



## Day 2: Fasting and the Furious

### Bismillah

The Prophet (*ṣallallāhu `alayhi wa-sallam*) was asked about fasting on the day of Arafah, so he said, “It expiates the sins of the past year and the coming year.” [Hadith Muslim]

One of the ways we can super-charge our emaan and utilise these ten days of Dhul-Hijjah are by fasting the first nine days.

It's not fard to do so - however we are on a ten day challenge and the purpose of this challenge is to super-charge our emaan so we can get back on track with Allah insha'Allah.

However you may not be able to fast the whole nine days - so grab your journal and schedule in the days you can.

To even maximise it further why not get your family and friends on this fasting challenge? Reminders benefit believers - so if you all fast together you will be supporting each other's morale.

And think about it - remember Ramadan - especially the last ten - suhoor time - the house is alive - remember? Well why not create that again.

Also it will motivate you to continue - especially if you need to make some fasts up or you have been meaning to fast the Sunnah fasts on Monday and Thursday. Now is your time insha'Allah. And moreover the days are getting shorter now and the weather is getting colder (well, at least in the UK) and so fasting is becoming easier. Go ahead now schedule your fasts.

Another thing you can do is to research about fasting - the do's and don'ts. If we only fast during Ramadan each year we may forget how our fast is broken etc - so do some research on that and take notes - at least you'll have it handy for next Ramadan insha'Allah.

Have you been meaning to eat healthy? We know the benefits of fasting - mentally, physically and spiritually - so go ahead and get some healthy foods, fruits, vegetables and start your healthy eating habit. This will not only help you in your daily fast in these nine days but also kick start a new healthy you AND you will be motivating those around you. What you say? You going to eat healthy? Awesome!

Another challenge within this challenge is to do some dawah - especially if you're at work or studying at some institute (school/college/university). We all want to do more dawah but we may be afraid and not know how. This is an excellent time.



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Tell them about Hajj, unity, sacrifices and especially if they are from the Christian or Jewish faith - tell them about Ibrahim (as).

I'll tell you a quick story which I pray will not only inspire you but motivate you to talk about Islam.

I mean, we always complain about the bad press and image - so you be the good press and image. Our manners and behaviour count for a lot. I know I said that Islam is perfect and we are human - we Muslims are not perfect but that is no excuse for our bad behaviour or acting crazy when Islam is defamed in the media.

You be the positive media - write daily blog posts - in fact why not take this 10 Day Challenge as an inspiration to start up a blog or social media post and share what you learn with the world - write short posts on Hajj, on sacrifice on unity about how Islam abolished racism. And when you do please share the link so I can share it with everyone who is on this challenge.

I'm already excited for you!

Ok, that quick story.

When I was in university many moons ago (Class of 2001) I was on my way home on the bus with my fellow class mates - my sisters in Islam and humanity.

There was one sister - in humanity - who was either a born again Christian or something.

She was pretty devoted in 'her deen'.

And the thing with me is I get real excited by people who are practising upon their deen - whatever religion it is - as I see the discipline and devotion and how they put God first. It's amazing to see other religions being devote in their duties as we Muslims are in ours.

So we got talking - and we talked about our worship and then she mentioned Gabriel (as) and Prophet Jesus and I said hey he's my Prophet and Gabriel is the archangel.

You should have seen that look on her face.

She didn't know anything about Islam!



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So I went on to tell her about all the angels and their roles and all the Prophets and she never ever knew that about Islam or what was in the Bible and Qur'an about the same angels and Prophets we talked about.

She was so happy and surprised that we shared the 'same' angels and Prophets.

And me being me - I was just excited to talk about all the angels and Prophets.

So the point being - you never know when and where Allah puts you to connect with others and then you can tell them about Allah.

Don't look at the halaals and haraams - the key is to 'connect' on a human level and once you do that you'll see the difference you can make.

So I guess this is the 'furious' part in our 'Fasting and Furious' (I just named that as that as I thought it sounded cool!).

You have an opportunity to tell people about fasting - and again you never know who you connect with because they may also observe some form of a fast and then you have established a connection and can give them more dawah.

Right this is your Day 2 Challenge.

You don't need to be in your safe place/spiritual retreat place to do this - however please do get into your spiritual retreat place to journal, reflect and email me your homework!

See you for Day 3 insha'Allah! 😊