



جَابَاتَانِ اِغَامَا اِسْلَامِ سِلَانْغُورِ

JABATAN AGAMA ISLAM SELANGOR

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# BEYOND THE THIRST AND HUNGER



**Let us continue striving to  
increase our quality of *imaan*  
and *taqwa* of Allah  
*Subhaanahu Wata'aala* by  
fulfilling all of His Commands  
and avoiding all**

**of His prohibitions. May we all  
attain blissfulness in this world  
and the Hereafter.**

**As we recently entered the blessed  
month of Ramadaan, today's  
*khutbah* will expound on the topic  
of ***“Beyond The Thirst And  
Hunger.”*****

**Allah *Subhaanahu Wata'aala*  
mentions in al-Qur'an:**

**“O you who have believed,  
decreed upon you is fasting as  
it was decreed upon those  
before you that you**

**may become righteous.”**

***(al-Baqarah 2:183)***

**From this verse we learned  
that fasting, which was  
ordained in the second *hijri*  
year, is not a new**

**phenomenon in the lives of  
mankind. Among the nations  
that had undergone the  
'*ibaadah* of fasting were the  
*ummah* of Nabi Moosa عليه  
and 'Eesa عليه سلام. Even  
the pagan Arabs prior to the**

**messenger ship of Rasulullah**

صلى الله  
عليه وسلم

**practiced the fasting of**

**the 10<sup>th</sup> of Muharram. The**

**fasting of Ramadaan is an**

**obligatory *'ibaadah*, which has**

**a broad objective and very**

**deep meaning.**

**The *'ibaadah* that was made *waajib* necessitates one to abstain from eating and drinking, having marital relationship, and avoiding deeds that can nullify or eliminate the rewards of**



**fasting, between sunrise and sunset. Indeed, the *'ibaadah* of fasting truly teaches us on the precious *ni'mah* (bounty) of having a mouthful of rice and a sip of water. All these would not be appreciated if**

**our body has never  
experienced the pain of thirst  
and hunger. Such was the  
request of Rasulullah ﷺ to  
Allah *Subhaanahu Wata'ala*,  
as narrated by Abu Umaamah**

*radiyAllaahu‘anh* where he

صلى الله  
عليه وسلم **said:**

**“...My Lord presented to me,  
that He would make the valley  
of Makkah into gold for me, I  
said: “No O Lord! But being  
filled for a**

**day and hungry for a day” - or  
he said: “three days” or  
something like that – “So  
when I am hungry, I would  
beseech You and remember  
You, and when I am full I  
would be grateful**

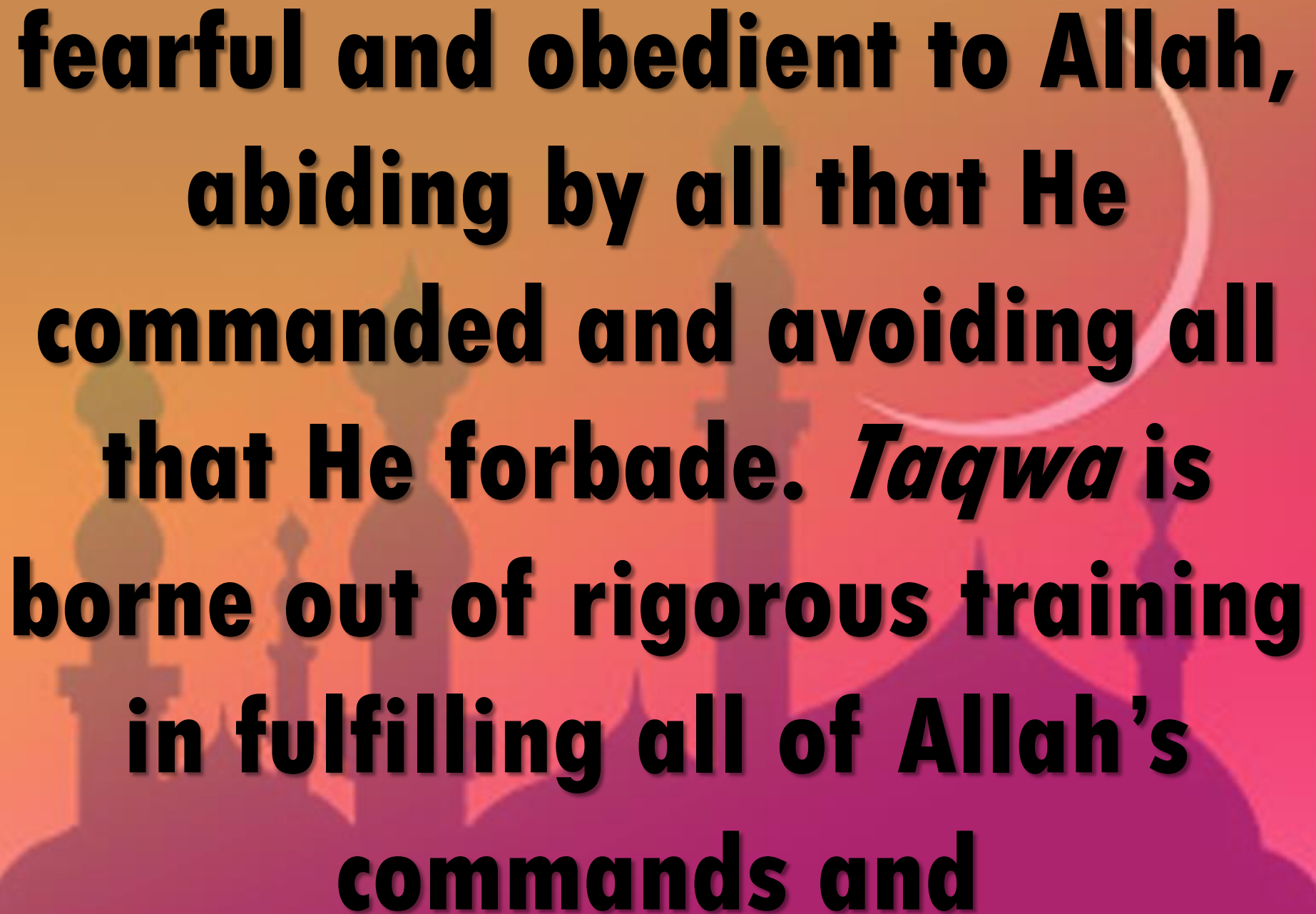
**to You and praise You.””**

**(at-Tirmidhi: *da'eef*)**

**Usually, anything pleasurable  
will be appreciated of its value  
after it has ceased or  
disappeared from its  
possessor.**

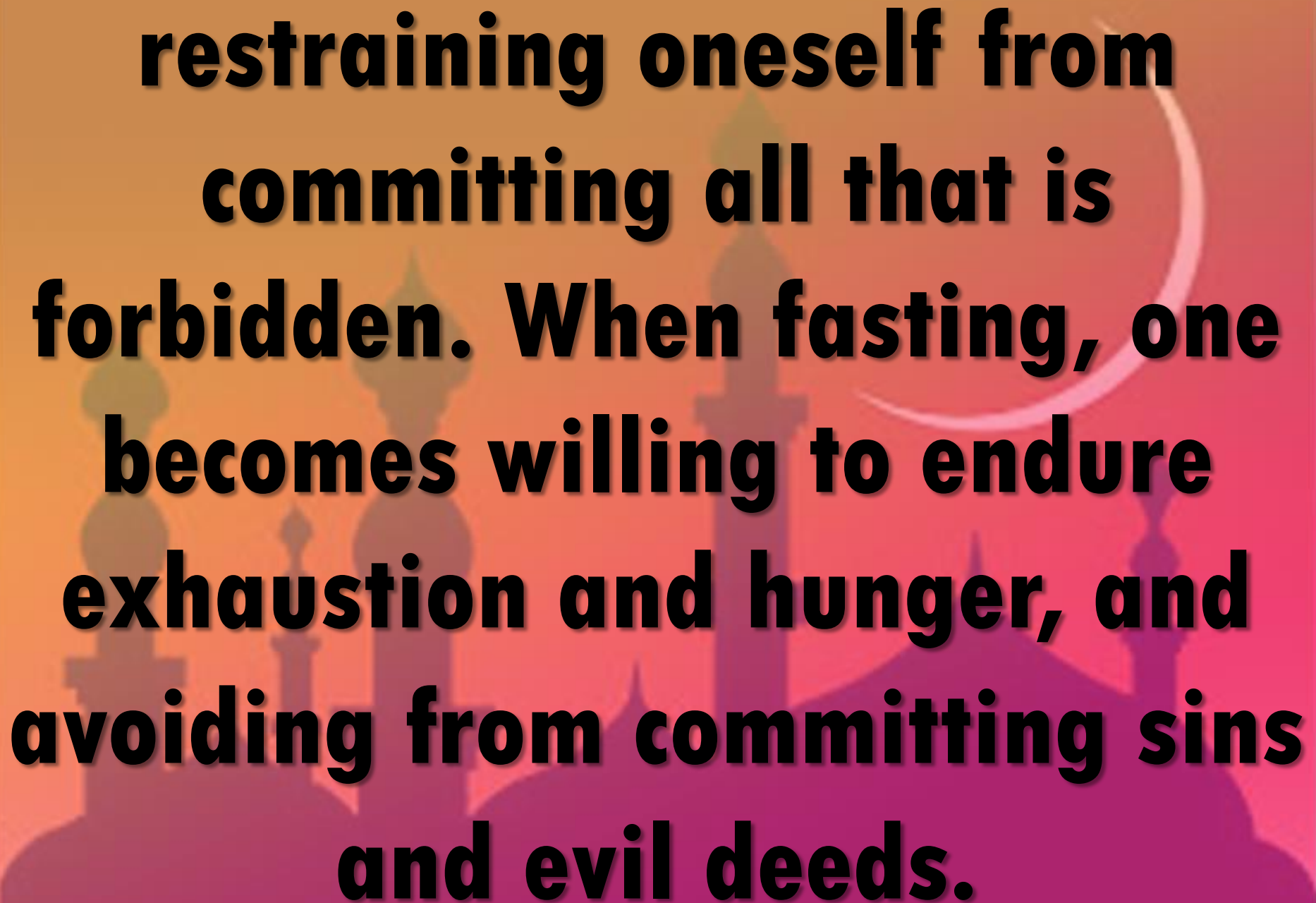
**For example, the bounty of good health will only be felt when one falls ill. The bounty of wealth will be appreciated when one falls into poverty and destitution. Such is mankind, always**

