

Fasting beyond hunger, guarding the whole person

A fast reaches beyond food and drink. The tongue, eyes, temper and habits must also learn that Ramadan has arrived.

CENTREPIECE Surah al-Baqarah 2:183, Sahih al-Bukhari 1903

FIRST KHUTBAH

1. The purpose is taqwa

Fasting was prescribed so that believers may grow in mindfulness of Allah (al-Baqarah 2:183). If hunger makes a person harsher, the body has fasted while the character has missed the lesson.

Source: Quran 2:183

2. False speech can hollow out the fast

The Prophet (peace be upon him) warned that if a person does not leave false speech and acting upon it, Allah has no need of that person merely leaving food and drink (Bukhari 1903). The warning calls for a fast that reaches conduct.

Source: Bukhari 1903

3. Fasting creates a pause before reaction

Use hunger as a reminder to slow the reply, refuse the argument and lower the gaze. Ramadan exposes how quickly appetite becomes command. Each pause teaches the soul that desire can be felt without being obeyed.

SECOND KHUTBAH

Avoid reducing the message to scolding. The aim is to help people notice that every restrained response is part of the education of fasting and can become a habit after Ramadan.

Suggested closing: O Allah, accept from us a complete fast. Guard our tongues, eyes and tempers, and let hunger teach our hearts to prefer what pleases You.

ONE ACTION FOR THIS WEEK

Choose the behaviour most likely to damage your fast, then prepare one sentence or boundary that will help you interrupt it.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

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