



Saum & Ramadan as per Quran

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Agenda

- What is the meaning of the word Saum as per Quran
- What does the Quran say- how to carry it out- Ayahs 2:183- 2:185 & 2:187
- Duaa' (Supplication) as per Quran 2:186- why the ayah is sandwiched in between the ayahs of Sayam
- Scientifically Proven Health Benefits
- Ramadan as month- Importance and Significance for us as Muslims





What is Saum as per Quran

Saum & Ramadan as per Quran



Major Purpose of Saum

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ

لَعَلَّكُمْ تَتَّقُونَ ﴿١٨٣﴾

[02:183] O you who have Emaan! The S'iyaam is **Kutiba** upon you, as it **was Kutiba upon those before you**, so that you may do **Taqwa (become Muttaqi)**

Kutiba: recording, writing or to write/record; something being made compulsory as a duty, obligation, an order, or decision. Kitaab means a book, a collection of pages combined together in the form of a book and AL-Kitaab means The Book of Revelations as revealed by Allah.

Taqwa: The word basically means to protect something, to nurture & grow something, by protecting it from anything that can be harmful, to be extra cautious and careful. It means to follow the rules and regulations in letter and spirit, by being completely synchronized with these rules & regulations in complete harmony, by remaining within the designated boundaries. Doing Taqwa basically means to follow the rules and commandments of Allah- the Deen by being extra cautious and protective of these boundaries, never to cross these boundaries of restrictions and freedom as identified by Deen- the rules and commandments of Allah and being in complete harmony & integration with these rules & regulations

Major Purpose of Saum

[Quran 2:177] The Birra is **not to turn your Wajuuha towards the East and the West**. But the Birra is the one who have Emaan on Allah, and the day of Akhira and the Malaik and the Kitaab and the Nabiyyin; the one who gives the wealth, in spite of love for it, to the Qurbaa and the Yataama and the Miskeen and the Ibna-s-Sabeel and those who asks, and for the Riqabi; and they establish Sala'at and commit Zakat and fulfill their covenant when they make the covenant; and they are the Saabirrina in the Ba'saa and the destruction, and in the times of the Ba'asi. These are those who are the truthful/sincere; and these are the Muttaquun.

The Basics: it's not about any rituals, any direction or any physical movements at all

- Emaan on Allah, and the day of Akhira and the Malaik and the Kitaab and the Nabiyyin;
- the one who gives the wealth, in spite of love for it, to the Qurbaa and the Yataama and the Miskeen and the Ibna-s-Sabeel and those who asks, and for the Riqabi; and
- establish Sala'at and commit Zakat and fulfill their covenant when they make the covenant; and
- are the Saabirrina in the Ba'saa and the destruction, and in the times of the Ba'asi.

Important to think and ponder- how does Saum makes your Muttaqi.

How has Quran used the word Saum

أَيَّامًا مَّعْدُودَاتٍ

[Quran 2:184] For a measured number of days;

- The word S'iyam is used 9 times in Quran, mostly as a recompensating or a retribution with defined number, ma'dood (adad) ordained in each situation – for e.g
 - in the ayah 2:196, S'iyam of total of ten days- if couldn't live/implement the Huda
 - in the ayah 4:92 S'iyam of 2 consecutive months-if Qatal a Momin by mistake (Khata)
 - in the ayahs 5:89, S'iyam of 3 days if break Aqtadum Al Aiman (binding oaths)
 - In the ayah 5:95, S'iyam for commercial/sports hunting during hajj
 - In the ayah 58:4, S'iyam for making unlawful their wives by calling them mothers, 2 months
- The detailed procedure of this retribution as to how this retribution is to be given via S'aiyam is then described in detail in ayah 2:183 to 2:187.



