

# 10 Importance of Fasting in Islam

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It's early morning. The sky is still dark. A small light is on in the kitchen. A mom gives her son a plate of food. The family sits together, quietly eating suhoor—the meal before the fast starts. Everything feels calm.

Somewhere else, a man is fasting for the first time. He's new to Islam. He feels nervous. Can he really go all day with no food or water? But when the sun sets, he's surprised. He made it. He feels proud. He feels like he's part of something bigger.

In this article, we'll talk about 10 importance of fasting in Islam. These reasons will show how fasting helps the heart, the body, the mind, and the community. It's more than not eating—it's a gift.

## What is Sawm (Fasting)?

The word “**Sawm**” means to stop or hold back. In Islam, fasting means **staying away from food, drink, and other things** from sunrise to sunset. But it is more than that. It is about **controlling your words, your anger, your habits, and your heart**.

## Why Does It Matters?

Fasting is not just something Muslims do. It is one of the **Five Pillars of Islam**. These are the five main things every Muslim should follow.

The Qur'an says:

“O you who believe, fasting is prescribed for you... so that you may become righteous.”  
(2:183)

Muslims all over the world fast together. It brings people closer to Allah and to each other. It builds love, patience, and peace.

Fasting in Islam is more than just skipping meals. It's a way to grow closer to God, cleanse the heart, and unite the community.

## 1. Growing Closer to Allah (Taqwa)

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Taqwa means **being aware of Allah** in everything you do. It means you think before you speak. You stop yourself from doing wrong. You try to please Allah.

### **Qur'an Reminder**

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“Fasting was prescribed so you may become righteous.” (2:183)

Fasting is one of the best ways to build taqwa.

### **How Fasting Helps**

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When you fast, you could eat or drink secretly. But you do not. Why? Because you know Allah is watching. That feeling of being watched helps you stay away from bad thoughts and bad actions.

### **What You Can Do**

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- At sunset, ask yourself: *“Did I remember Allah today?”*
- Write in a journal: *“What did I learn about myself today?”*
- Take 2 minutes to say simple prayers like *“SubhanAllah”* or *“Alhamdulillah”*

## 2. Building Self-Control

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Self-control means **saying no to things you want**—like food, anger, or bad habits. It is hard, but fasting teaches it well.

[See also 10 Lines on Chhath Puja in English](#)

### **The Prophet's Example**

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The Prophet Muhammad (peace be upon him) stayed calm and kind while fasting. He did not get angry. If someone tried to argue, he would say, *“I am fasting.”* That is a beautiful way to walk away from fights.

### **How You Can Practice**

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- Follow a regular routine with suhoor and iftar.
- Try fasting on Mondays or Thursdays outside of Ramadan.

### **What You Gain**

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When you practice self-control during fasting, you will find it easier to **stay calm in traffic, avoid bad habits, focus on studies, or deal with stress**. These small wins add up.

### 3. Feeling What the Poor Feel

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When you are hungry and thirsty, you feel something new. You start to understand what it is like to have no food or water. You feel **compassion**.

#### Giving More

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Because of this feeling, Muslims give more during Ramadan. They share food. They give money to the poor. They open their hearts.

#### Qur'an Reminder

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“They give food, even when they love it, to the poor and the orphan...” (76:8)

Even when hungry, they still share.

#### What You Can Do

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- Give food to someone in need.
- Help pack food boxes or host a free iftar.
- Invite a neighbor or friend to your home for iftar.

### 4. Becoming Thankful

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That first bite at sunset, that first sip of cold water—it feels amazing. Fasting helps you **notice small things** that you usually take for granted.

#### Science Says

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People who write what they are thankful for every day feel happier and less stressed. Gratitude really works.

#### Islamic Reminder

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“If you are thankful, I will give you more.” (Qur'an 14:7)

Being thankful brings more blessings.

#### What You Can Do

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- After iftar, write down three things you are thankful for.
- Say “*Alhamdulillah*” often during the day.
- Tell your family what made you smile today.

### 5. Giving Your Body a Break

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Fasting gives your stomach time to rest. You are not eating all day, so your body can reset and heal.

## What Doctors Say

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Doctors say **intermittent fasting** can help lower sugar levels, reduce weight, and fight inflammation. It helps your body feel better.

## The Prophet's Diet

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The Prophet (peace be upon him) broke his fast with **dates and water**. These are simple and healthy foods. He also ate **barley, honey, milk, and olive oil**—all foods that are good for your health.