**heedless of their Creator. The end of verse 183 in Soorah al-Baqarah mentioned the virtue of fasting, causing the believer to have the *taqwa* of Allah. *Taqwa* which refers to being**

The background features a silhouette of a mosque with multiple domes and minarets. A white crescent moon and a five-pointed star are positioned in the upper right quadrant. The overall color palette is a gradient from light orange at the top to deep purple at the bottom.

**fearful and obedient to Allah,  
abiding by all that He  
commanded and avoiding all  
that He forbade. *Taqwa* is  
borne out of rigorous training  
in fulfilling all of Allah's  
commands and**



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**restraining oneself from  
committing all that is  
forbidden. When fasting, one  
becomes willing to endure  
exhaustion and hunger, and  
avoiding from committing sins  
and evil deeds.**

**Abu Hurayrah *radiyAllaahu‘anh***  
**narrated: Rasulallah <sup>صلى الله</sup>  
<sub>عليه وسلم</sub> said:**

**“It may be that a fasting  
person attains nothing but  
hunger and thirst from his  
fasting.”**

***(ibn Maajah, ad-Daarimi, Ahmad,  
al-Bayhaqi: saheeh)***

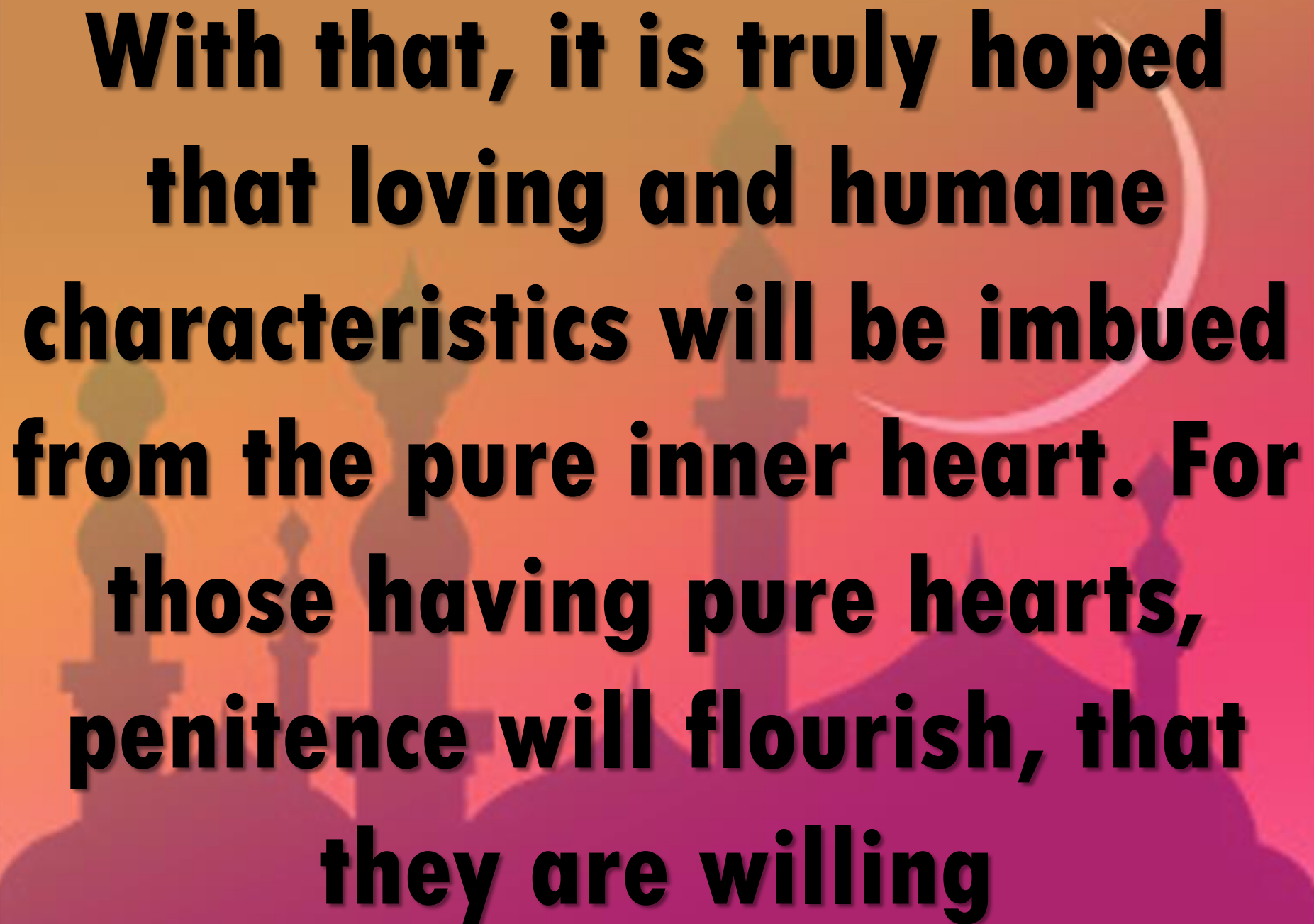
**Fasting can nurture the soul to become socially caring. One will feel the suffering endured by others. Allah *Subhaanahu Wata'aala* had ordained the believers to fast as one of the pillars (*arkaan*)**

