

RELIGIOUS EDUCATION

**Sawm**

**Lesson 4 of 13**

**Worksheet on Sawm in the Qur'an and Hadith**

Mr Latif



Verse from the Qur'an and Hadith on Sawm	What does this tell us about Sawm?
<p>“Whoever does not give up false statements (i.e. telling lies) and evil deeds, and speaking bad words to others. Allah is not in need of his (fasting) leaving his food and drink.” [Hadith al-Bukhari 6057 Book 78, Hadith 87 from Sunnah]</p>	
<p>“O you who believe, fasting has been prescribed for you as it was prescribed for those before you, that you may develop God-consciousness.” [Qur'an 2:183, Sahih International Translation.]</p>	



Verse from the Qur'an and Hadith on Sawm	What does this tell us about Sawm?
<p>“Allah the Exalted and Majestic said: Every act of the son of Adam is for him, except fasting. It is (exclusively) meant for Me (Allah) and I (alone) will reward it. Fasting is a shield.” [Hadith Sahih Muslim 1151 d Book 13, Hadith 212.]</p>	
<p>“Fasting for a limited number of days. So whoever among you is ill or on a journey [during them] then an equal number of days [are to be made up]. And upon those who are able [to fast, but with hardship] a ransom [as substitute] of feeding a poor person [each day]. And whoever volunteers excess - it is better for him. But to fast is best for you, if you only knew.” [Quran 2: 184, Sahih International Translation.]</p>	