See also 10 Lines on Makar Sankranti Festival

## What You Can Do

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- Drink water often after iftar.
- Do not eat too much fried or sugary food.
- Eat more fruits, vegetables, and grains.

## 6. Trusting Allah More

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Fasting teaches you that **Allah is the true Provider**. When you fast, you feel weak. You remember that you need Allah for everything—even a sip of water.

## Time for Prayer

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Before iftar, your heart is soft. That is a special time to make dua (prayer). Your heart opens. Your words feel real.

## Hadith Reminder

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“The fasting person has two joys: at iftar and when they meet their Lord.” (Bukhari)

That joy you feel at sunset—it is a gift from Allah.

## What You Can Do

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- Write a list of duas and read them before iftar.
- Talk to Allah like a close friend. Share your hopes and fears.
- Take a quiet moment to just breathe and reflect.

## 7. Starting Fresh

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Ramadan is a time to ask Allah for **forgiveness**. It is like a clean page. You can start again. Every day is a chance to be better.

## The Night of Power

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Laylat al-Qadr is a night in the last 10 nights of Ramadan. It is **better than 1,000 months**. Worshipping on that one night is like doing good deeds for 83 years.

## Hadith Reminder

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“Whoever fasts during Ramadan with faith and hope for reward, will have their past sins forgiven.” (Bukhari)

That is a big promise. And a big gift.

## What You Can Do

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- Pray more in the last 10 nights.
- Stay up late one night to read Qur'an or make dua.
- Say “*Astaghfirullah*” often. It means “I ask for forgiveness.”

## 8. Becoming a Better Person

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Fasting is not just about food. It is about being kind, patient, and gentle—even when you are tired or hungry.

### The Prophet's Way

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The Prophet (peace be upon him) was kind, even while fasting. He smiled. He forgave. He helped others.

### How to Check Yourself

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Around noon, take a quiet moment and ask:

*“Have I been kind today? Did I say anything I should not have?”*

## What You Can Do

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- At iftar, write one thing you did better today.
- Try to go one full day without arguing or complaining.
- Be kind on purpose—even if it is hard.

## 9. Feeling Connected

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In Ramadan, millions of Muslims are fasting with you. You are never alone. Whether you are in India, Egypt, America, or anywhere else—**we are all doing it together**.

See also [Major 10 Lines on Makar Sankranti Festival in English](#)

### Mosque Life

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Mosques are full during Ramadan. There are night prayers, iftar events, and friendly faces.

### Online Unity

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Even online, Muslims share reminders, recipes, prayers, and joy.

## What You Can Do

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- Go to the mosque for iftar or prayer.
- Help clean the mosque or serve food.
- Invite someone to your home who might be alone.

## 10. Remembering the Qur'an

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The Qur'an was first revealed in the month of Ramadan. This makes the month even more holy. Reading the Qur'an during this month feels special and powerful.

### History and Faith

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When you fast and read Qur'an, you feel connected—to the Prophet, to history, to all Muslims before you.

### Spiritual Focus

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Fasting helps you slow down. It gives you time to think, pray, and understand the words of Allah better.

## What You Can Do

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- Set a Qur'an reading goal—like one part (juz) each day.
- Choose one theme, like kindness or patience, and find verses about it.
- Reflect on what you read. Ask, *“What is Allah teaching me here?”*

## Conclusion

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Fasting is not just about food—it's about faith, strength, and connection. It brings you closer to Allah and to others. That's what makes it so special.

## Quick Recap

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Here is what fasting brings into your life:

1. It makes you closer to Allah.
2. It helps you control your desires.
3. It teaches you to care for others.
4. It helps you feel grateful.
5. It gives your body a break.
6. It grows your trust in Allah.
7. It wipes away your sins.
8. It improves your manners.
9. It connects you with your community.
10. It brings you closer to the Qur'an.

## What Speaks to You?

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Take a moment and ask:

*“Which benefit touched my heart the most?”*

Was it the feeling of unity? The power of prayer? The chance to start fresh?

## **Your Next Step**

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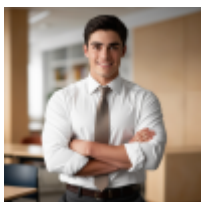
Choose one small goal. Maybe it is fasting once a week. Maybe it is giving a small amount in charity every Friday. Maybe it is reading one page of Qur'an a day.

Start small. Keep going. Let Ramadan change you—not just for one month, but for life.

## **Keep the Spirit Alive**

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Even after Ramadan, you can keep the light burning. Keep fasting sometimes. Keep saying thank you. Keep praying. Let these habits stay with you. Let them grow.



### Marco

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