**of Islam, whether they are  
super rich or even having no  
food for the day.**

**May the hardship and hunger  
of fasting grant us the  
awareness and realization  
upon the agony endured by**

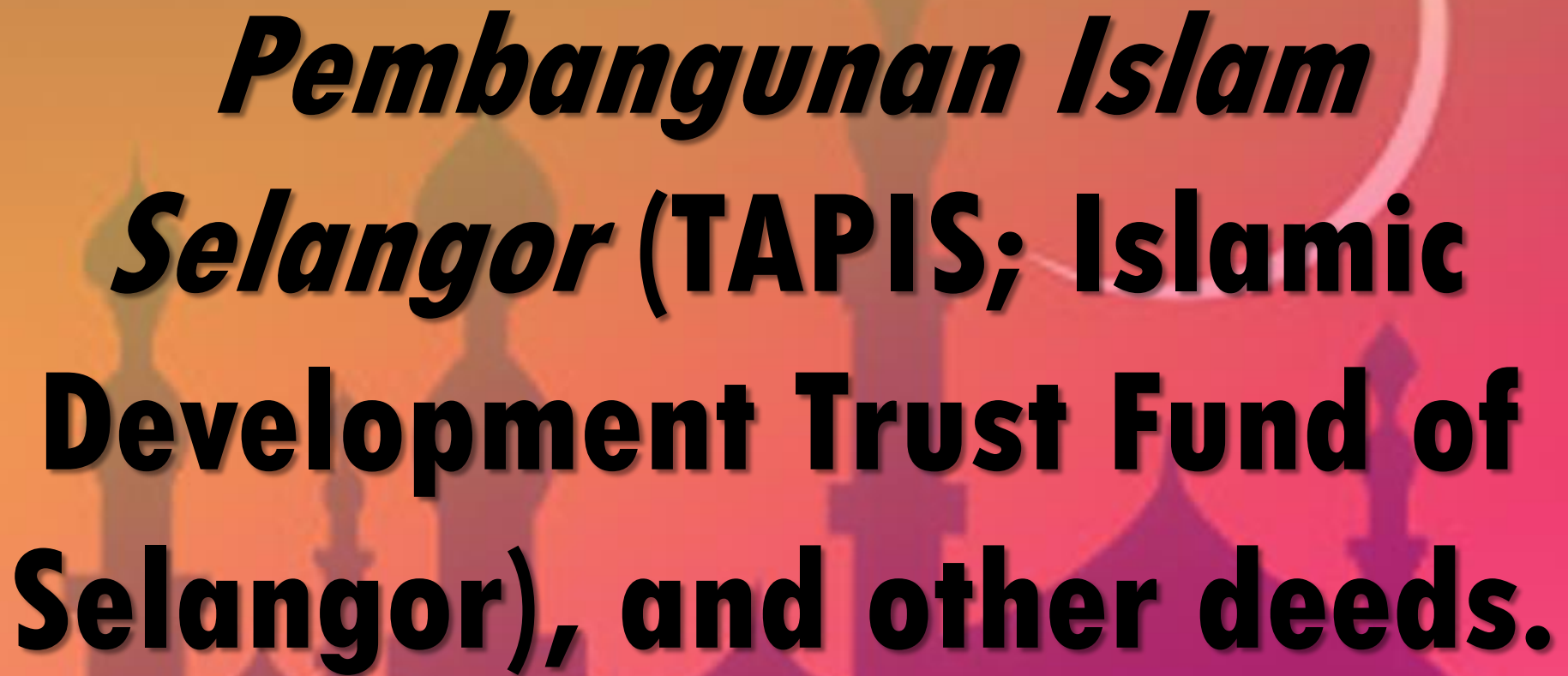
**those who are less fortunate.**

**For us, being deprived from food and drink for about 12 hours would give us the pain of starvation. Imagine the agony endured by those not eating and drinking for days!**

The background features a gradient from orange to pink, overlaid with faint silhouettes of mosque domes and minarets, and a white crescent moon in the upper right.

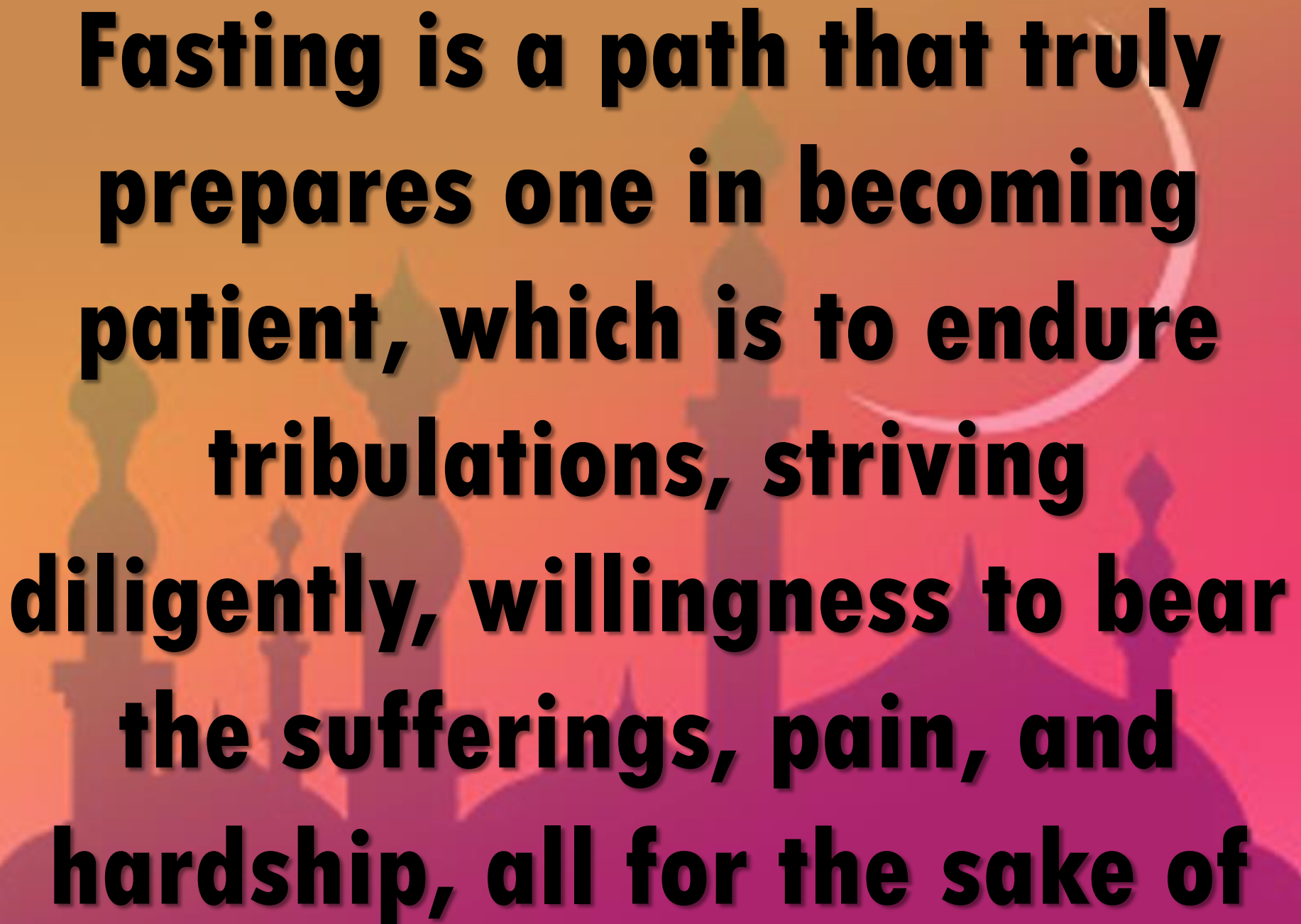
**With that, it is truly hoped  
that loving and humane  
characteristics will be imbued  
from the pure inner heart. For  
those having pure hearts,  
penitence will flourish, that  
they are willing**

**to give away their wealth in  
aiding the poor and needy.  
Furthermore, the willingness  
to part off from a portion of  
their wealth in fulfilling their  
*zakaat*, making *waqf* through  
*Tabung Amanah***



***Pembangunan Islam  
Selangor (TAPIS; Islamic  
Development Trust Fund of  
Selangor), and other deeds.***



The background features a silhouette of a mosque with multiple domes and minarets, set against a gradient of warm colors from orange to red. A white crescent moon is visible in the upper right quadrant.

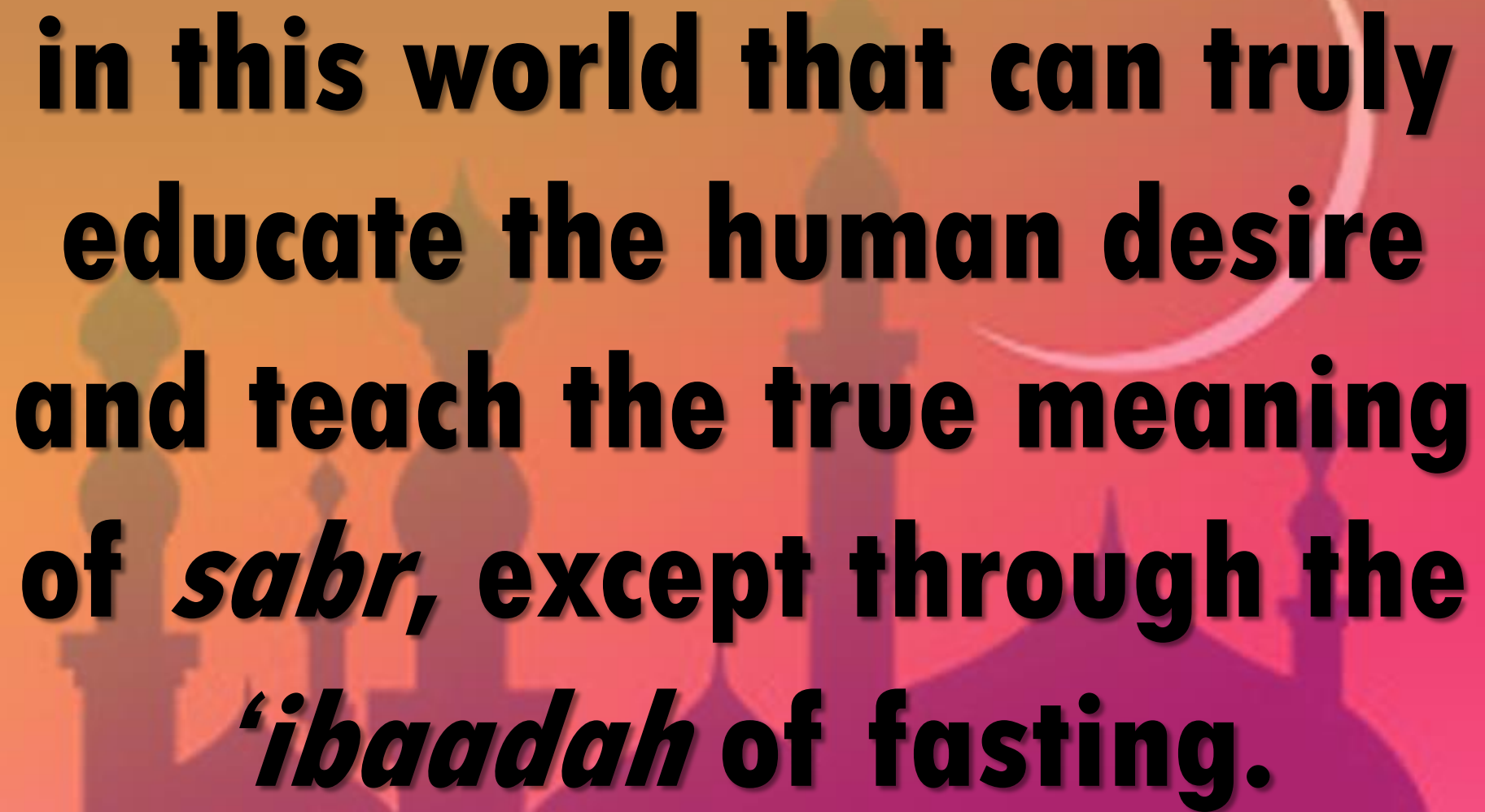
**Fasting is a path that truly prepares one in becoming patient, which is to endure tribulations, striving diligently, willingness to bear the sufferings, pain, and hardship, all for the sake of**

