the Barakah of any good that we do therein is multiplied. So, from the obligations upon the fasting person

is to honor and protect the blessings he has received from his lord, to consume food and drink to the degree he needs alone and to forego any excess. And with this, let us send our prayers and blessings upon all of the Prophets and Messengers, and especially on the seal of them, our master, our Prophet, Muhammad. O Allah send Your peace and blessings upon him, and upon his family, his companions, all of them.

**O Allah, grant success to the UAE President HH Sheikh Khalifa bin Zayed Al Nahyan, to the Vice-President, the Crown Prince and his Brothers, their Highnesses, the Rulers of the Emirates. and guide them to all that is good and what pleases You. O Allah: Bestow your mercy on the late Sheikh Zayed, Sheikh Maktoum and the other late UAE Sheikhs who have passed on to Your mercy. We ask you to admit them into Paradise by Your grace. O Allah have mercy on the martyrs, and grant their families with patience and a great reward.**

And have mercy, our Lord, upon our fathers and mothers, and upon whoever has a right upon us. And continue perpetuating blessings and bounties upon the UAE. O Allah, confer upon us Your blessings and do not make us from those who despair. O Allah, bless us, bless us, bless us. O Allah: Give us in this life that which is beautiful and in the next life that which is beautiful, and save us from the fire. Remember Allah and He will remember you.

Stand up for prayer.