Meaning of the word Saum as per Quran

[33:35] For Muslim men and women, - for Momineen and Mominaat, for Q'aniteen and Q'anitaat, for Sadiqueen and Sadiquat, for S'abireen and S'abiraat, for Ghashieen and Ghashiat, for Mutasadiqueen and Mutasadiquat, for **S'aameen and S'aimaat**, for men and women who guard their chastity, and for men and women who engage much in Allah's Zikar, - **for them is Allah's Maghfirat and great Ajaran.**

إِنَّ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْقَانِتِينَ وَالْقَانِتَاتِ

وَالصَّادِقِينَ وَالصَّادِقَاتِ وَالصَّابِرِينَ وَالصَّابِرَاتِ وَالْخَاشِعِينَ وَالْخَاشِعَاتِ وَالْمُتَصَبِّئِينَ

وَالْمُتَصَدِّقَاتِ وَالصَّائِمِينَ وَالصَّائِمَاتِ وَالْحَافِظِينَ فُرُوجَهُمْ وَالْحَافِظَاتِ وَالذَّاكِرِينَ اللَّهَ كَثِيرًا

وَالذَّاكِرَاتِ أَعَدَّ اللَّهُ لَهُمْ مَغْفِرَةً وَأَجْرًا عَظِيمًا ﴿٣٥﴾



Meaning of the word Saum as per Quran

Saum is not All About Fasting!

فَكُلِيْ وَاشْرَبِيْ وَقَرِّيْ عَيْنًا فَاِمَّا تَرِيْنَ مِنَ الْبَشَرِ اٰحَدًا فَقُوْلِيْ اِنِّيْ نَذَرْتُ لِلرَّحْمٰنِ صَوْمًا فَلَنْ


[19:26] So eat, and drink, and be contented. And if you see any Bashar, say, 'I have vowed for the Rahman, S'auman, so I will not speak to any Insaan today.'

أَكَلِمَ الْيَوْمَ اِنْسِيًّا ﴿٢٦﴾

S'aum/S'ayaam as per Quran means

- to abstain, to stop, to control, to halt, to discontinue, to prevent, to break, to adjourn, to interrupt, to pause, to end something, to discipline or to restraint oneself.
- Basic gyst of the meanings- self-control and self-discipline in all-encompassing manner, in order to remain within the boundaries of Deen.





Ayahs 2:184, 2:185 & 2: 187

How to do Saum, Exceptions and Shahru Ramadan



Ayahs 2:184-2:185

Ayaam e Madoodad

Exceptions

[Quran 2:184] For a measured number of days; So, whoever among you is **Mareezan**, or upon **Sufar**, then a number of other days. And for those

who can afford it, is a ransom of feeding a **Miskeen** And whoever volunteers **khairan**, then it is **Khairun** for him/her; but to **Tas'umu** is **Khairun** for you, if you should know.

Miskeen: The word Sakan means to be settled, not to move and settling down in life, in terms of self-sufficiency, that does not require any further changes or movements. Sakoon means to rest, to have peace and tranquility in life. Askan is a place which is an individuals' permanent dwelling wherein a person lives. Miskeen is someone who does not have a home or own permanent place to live, who is unable to move due to dependency on others or own inabilities or disabilities, someone who is unable on a permanent basis or who does not have the ability to take care of him/her self; either is poor in a permanent poverty situation, or old age person or someone with permanent disability, or someone whose responsibilities such as those towards himself/herself or his/her family is beyond the means that he/she can afford etc.

Khair: used in the meanings of good, better, best and also as opposite of Shar- means any and all types of good things, sayings or works etc., and includes anything that is done or exists for the benefit of oneself aligned with one's most desired aspects as well as for the benefit of others and the community.

أَيَّامًا مَّعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ وَعَلَى
الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ فَمَنْ تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ وَأَنْ تَصُومُوا
خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ ﴿١٨٤﴾

Ayahs 2:184-2:185- What is Shahru Ramadan

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ

[Quran 2:185] **Shahru Ramadan** in which the Quran was revealed, as Hudan for humanity and Bayyinaat of the Hudaat....

Shahar normally translated as month, but in Quran the word is not only used as a month, but also used in the meanings of period, time periods, duration, eras, times, periods, intervals, phases, stages, or points of time.

Ramadhan normally translated as the Islamic Month of Ramadan, but there is no mention of the month of Ramadan in Quran other than the ayah 2:185 which is normally misinterpreted as the Islamic month of Ramadan- the word Ramadan only appears once in Quran in this ayah. The word Ramadan in classical /medieval Arabic is used in the meanings of burning, or high temperatures, or intense heat, or heating and consequently also means hardships, difficulties or challenges. Therefore, the phrase Shahar Ramadan could mean both in terms of periods, times of heating, high temperatures as well as challenging or difficult times.



