



## Islam & Moral Education

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### Chapter-3=Lesson-3

## SAWM

### Introduction

Sawm is an Arabic Word. Its Persian synonym is 'Roza'. Its literal meaning is to 'abstain from'. In the terminology of the Islamic Shariat Sawm is to refrain from food, drink and sensual pleasure from dawn to dusk in order to please Allah.

It is Farz for every adult man and woman to observe fasting during the whole month of Ramadan. It is one of the five pillars of Islam. The importance of the teachings of Sawm in our daily life is immense.

### SOCIAL IMPORTANCE OF SAWM

A man can feel the pain of hunger from fast. He can express sympathy towards the hungry and needy section of the society. A Sayim averts from the unfair and indecent deeds. He keeps away from mutual fighting. As a result peace prevails in the society. He exchanges with others Sahri and Iftar and helps the needy people financially in the hope of more rewards. This creates the feeling of fraternity and the social bonds become stronger and firmer. So we should observe the fast of Ramadan in the hope of attaining nearness to Allah and in consideration of the social importance of Sawm.

Serial No	Importance of sawm	
1	Social	<ul style="list-style-type: none"><li>*sympathy grows</li><li>*realize the pain of the hungry and thirsty people</li><li>*peace prevails in the society</li><li>*Increasing social bondage</li><li>*financially faternity</li></ul>
2	Religious	<ul style="list-style-type: none"><li>* Sawm is a shield between man and his evil deeds</li><li>*month of sympathy</li><li>*Allah himself gives reward</li><li>*rejecter will be kafir</li><li>*To be nearest to Allah</li><li>*Previous sins will be forgiven</li><li>*It brings physical, mental, spiritual peace</li><li>* acquire Taqwa</li></ul>

## MORAL LESSONS OF SAWM

It is not only upon us that Sawm is Farz. Rather it was Farz for the followers (Ummat) of all the preceding Prophets and Messengers. The spiritual excellence of the Sayim (one observing fast) is attained through it. Taqwa (Fear of Allah) and love of Allah develop in man's mind through Sawm. Man does not eat or drink anything in spite of the pain of hunger and thirst and does not enjoy the sensual pleasure for the sake of the love for and fear of Allah.

Allah the Most Great says- "[Sawm \(roza\) has been made compulsory upon you as it was done upon those who preceded you so that you can attain Taqwa \(Fear of Allah\).](#)" (Sara Al-Baqara, Ayat 183)

We shall observe fast during the month of Ramadan to acquire Taqwa.

Man indulges in many evil deeds under the influence of greed and avarice, envy and hatred, anger and agitation. Sawm teaches man to keep away from these deeds. Sawm is the shield between a man and his evil deeds. The holy Prophet Muhammad (Sm.) has said- "[Sawm \(Roza\) is as if a shield.](#)" (Bukhari and Muslim)

Above everything else, physical, mental and spiritual peace are attained by the observance of Sawm.

## SOCIAL TEACHINGS OF SAWM

Mutual sympathy and fellow feeling is developed by the cultivation of Sawm. A man practising Sawm comes to realize the points of another man who suffers the pain of hunger. He can imagine how much distressful the pain of hunger and thirst can be. At this the feeling of sympathy and fellow feeling is developed towards the hungry people. The holy Prophet (Sm.) has said, "This month is the month of sympathy."

Rasulullah (Sm.) would himself practise charity in the month of Ramadan as much as he inspired others for that. Hazrat Ibn Abbas (Ra.) says, "Rasulullah (Sm.) was more charitable among men. His charity would increase particularly at the advent of Ramadan." (Bukhari and Muslim). Sawm encourages charity towards the helpless and the poor.

## RELIGIOUS IMPORTANCE OF SAWM

Sawm has much importance from the religious point of view. Allah increases the rewards of all noble deeds from ten to seven hundred folds. But it is stated in the Hadith-i-Qudsi about the return of Sawm thus-Allah the Most High says-

["Sawm is for me and I myself shall offer its return."](#) (Bukhari)

As Sawm is observed for Allah with the hope of return (reward), Allah the Most High forgives all previous sins of Sayim. As the holy Prophet (Sm.) has said-

Meaning: "Allah the Most High forgives all the past sins of a person who observes fast by cherishing faith in and hope of reward from Allah." (Bukhari)

Sawm is a fundamental obligatory duty. If anybody rejects it he will become Kafir.

### **Worksheet of lesson 3**

- 1) Write the literal meaning of sawm.
- 2) Write the meaning of sawm according to Islamic Shariat.
- 3) Who is a Sayim?
- 4) Which Ibadat was common to all prophets?
- 5) Which Ibadat will be rewarded by Allah?
- 6) What is said in hadith e Qudsi about sawm?
- 7) If anybody rejects sawm, he will be\_\_.
- 8) “Sawm is as if a shield”-briefly explain.
- 9) How does sawm act like a shield?
- 10) What kinds of religious and social benefits does a sayim (performer of sawm) get? Explain with the reference of Quran and hadith.
- 11) Write the impact of sawm in our society.