

# Super Sawm



## Learning Objectives

In this lesson, I will:

- List some secrets of fasting
- Outline the three levels of fasting
- Explain how fasting strengthens ikhlas



## Key Words

- Self-discipline
- Provoke
- Sincerity (*Ikhlas*) - إِحْلَاصٌ

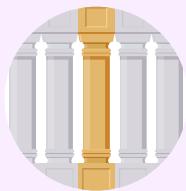
### T Thinking Starter

Why is fasting not just about giving up food and drink?



### Why Do We Fast?

Fasting is the third pillar of Islam and one of the greatest acts of worship. Like salah, fasting has secrets and is about more than just not eating and drinking. Allah سُبْحَانَهُ وَتَعَالَى tells us the greatest purpose of fasting:



يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ  
عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

“...Fasting is prescribed for you, as it was prescribed for those before you, so that you may attain **taqwa** (piety and mindfulness of Allah).” (Surah al-Baqarah:183)

**Taqwa** is to protect ourselves from the punishment of Allah by avoiding His prohibitions and implementing His commands.

When we fast, we stop ourselves from doing things that are normally halal, like eating and drinking. This teaches us to say “NO!” to our nafs (inner self) and its desires. **Shaytan and our nafs** tell us to do bad things, but we must build **self-discipline** and say “NO” to them! This helps our taqwa grow, making it easier for us to stay away from haram throughout the year.

**Self-discipline:** being able to control your actions, feelings, and choices, even when it's hard. It's doing what's right or good even when you don't feel like it.



Fasting trains us to obey Allah and to submit to Him like true servants ('ubudiyyah).



### Task 1

#### The Secrets and Benefits of Fasting

Write sentences about the secrets and benefits of fasting using the given words.

*Strong:* \_\_\_\_\_

*Sins:* \_\_\_\_\_

*Polishes:* \_\_\_\_\_

*Nafs:* \_\_\_\_\_

*Allah:* \_\_\_\_\_

*Poor:* \_\_\_\_\_

#### Make Your Fast Super

Imam al-Ghazali رحمه الله says that there are three levels of fasting:



#### Level 3 Super-Special

Focusing your heart only on Allah and staying away from other thoughts.



#### Level 2 Special

Protecting the eyes, tongue, ears, and the rest of the body from haram. Not eating too much at iftar time.



#### Level 1 Normal

Staying away from food and drink.



I'm aiming to fast every day this Ramadan at Level 2 inshaAllah!



Same! Who wants to be normal, when we can be special, inshaAllah!?



Why do you think it is very important to not overeat at iftar time?



When we fast, we need to be extra careful about what we say, do, look at, and think. The Prophet ﷺ said: "Whoever does not give up lying and acting upon it, Allah has no need in him giving up his food and his drink." (Bukhari) This means that lying and other bad deeds spoil our fast.

Sometimes, others may try to **provoke** us to say something bad, but the Prophet ﷺ taught us a special way to respond:

"When one of you is fasting, he should **not use foul language or behave badly**. If someone insults him or argues with him, he should say, 'I am fasting, I am fasting.'" (Muslim)

**Provoke:** to try to make someone angry or upset on purpose.



Maryam, you're so annoying!



I'm fasting!



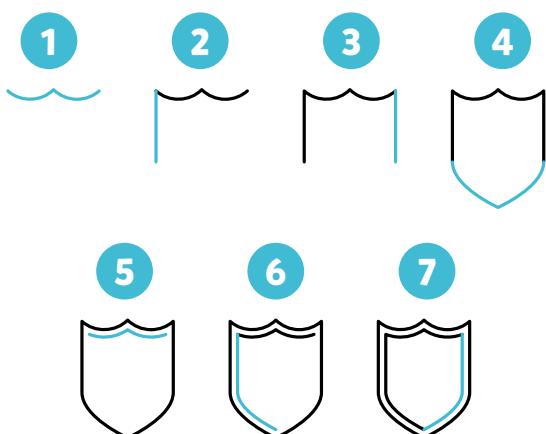
## Task 2

**SUPER SAWM!**



The Prophet ﷺ said: "Fasting is a shield from the Hell-fire." (Tirmidhi)

Fasting will protect you from the Hell-fire if you do it properly. Draw and design a shield. Around it, write all the things you should avoid to protect your fast.



## Fasting and Ikhlas

The Messenger of Allah ﷺ said: “Every action of the son of Adam is multiplied: a good deed is rewarded from ten times up to seven hundred times. Allah, the Mighty and Exalted, has said: ‘Except for fasting. It is for Me and I will (personally) reward it; he (My servant) abandons his desires and food for My sake.’” (Muslim)

Another secret of fasting is that it builds **ikhlas** (sincerity). Ikhlas means doing something **only for the sake of Allah**, and it is a very important part of our din.

Fasting is a special act of worship that we do only for Allah. We stop eating, drinking, and other bad deeds during the day just to please Allah. We leave things we enjoy because we want Allah to be happy with us.

Fasting isn't about what we do, it's about what we **don't** do, like eating and drinking. No one can ever be 100% sure if we are really fasting. There may be times in the day when it's easy to eat in secret and break our fast, but we don't, because we know that Allah is watching us. This helps to build our ikhlas, as we fast only for Allah.



### Task 3

Draw and write a mini-comic between Super Faster and sneaky Captain 'Nafs'.

What tricks does Captain Nafs use to tempt Super Faster?



How does Super Faster stay strong and resist?

### I Act On What I Learn

I will stay away from all bad things during my fast to make Allah happy.



### P Progress Check

1. List three secrets of fasting.
2. What are the three levels of fasting?
3. How does fasting strengthen ikhlas?