Ayahs 2:184-2:185 Quran as Bayyinat, Hidayat & Furqan

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ
وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ ۖ وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ

[Quran 2:185] Shahrul Ramadhan in which the Quran was revealed, as **Hudan** for humanity and **Bayyinaat** of the **Hudaa** and the **Furqaan**. So, whoever among you witness **the Shahrul**, then he/she should **Yas'umhu** it.

Hudaan/Hidayah-The word has three broad meanings (1) guidance/guide that leads the way, by being ahead of others- leading others (2) something that is obvious, clear and visible and (3) as an hadya, a gift, grant or an offering. Therefore, Hidayah is something that is a guidance, a map, an instruction manual that is clear, obvious, visible and offered as a gift by Allah to lead to the desired destination, i.e. to become Mutaqqi- ayah 2:02.

Bayyan- the process for separating the wheat from the chaff where by part of crop which is useful and healthy is separated from the unhealthy part/wastage. Accordingly, the word means making distinctly clear, and separate Haqq from Batil, Kufar from Emaan, etc. Also means to explain in detail by giving examples as in 'Byaan' – meaning explanation or speech or declaration. Also means clear, distinct evidences or proofs.

Furqan- The word is also means to distinctly separate the right from the wrong as in Furqan. Quran is Furqan- the ultimate criterion.

Ayahs 2:184-2:185 Exceptions Incl the Shahr To do Shukar

[Quran 2:185]And whoever is **Mareezan**,
or on a **Safar** then a number of days later.

Allah desires ease for you, and does not desire hardship for you, that you may complete the number, and that you may magnify Allah for what Allah has Hadaakum you, so that you may be **Tashkuruun**.

Shukar normally translated as thankful or grateful, but it is not simply utterance of words from our mouth or even out of deep conviction of our hearts - this word is used in Quran to refer to actual deeds and actions showing ultimate gratitude which are done as a result of and towards acts of kindness, favors and blessings. Shukr are therefore the acts and deeds which are the result of ultimate gratitude as is expressed through actions by Saiyee/ striving with one's full force. In response to Allah's blessings and Na'imat, it means being obedient with complete submission by following Allah's Laws and commandments as a result of ultimate gratitude towards Allah making the gratitude obvious through acts and deeds.

وَالْفُرْقَانِ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ
فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ
وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدٰنٰكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ



Ayahs 2:187 Husband & Wife

أَحِلَّ لَكُمْ لَيْلَةَ الصِّيَامِ الرَّفَثُ إِلَى نِسَائِكُمْ هُنَّ لِبَاسٌ لَكُمْ وَأَنْتُمْ لِبَاسٌ لَهُنَّ عَلِمَ
اللَّهُ أَنَّكُمْ كُنْتُمْ تَخْتَانُونَ أَنْفُسَكُمْ فَتَابَ عَلَيْكُمْ وَعَفَا عَنْكُمْ فَالْآنَ

[Quran 2:187] Permitted for you is

Rafas'a (embarrassing acts/talks or intimate/sexual relations) with your Nisaa-kum on the night of the S'iyaa. They are a **Libaasun** for you, and you are a Libaasun for them. Allah knows that you used to betray your Nafsu-kum, but Allah has **Ta'ba** you and **A'afaa'** you.

The Libaas – 1) providing relaxation and Sakoon to one another, 2) Hides- each other secrets and weaknesses 3) Protects - each other from anything harmful, 4) As per surroundings- is in accordance with the environment, weather, community, surroundings, situations that they are going through 5) As Zeenat- the husband and wife look good together and 6) Extreme Closeness - there is nothing between a body and Libaas showing the extreme closeness between a husband and a wife.

Afa'a normally translated as forgiving or pardon, but main characteristics of this word is in meanings of giving to someone more than one's Haqq, given away freely, in abundance and generously anything excess over one's own Haqq. For instance in the ayah 2:219 " ..And they ask you about what they should spend, Say Af'waa" the word is used here in the meanings of giving surplus or giving away freely after keeping own Haqq, after one's rightful needs & expenses. When used for Allah as A'afaa or Af'waan Ghafurran is used for Allah who gives to humanity more than their Haqq providing Ghafuran freely and generously.