**attaining the pleasure of Allah**

***Subhaanahu Wata'aala.***

**Beyond the thirst and hunger,**

**Islam teaches mankind to  
remain patient. There is not a  
single school**

The background features a silhouette of a mosque with multiple minarets and a large crescent moon in the upper right corner. The color palette transitions from a warm orange at the top to a deep purple at the bottom.

**in this world that can truly  
educate the human desire  
and teach the true meaning  
of *sabr*, except through the  
*'ibaadah* of fasting.**

**Why is fasting deemed as half of patience? The answer is that within the human body, there exist three different strengths, namely the power of lust, the strength of anger, and the**

**spiritual strength. If the spiritual strength is capable of defeating other strengths, then it would be deemed that as possessing half of *sabr* (patience). Similarly for the fasting person, if he is able**

**to suppress the power of lust,  
stomach, and private parts,  
then his fasting is equivalent  
to half of *sabr*. A man from  
Banu Sulaym narrated:  
Rasulullah ﷺ said:**

**“...and fasting is half of  
patience, and purification is  
half of faith.”**

***(at-Tirmidhi: hasan)***

**Such great rewards for those  
whom are patient, as Allah  
*Subhaanahu Wata‘aala***

**mentions in al-Qur'an:**  
**“... Indeed, the patient  
will be given their reward  
without account.”**

***(az-Zumar 39:10)***

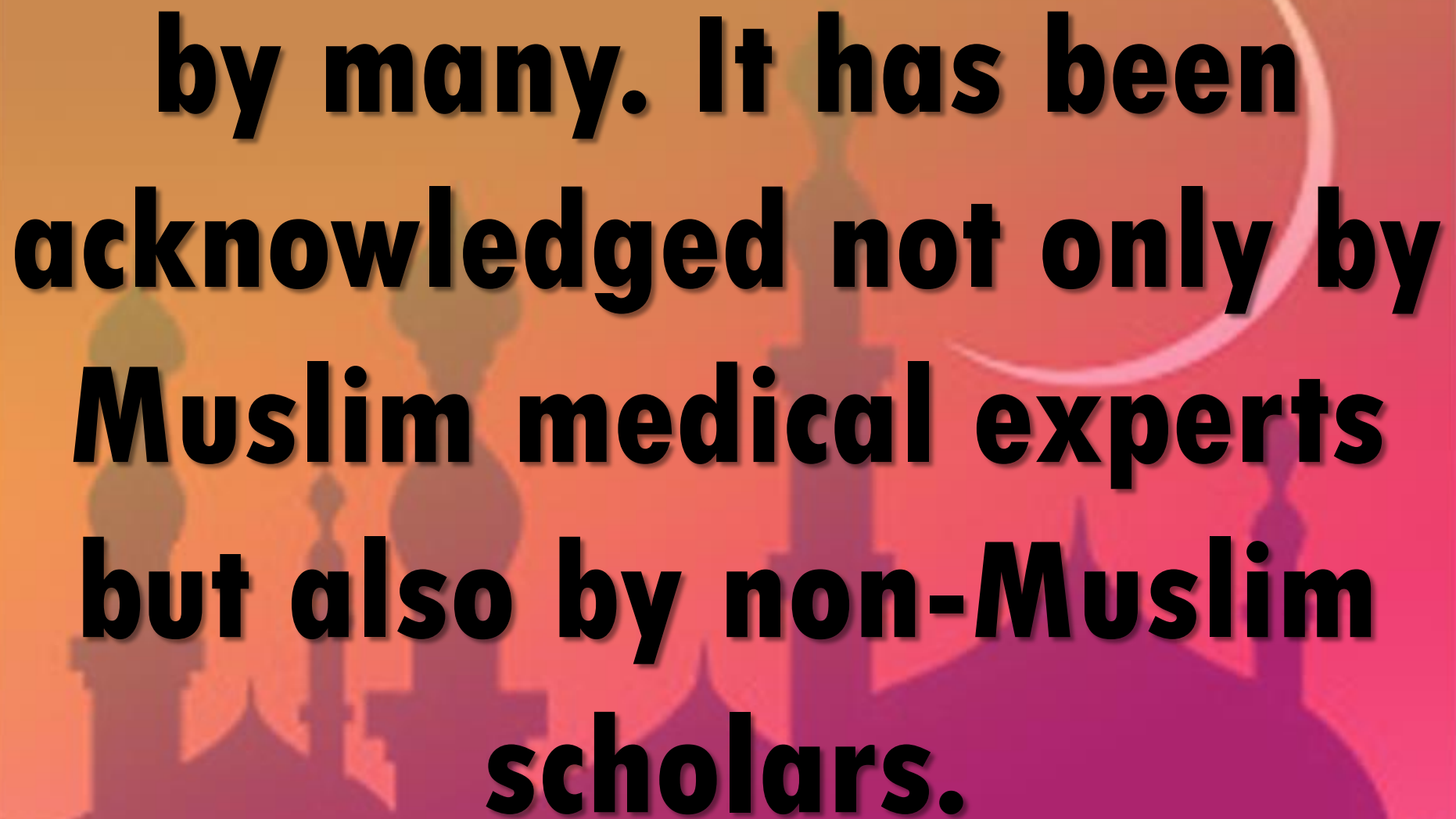


**Among the virtue of fasting is preserving one's health. In the *hadeeth* of Abu Hurayrah *radiyAllaahu'anh*, Rasulullah صلى الله عليه وسلم had verified this by stating:**

