Twitter Thread by Karwan



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Thread on Fasting from Imam Ghazali book "Inner Dimension of Islamic Worship"

Abu Hamid al-Ghazali is one of the great jurists, theologians and mystics of the 12th Century. He has written many books on philosophy , theology, mysticism etc.

#Ramadan2021 ■■

According to Imam Ghazali there are 3 grades of
fasting

1. Ordinary Fasting: Abstaining from food, drink and
other desires.
This is the type of Fast that everyone observes

2. Special Fasting: Keeping your sense organ (eyes , ear, tongue, hand, feet) free from sin.

Jabir relates from Anas (RA). that the prophet, on him be peace, said: Five things break a mans Fast: lying, backbiting, gossiping, perjury and a lustful gaze.

This is practiced by righteous people .

3. Extra Special Fasting :

■This is Fasting of the heart from unworthy concerns and worldly thoughts, in total disregard of everything but Allah SWT.

■To the utmost dedication to Allah, disregarding everything else.
This fasting is practiced by prophets and Auliya Allah

■Fasting of the eyes :

• See not what displeases Allah SWT
• Restrained from viewing anything that is blameworthy
or reprehensible– That distracts the heart and diverts it

from the remembrance of Allah SWT.

■Fasting of the tongue :

■ Guarding ones tongue from Idle chatter, Lying,
Gossiping, Obscenity, Rudeness, Arguing, Controversy
■Making it observe silence and occupying it with remembrance of Allah SWT.
So hope this Ramadan Twitterati will follow his advise .

The Prophet, on him be peace, said: Fasting is a shield; so when one of you is Fasting he should not use foul or foolish talk. If someone attacks him or insults him, let him say: "I am Fasting, I am Fasting!"
Fasting is all about learning patience and Taqwa

■Fasting of the ears:

■Closing ones ears to everything reprehensible
■Everything unlawful to utter is likewise unlawful to
listen to.

■Fasting of the Limbs :

■Keeping all other limbs and organs away from sin.
■Stomach from questionable food.

■Avoid Over Eating :
This is very important. Most of us gain weight instead of losing it .Check your weight before and after Ramadan ■.

■Not to over-indulge in lawful food at the time of
breaking Fast, to the point of stuffing ones belly.

■The spirit and secret nature of Fasting is to weaken the forces which are Shaitans means of leading us back to evil.
■No benefit is derived from the Fast if one consumes
as much as one would usually take during the day and
night combined.

■Looking to Allah with Hope and Fear:

■After the Fast has been broken, the heart should
swing like a pendulum between fear and hope.
■We do not know if our Fast will be accepted.
■This is how one should be at the end of any act of
worship we perform.