Ayahs 2:187 How to do Saum

بَشِّرُوهُنَّ وَأَبْتَغُوا مَا كَتَبَ اللَّهُ لَكُمْ وَكُلُوا وَاشْرَبُوا حَتَّى يَتَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ
الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ ثُمَّ أَتَمُوا الصِّيَامَ إِلَى اللَّيْلِ وَلَا تُبَشِّرُوهُنَّ وَأَنْتُمْ عَاكِفُونَ فِي

[Quran 2:187] So, **Bashiruhunna/approach** them now, and seek what Allah has
Kutiba for you, and Kulu and drink until **the Abyazu thread becomes distinct from the Aswad
thread of the Fajar**. Then complete the S'iyaam until nightfall. ...

A'byazzat & Tabayzzu (white?) Alaswad (black?): these words are normally translated as white and black, but
this is a wrong translation. The word A'byazzat is used in Quran in the
meanings of clear, distinct and clearly recognizable. For instance in ayah
2:187 "...until become bayyin to you the Abyazu thread from the
Aswade thread of the fajar (dawn)..." If we translate Abyazu as white
and Aswade as black, how can there be a black thread of Fajar/dawn?
These words are not used here in the meanings of black or white, but in
the meanings of Abyazu as clear, focused, distinct and clearly
recognizable as opposed to Aswade as unclear, blurred, indistinct or
faded and unrecognizable. This would translate to nautical dawn timings



Ayahs 2:187 What is Aakifuna in the Masaajid

الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ ثُمَّ أَتَمُوا الصِّيَامَ إِلَى الْيَلِّ وَلَا تَبَشِّرُوهُنَّ وَأَنْتُمْ عَاكِفُونَ فِي
الْمَسْجِدَاتِ فَالَّذِينَ كَفَرُوا تَعْلَمُونَ كَذَلِكَ يُبَيِّنُ اللَّهُ آيَاتِهِ لِلنَّاسِ لَعَلَّهُمْ
يَتَّقُونَ



[Quran 2:187] ...But do not approach them while you are **Aakifuna in the Masaajid**. These are **the boundaries of Allah, so do not go near them**. Allah this Yubayyin **Allah's Ayaat** to the people, that perhaps they may **observe Taqwa**.

Aakifuna means to correct, smoothed out, harmonize the matters between individuals, connecting them and making them stronger as a unity. It also means to go towards or strive towards something along with utter respect and conviction of its benefits and to remain connected to it on a permanent basis as well as to stop something or someone or to stop one own self from doing something as a means of securing something; therefore, when used within the context of S'iyaaam the word has all these meanings with the end result of becoming a Muttaqqi and also w.r.t. Masjid.

Masaajid does not mean the mosques as is generally translated and understood - the word Masjid is basically any place, any residence of Momin, an area of a community, a city, a land where Sajda is being done, that is everyone is establishing and submitted to the law's rules and regulations of Deen e Islam.



So what to do During Ramadan

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By WQT- quranthinkers.com



Scientifically proven Health benefits of fasting

- **Intermittent fasting**:- 16 hours of fasting and 8 hours of eating! As treatment for cancer!!!!
- **Impact of Fasting**- after ard 12-14 hours. Normal body uses stored or consumed protein as source of energy.
- **Getting Rid of Toxins**- when fasting, the body starts to break down carbohydrates and fat stored in the body to produce energy. This results in automatic detoxification. Detoxification is the process of eliminating toxins and unhealthy/carcinomic agents/cells.
- **Healing & Strengthening Immune System**: When energy is diverted away digestive system towards the metabolic and immune system, the starving body cells starts eating the abnormal growths within the body, tumors, carcinomic cells etc. Thus the body starts to heals itself, repairing all the damaged organs.
- **Longer & Healthy Life**- Finally there is good evidence to show that fasting contributes to longer and healthier life warding off all diseases and impaired body functions

What should we do during Ramadhan

- A mark of unity and strength of the Ummath
- Exercise to Strengthen & prepare
- Strengthen our Emaan- an opportunity to get closer to Allah
- Develop Empathy for the less fortunate, Become Humbled
- Learn to be more grateful for Allah's blessings
- Personality & Character Development & Learning Self-control
- Avoiding Arrogance & Pride- tools of Shaiytan
- Cleaning Wealth & Soul through charity/donations
- Many Health Benefits as already discussed
- But the most important- do not just restrict S'ayam (Saum as per Quran, not fasting), for the month of Ramdan only, but extend to the rest of 11 months as well as means of self control and self disciplined to remain within Deen & become Muttaqi