**“Fast and you will be  
healthy.”**

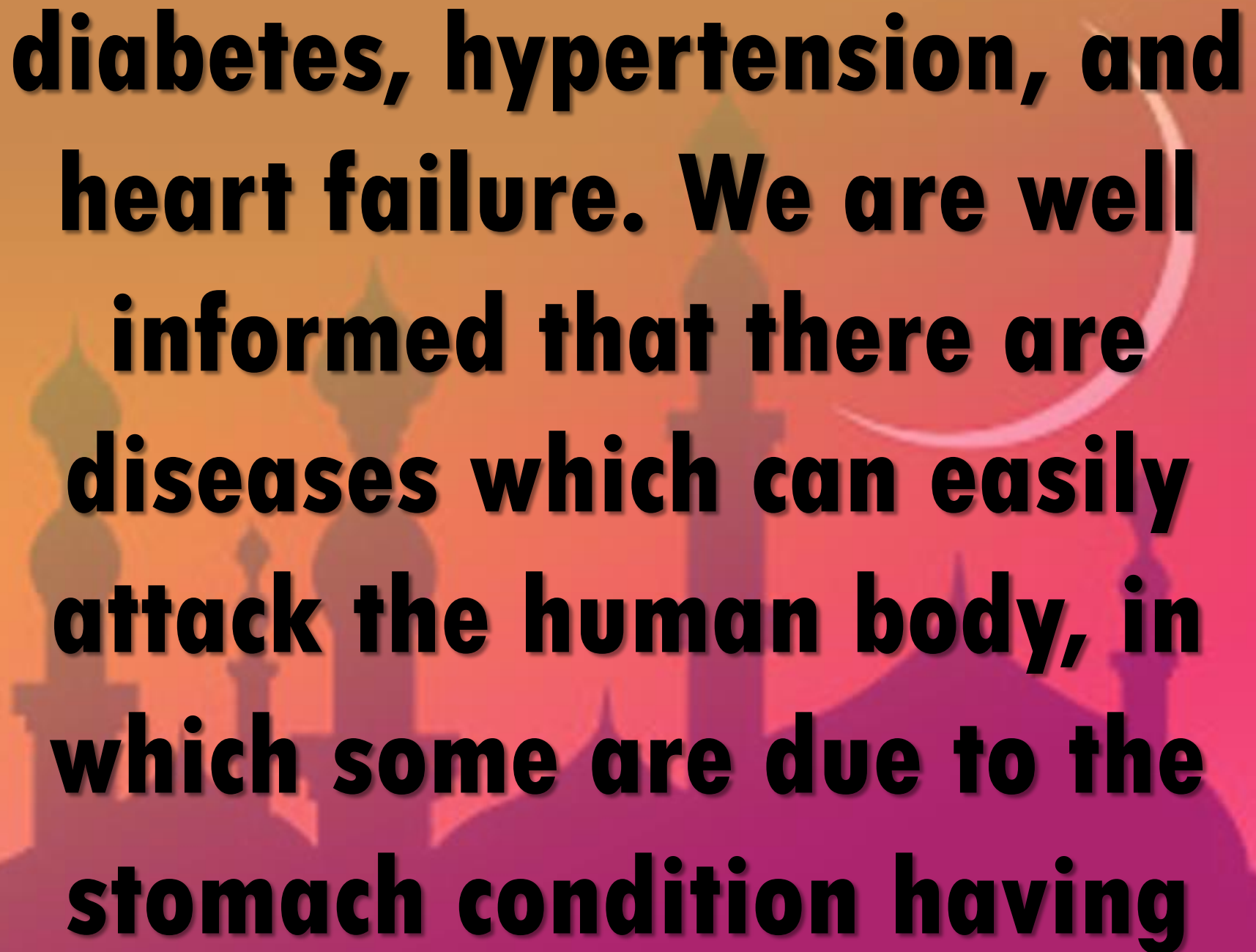
***(at-Tabaraani: da‘eef)***

**The truth regarding fasting  
which helps preserve one’s  
health has been mentioned**

The background features a gradient from orange at the top to purple at the bottom. Silhouettes of mosque domes and minarets are visible, along with a white crescent moon in the upper right quadrant.

**by many. It has been  
acknowledged not only by  
Muslim medical experts  
but also by non-Muslim  
scholars.**

**For example, an institution in Germany has done research on the effect of fasting on the health. The results verified that fasting can cure various types of illnesses, among them**

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**diabetes, hypertension, and heart failure. We are well informed that there are diseases which can easily attack the human body, in which some are due to the stomach condition having**

**been filled with a variety of  
delicious food, disregarding  
the limitations, capabilities,  
and the condition of the  
stomach, whilst Allah reminds  
us in al-Qur'an:**

**“...and eat and drink, but  
be not excessive...”**

***(al-A'raaf 7:31)***

**This verse reminds mankind to  
not eat and drink beyond what  
is needed by the body.**

**The stomach then becomes the breeding ground for various diseases, so its proper care is to restrain and control food intake, for that is the main remedy.**



**The stomach has a role in food digestion before the nutrients are absorbed by the body. The digestive system, like any other machine, also needs its rest. If not, problems will begin to**

**appear such as stomachache,  
irregular stools, and  
improper absorption of food  
nutrients.**

**An Arab medical expert has  
done a research pertaining to  
several illnesses, and then**

**concluded that: *“The stomach is the base for all sickness. Abstaining from eating is its most potent medicine.”***

**Allah *Subhaanahu Wata‘aala*  
mentions in**

**al-Qur'an:**

**“But to fast is best for  
you, if you only knew.”**

***(al-Baqarah 2:184)***

**Dr. Muhammad Rajab al-  
Bayumi from al-Azhar**

**University wrote in his book *Qadhaya Islamiyyah* that fasting is a very important action to be done by all creatures, whether human or animal.**



**Fasting or reducing food intake has been identified as among very beneficial approaches in improving the health, slows the aging process, and enhances reproduction.**

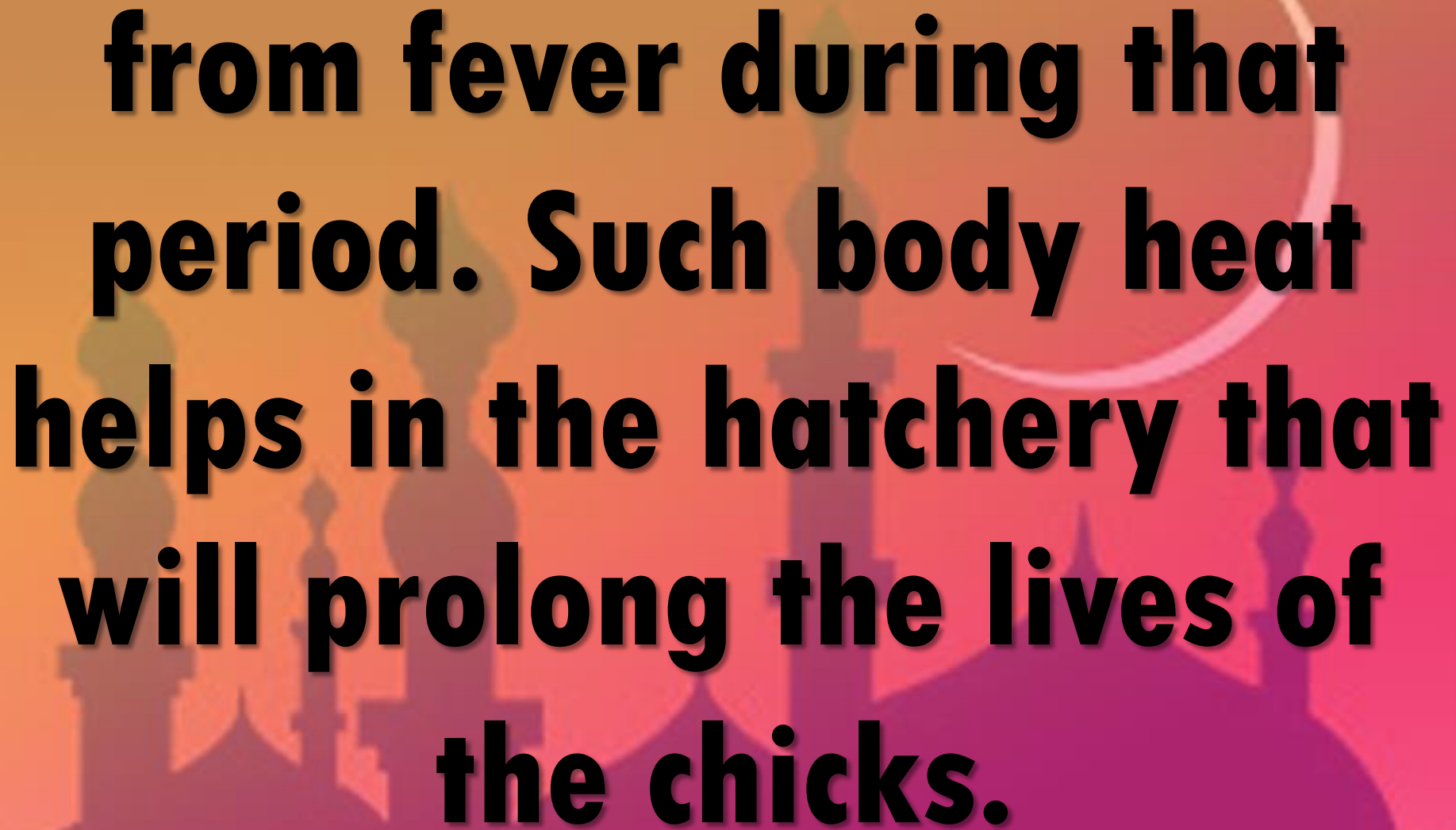
**According to research, animals also fast without coercion. The fasting of animals is not due to deeds and sins, or paradise and hell, but due to its *fitrah* (natural disposition).**

**Research was done on several mice with controlled dietary habits. Consequently, it clearly showed that mice that ate less would have a longer life compared to those that ate more.**



**The mother hen fasts during the hatching period to incubate the hatched eggs.**

**Researches indicated that mother hens that hatched the most eggs are ones that fast the most, for its body suffers**



**from fever during that period. Such body heat helps in the hatchery that will prolong the lives of the chicks.**

**Similarly with salmons that  
are made into sardines,  
delicious when eaten, they  
would fast during the eggs  
hatching process.**

**Knowing that animals also  
fast, then it is truly**

**humiliating to find Muslims  
having difficulty to fast,  
while Allah has promised  
multitudes of reward in the  
Hereafter. Moreover, animals  
are only taught through  
*fitrah.***

