

## Why do we fast?

With regards to the wisdom behind fasting, the Shaykh Muhammad ibn Saalih al 'Uthaymeen *rahimahullaah* states:

Allah ﷻ said, explaining the wisdom behind fasting:

**O you who believe! Fasting has been made obligatory upon you just as it was made obligatory on those who came before you so that you should be *muttaqoon* (people who have *taqwa*).**

Soorah al Baqarah aayah 183

So Allah explained the wisdom behind fasting, and it is to encourage the person to have *taqwa* of Allah ﷻ.

And *taqwa* of Allah ﷻ is to carry out His commands and to stay away from the things He has prohibited.<sup>1</sup>

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<sup>1</sup> Quoted in *fataawaa suwaal 'ala al haatif* page 726