Duaa as per Quran

Saum & Ramadan as per Quran



What is Duaa as per Quran

لَهُ دَعْوَةُ الْحَقِّ وَالَّذِينَ يَدْعُونَ مِنْ دُونِهِ لَا يَسْتَجِيبُونَ لَهُمْ بِشَيْءٍ إِلَّا كَبَسِطَ كَفَّيْهِ إِلَى الْمَاءِ لِيَبْلُغَ

[13:14] To Allah is Duaa of Haq and those who Yadauna others

فَاهُ وَمَا هُوَ بِبَالِغِهِ وَمَا دُعَاءُ الْكَافِرِينَ إِلَّا فِي ضَلَالٍ ﴿١٤﴾

besides Him, HE do not respond to them with a thing except like a man who stretches his hands towards the water that it reach his mouth, but it will never reach it. And Not the 'duaa' of kafareen but in error/futility.'

فَمَنْ يَعْمَلْ مِنَ الصَّالِحَاتِ وَهُوَ مُؤْمِنٌ فَلَا كُفْرَانَ لِسَعْيِهِ وَإِنَّا لَهُ

[21:94] So the one who does the Swalihaat Amal/ deeds and is a Momin, will not have his/her Sa'aiye rejected. And indeed We are recorder of it.

كَاتِبُونَ ﴿٩٤﴾

[53:39] And that is not for man except what he does Sa'aiye for!

وَأَنْ لَيْسَ لِلْإِنْسَانِ إِلَّا مَا سَعَى ﴿٣٩﴾

Duaa as per Quran- 1) by Mo'min only with firm Emaan 2) Duaa to Allah only, No Shirk at all 3) Duaa of Haq Only 4) Amle-Swalihaat & 5) Sa'aiy

Duaa is not only to ask for something but is multi-faceted in terms of asking for help from Allah's system in terms of Allah's natural laws and forces. The Acceptance of Duaa is dependent upon the five aspects as above

What is Duaa as per Quran

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ
فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

[Quran 2:186] And when My **Aibaadi** asks you about Me; then Indeed, I am near. I answer the Duaa of the Daa'e' when he/she Da'aani Me. **So, let them respond to Me**, and let them **have Emaan on Me**, perhaps they will be rightly guided.

Abd normally translated as worship, but the word means submission and obedience to someone or someone's laws with one's complete being, obedience & following. The concept of Abd has a dual meaning of "efforts & comfort" i.e. one has to do efforts and go through difficulties first in order to achieve true benefits of and comfort later- It's from a type of a plant which has huge benefits for camel in terms of strength, nourishment and increased milk. But when camel eats this plant, it becomes thirsty. Therefore, the consumption of plant although has initial difficulties, efforts but finally leads to strength, nourishment and increase of milk for the camel. Similarly when the horse is being trained or a road is being made, the whole process that it goes through is called "Ta'beed". Therefore, keeping in mind, the concept of "efforts and comfort", to do Abd of Allah basically means to follow Allah's commandments and rules and regulations as per the Divine guidance which would be aligned with efforts and comfort.

Important Question Why this ayah of Duaa is sandwiched between these ayahs of S'aum?

Why is the Ayah of Dua Sandwiched between these ayahs of Saum

1) The significance of Saum as an important step to become Muttaqi.

Hence Allah is near not only to the Aabid- the one who does Abd, but also to the person who is doing Saum as well as the Da'ae- making Duaa.

2) Saum is given in Quran as a retribution

So that we become Muttaqi and that's

Responding to Allah, thus Saum is part of Duaa

أَجَلَ لَكُمْ لَيْلَةَ الصِّيَامِ الرَّفَثُ إِلَى نِسَائِكُمْ هُنَّ لِبَاسٌ لَكُمْ وَأَنْتُمْ لِبَاسٌ لَهُنَّ عَلِمَ
اللَّهُ أَنَّكُمْ كُنْتُمْ تَخْتَانُونَ أَنْفُسَكُمْ فَتَابَ عَلَيْكُمْ وَعَفَا عَنْكُمْ فَالْآنَ

3) The subsequent Ayah-

[Quran 2:187] Permitted for you is sexual relations with your Nisaa-kum on the night of the S'iyam.

They are a **Libaasun** for you, and you are a Libaasun for them. Allah knows that you used to betray your Nafsu-kum, but Allah has **Ta'ba** you and **A'afaa'** you.

Notice the word Toubah- closely linked to Saum as retribution.





Questions & Answers

Saum & Ramadan as per Quran
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