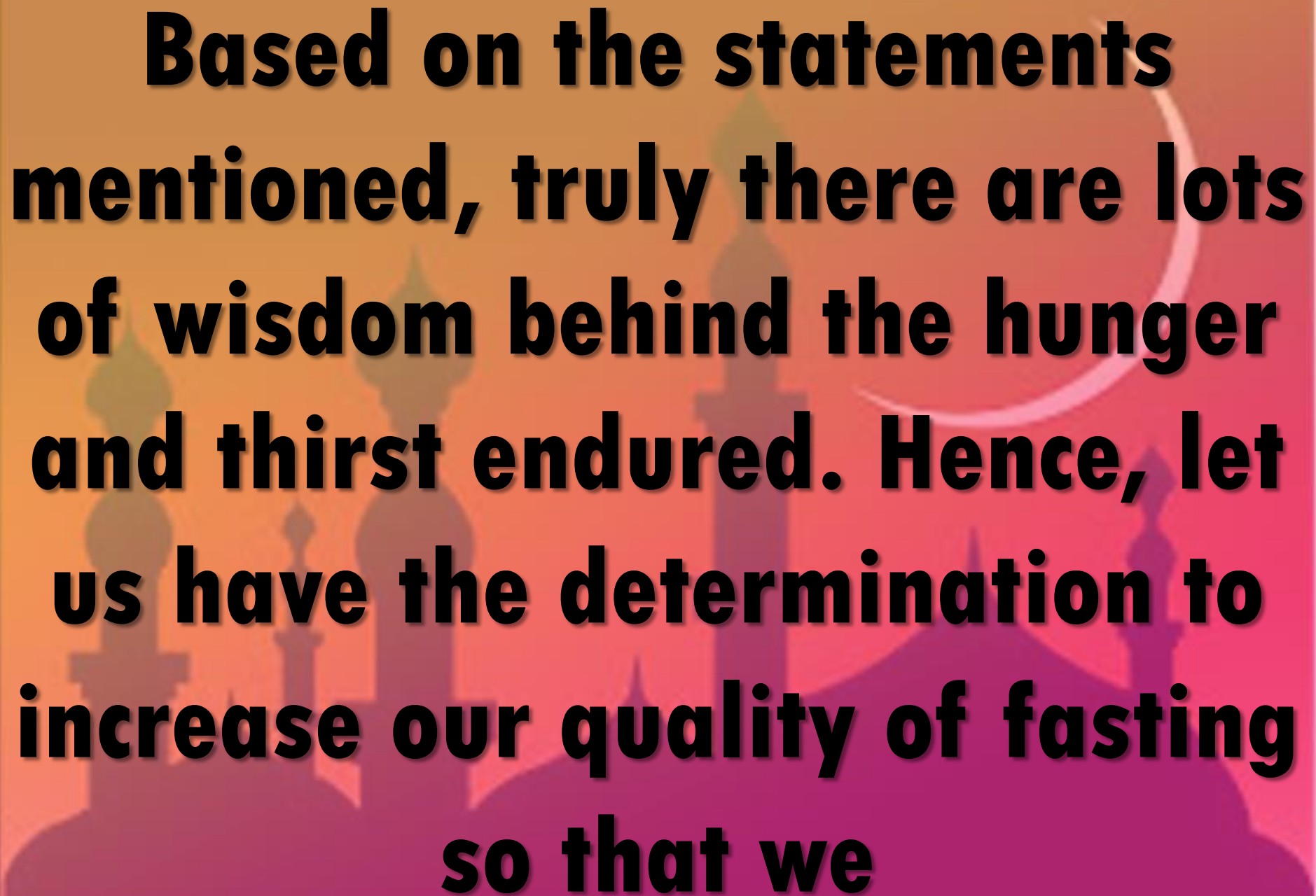
**Allah *Subhaanahu Wata'aala*  
mentions in al-Qur'an:**

**“And there is no creature on  
[or within] the earth or bird  
that flies with its wings  
except [that they**

The background features a gradient from orange to pink, with a white crescent moon in the upper right. Silhouettes of mosque domes and minarets are visible in the lower half of the image.

**are] communities like  
you...”**

***(al-An‘am 6:38)***

The background of the slide features a silhouette of a mosque with multiple domes and minarets. A white crescent moon and a five-pointed star are visible in the upper right quadrant, set against a gradient background that transitions from a light orange at the top to a deep purple at the bottom.

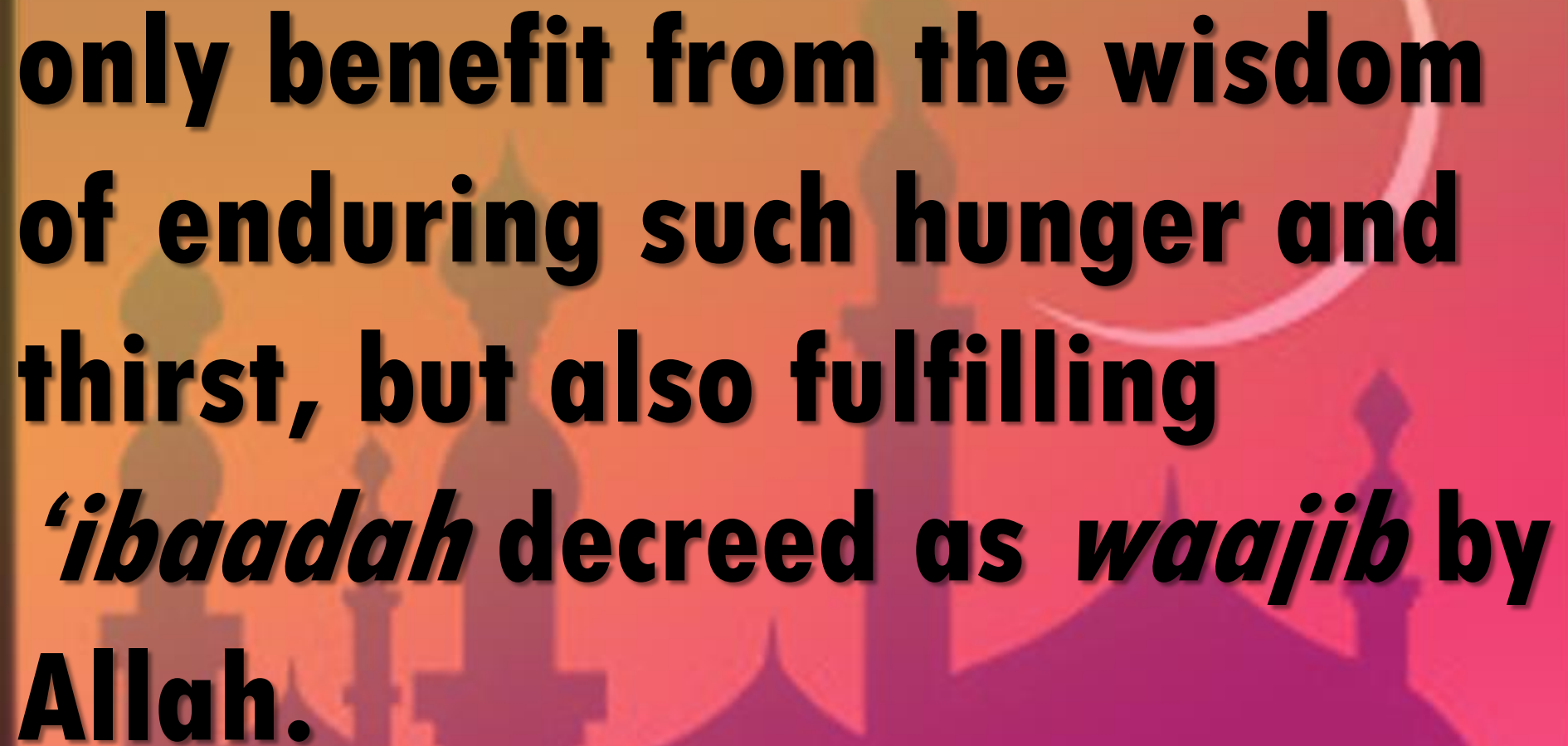
**Based on the statements mentioned, truly there are lots of wisdom behind the hunger and thirst endured. Hence, let us have the determination to increase our quality of fasting so that we**

**will reap benefits from the  
virtue of such *'ibaadah.***

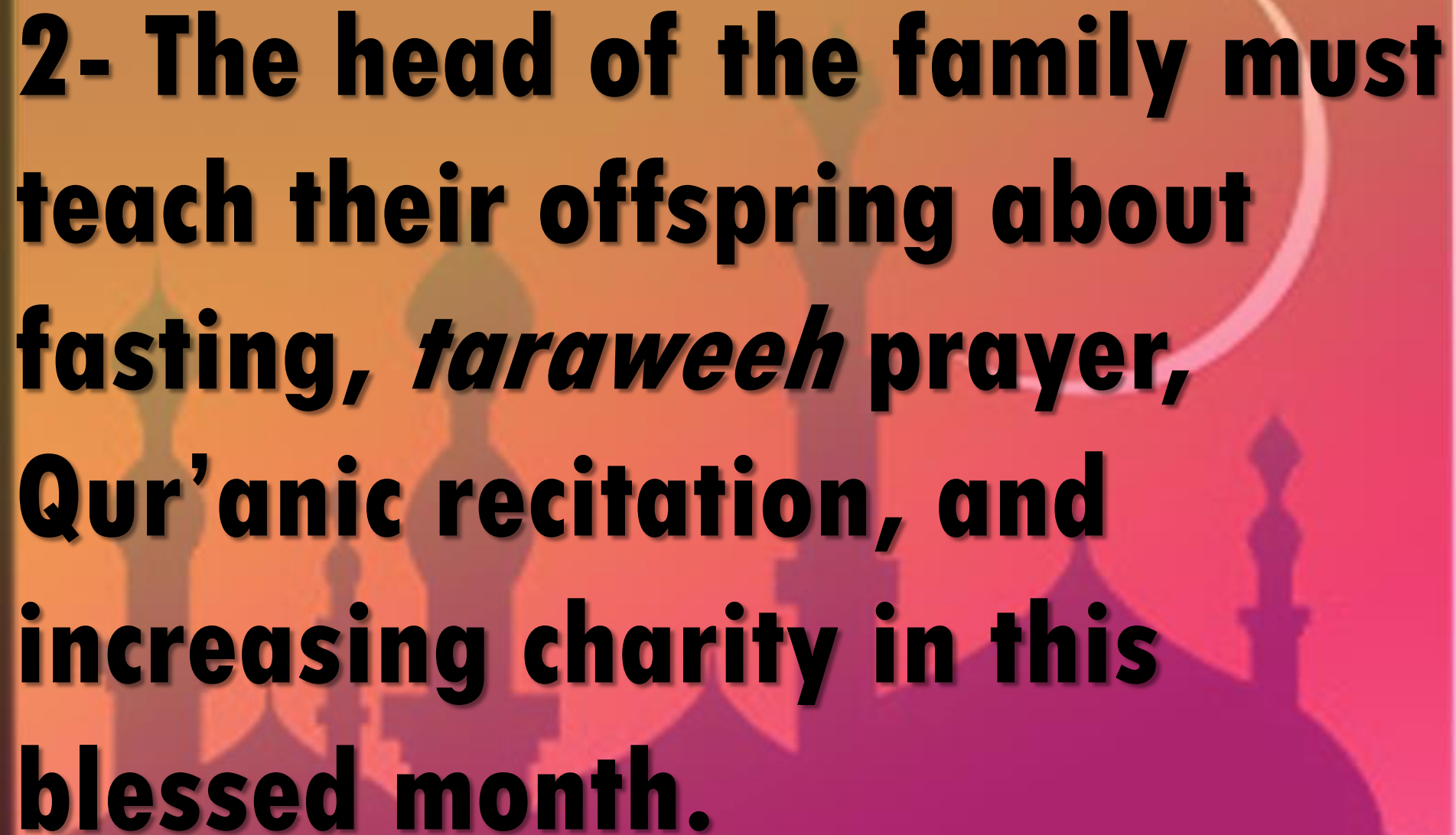
**Among them:**

**1- We should fast with  
sincerely (*ikhlaas*) for the sake  
of Allah *Subhaanahu*  
*Wata'aala,* so that we not**

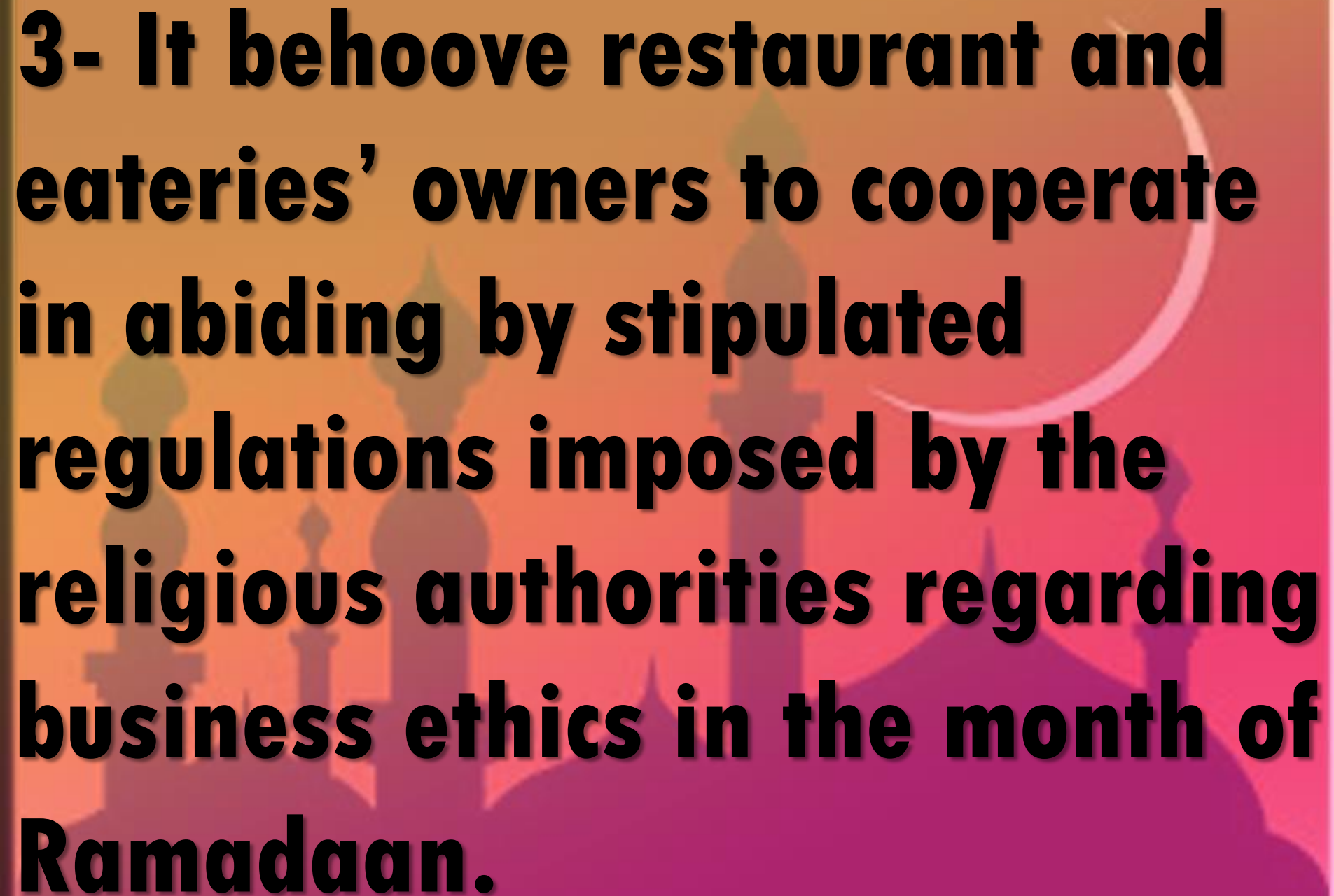




**only benefit from the wisdom  
of enduring such hunger and  
thirst, but also fulfilling  
*'ibaadah* decreed as *waajib* by  
Allah.**

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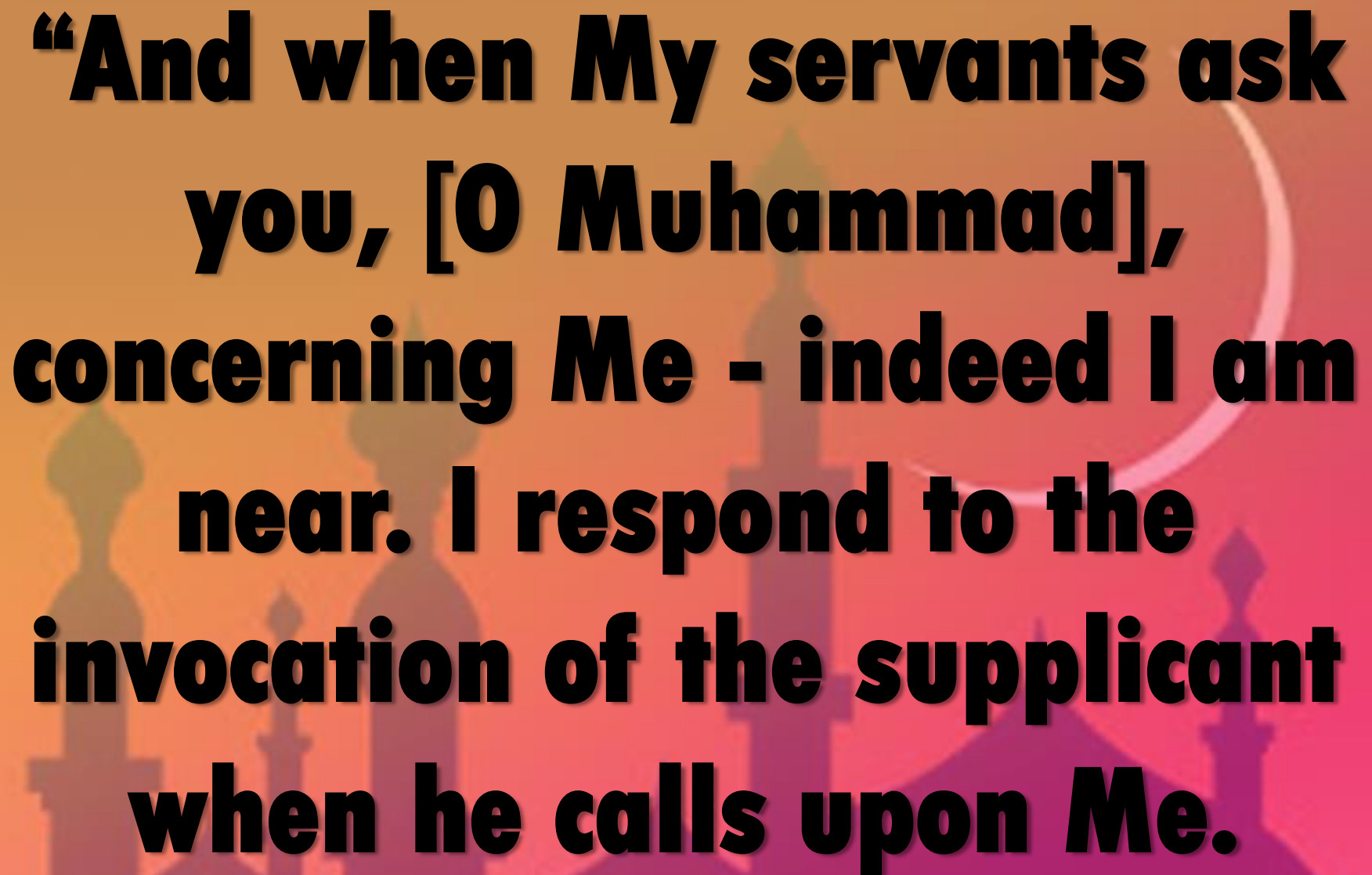
**2- The head of the family must teach their offspring about fasting, *taraweeh* prayer, Qur'anic recitation, and increasing charity in this blessed month.**

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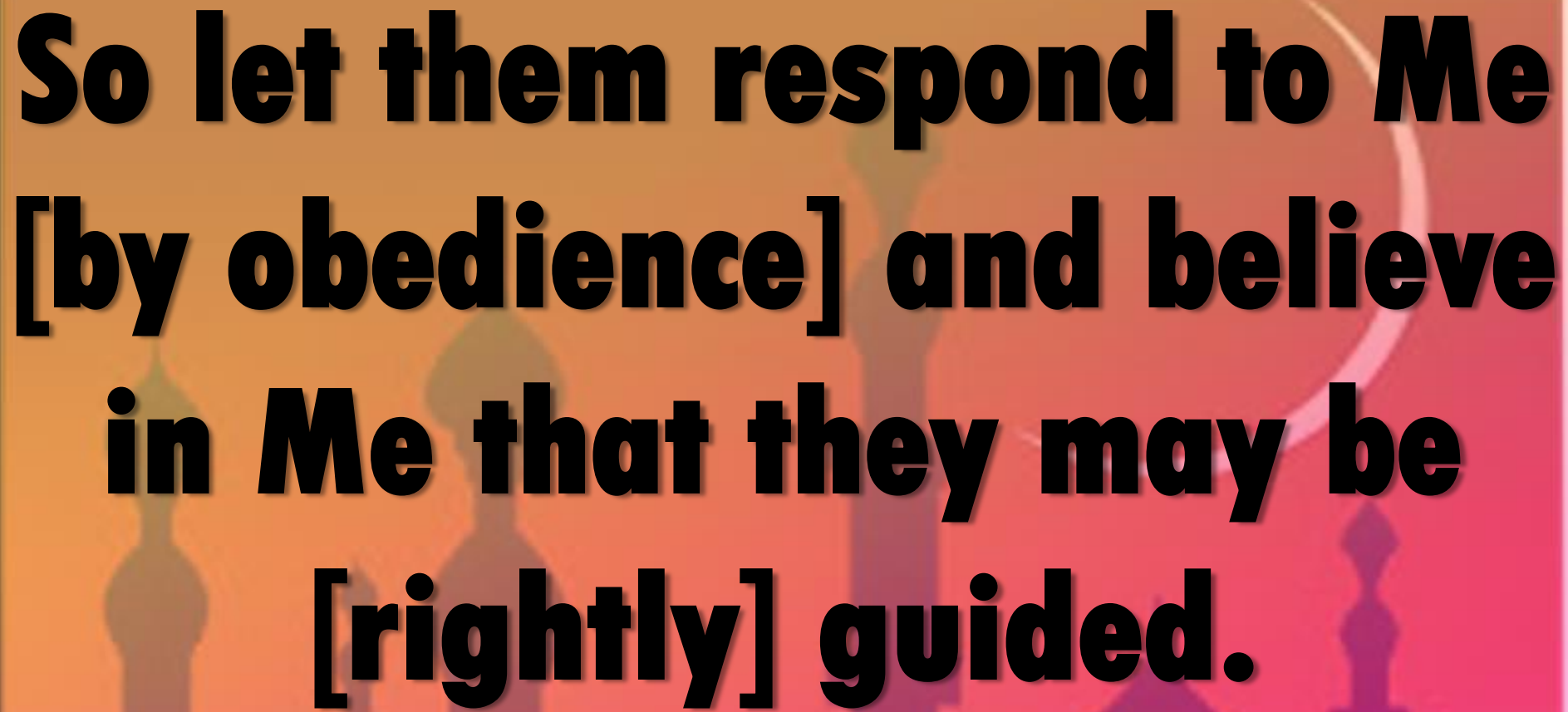
**3- It behoove restaurant and eateries' owners to cooperate in abiding by stipulated regulations imposed by the religious authorities regarding business ethics in the month of Ramadaan.**

**4- We should make *du'aa* more frequent, beseeching the pleasure of Allah *Subhaanahu Wata'aala* in Ramadaan. One supplication would be:**

***Allaahummaa innaka 'afuww,  
tuhibbul 'afwa fa'fu 'anna***

The background features a gradient from orange to pink, overlaid with faint silhouettes of mosque domes and minarets, and a white crescent moon in the upper right.

**“And when My servants ask  
you, [O Muhammad],  
concerning Me - indeed I am  
near. I respond to the  
invocation of the supplicant  
when he calls upon Me.**



**So let them respond to Me  
[by obedience] and believe  
in Me that they may be  
[rightly] guided.**

***(al-Baqarah 2:186)***

بَارَكَ اللهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ  
وَتَفَعَّلِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ الْآيَاتِ وَالذِّكْرِ  
الْحَكِيمِ وَتَقَبَّلَ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ  
السَّمِيعُ الْعَلِيمُ. أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ  
اللهَ الْعَظِيمَ لِي وَلَكُمْ وَلِسَائِرِ الْمُسْلِمِينَ  
وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ الْأَحْيَاءِ  
مِنْهُمْ وَالْأَمْوَاتِ فَاسْتَغْفِرُوهُ  
إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

**Once again, I would like to remind all of us that Islam teach its adherents to remain moderate in all actions and deeds. At the same time, the Muslims are to avoid any form of extremism in which its**





**consequences will only disrupt  
the harmony, unity, and  
security of the Muslim ummah  
and our nation. Extremism will  
only give negative impression  
upon the nobility and holiness  
of al-Islam. On the contrary,  
the Muslim**



**ummah must inculcate noble  
akhlaaq, having utmost  
personality and attitude as true  
Muslims so that the world will  
know that Rasulallah (ﷺ)  
was sent down as a messenger,  
and Islam that was revealed is  
mercy**



**for the entire nation  
and universe.**



**O Allah, You are the Lord that  
is All Mighty, we are grateful  
to You for having bestowed  
upon us *rahmah* and *ni'mah*,  
that we are able to continue  
the effort in empowering the  
Muslim *ummah* especially in  
Selangor, as an**



**advanced state, prosperous,  
and providing welfare.**

**Hence, we sincerely beseech  
you, O Allah, strengthen our  
*imaan*, accept our deeds,  
strengthen our unity, increase  
our *rizq*, enrich us with**



**beneficial knowledge, cultivate  
our soul with good  
mannerisms, return us to the  
path that you are pleased with,  
protect us from disasters and  
your severe trials, so that our  
nation will become more  
peaceful and filled with  
blessings.**



**O Allah, we sincerely beseech you, strengthen our beliefs according to the creed of *Ahlus Sunnah wal-Jamaa'ah*, and protect us from deeds and *'aqeedah* that are astray such as the extreme *Shee'is*, *Qadiyani*, and other ideologies.**



**O Allah, open up our hearts in fulfilling the five daily prayers, performing *zakaat*, and other obligations. Bless those that have fulfilled their *zakaat* and loving the *fuqaraa'* and *masaakin*, and those that have**





**made *waqf* and gave up  
their wealth for *Tabung  
Amanah Pembangunan  
Islam Selangor* (Islamic  
Development Trust Fund of  
Selangor) with continuous  
reward until the Hereafter.**



**O Allah, increase and widen  
the *rizq* of those that made  
*waqf* from their wealth with  
perpetual rewards until the  
Last Day.**





جَابَاتَانِ اِغَامَا اِيسْلَامِ سِلَانْغُورِ

JABATAN AGAMA ISLAM SELANGOR

**DI SEDIAKAN OLEH :**

**UNIT KHUTBAH,**

**BAHAGIAN PENGURUSAN MASJID,**

**JABATAN AGAMA ISLAM SELANGOR**