

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ



إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

FRIDAY SERMON

HADHRAT MUHYI-UD-DIN AL-KHALIFATULLAH

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After greeting all his disciples (and all Muslims) worldwide with the greeting of peace Hadhrat Khalifatullah (atba) read the Tashahhud, Ta'uz, Surah Al Fatiha, and then he delivered his sermon on:

IMPORTANT RAMADAN GUIDELINES

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ

لَعَلَّكُمْ تَتَّقُونَ

Yaaa-'ayyu-hallaziina 'aamanuu kutiba 'alay-kumus-Siyaamu kamaa kutiba 'alal lazina min qablikum la-'alla-kum tatta-quun.

"O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, that you may become righteous." (Al-Baqara 2: 184).

In Islam, the fasting of the holy month of Ramadan has been ordained for the believers to completely adhere themselves to God Almighty and to revive each parcel of faith, love, kindness and humanity which resides in the profoundness of their selves. Ramadan comes as a motivator, a catalyst for the steadfast servant of God, to propel him to follow the divine commandments and change his life and habits to reflect that of a true Muslim.

If God Almighty has ordained fasting for all humanity and for all faiths since the dawn of time, it is most certainly for their own benefit. In Islam, God has perfected the practice of fasting and established it for an obligatory one month period to incite all healthy Muslim believers to leave behind all negativities of their lives and to start afresh, giving them the necessary guidelines through the Holy Quran and the *Sunnah* (practices of the Holy Prophet Muhammad (pbuh)).

FASTING & TRAVELLING

Allah says in the Holy Quran: **“(Fasting is) for a fixed number of days; but if any of you is ill, or on a journey, the prescribed number (should be made up) from days later. For those who can do it (with hardship), is a ransom, the feeding of one that is indigent. But he that will give more, of his own free will,- it is better for him. And it is better for you that you fast, if you only knew.”** (Al-Baqara 2: 185).

Indeed our Almighty Allah has our goodwill in mind. For the travellers such as for someone taking a short or long flight [or travelling long distances by train etc.], they have the option to pay the *Fidya* if they are not able to fast, due to their health problems and the inconvenience that travel may bring. But, if they feel completely able (completely healthy) to fast even in these situations, they may fast.

Now what do we understand by **‘FIDYA’**? It is a religious obligation for every Muslim who has reached puberty and is unable to fast for the required number of days and who is also unable to make up for the missed fast.

The *Fidya* or compensation for missed fasts is important for people who for very valid reasons cannot observe the fasting of Ramadan. It represents the value of the same type of meal you consume. For example, for each day of fasting missed, an equivalent of Rs. 100 (Mauritian rupees) – or the value of meals for a day (at least 2 meals a day) – should be given to the poor. The latter will then be able to buy adequate food to observe the fast.

Do not confuse *Fidya* and *Fitra*. The *Fitra* is a one-time payment – for one day only – that you make and that is based on the same value and quality of food that you consume. The *Fitra* is payable only once on each head. It is obligatory for

everyone, even for the baby who has just been born. It is even obligatory for this poor Muslim believer who is fasting. You fast or not (even if you are travelling, sick, students, pregnant women, etc.), the *Fitra* is mandatory. It is not the same as *Fidya* which represents compensation for the missed day/s of fasting.

If, however, after Ramadan, the sick person or the traveller regains his health and believes that he will be able to observe the fast, he must be encouraged to do so. A student – who has reached the age of puberty – who is under the obligation to miss fasting due to strict guidelines by school and camp (e.g. scouts) rules also falls under this category, because he is forced to do so. He should therefore replace the missed fasts after the *Eid-ul-Fitr* to compensate for the missed Ramadan fasts. If his parents has the means, they can pay *Fidya* also for his missed fasts and encourage him also to replace the missed fasts. The *Fidya* paid for the missed fast will be then counted as an additional reward from Allah the Exalted.

As for pregnant and breastfeeding mothers, they should not fast because they have a baby who depend on them for their food and good health. They must not fast and to compensate for the missing fasts, they must pay the *Fidya* for the missed days.

For women who are menstruating, they must replace the missed fasts after *Eid-ul-Fitr*, or if they cannot replace those fasts, it is better for them to pay the *Fidya* for the missed days.

As for the travellers, unlike the sick persons and those who are forced to miss fasting, they can both fast and pay the *Fidya* also (they do a little extra to please Allah), and/ or they may fast until they no longer can fast and they break their fast, and they also pay the *Fidya*.

But now, concerning drivers or pilots [or seamen etc.] who make long trips in normal times and which represents their actual daily occupation; in other words, whether during Ramadan or in normal times, they must make these trips, as this is their livelihood, so it is obligatory for them to fast. This is not like a temporary journey you make and which shall end in a few days. This is their profession. So they have to fast.

Now if it happens that a person who is quite hale and healthy but who misses the fast of Ramadan for a day or several days only because of his laziness, then this is a very serious matter. He must not think that *Fidya* will get him out of this situation. It will not compensate his deliberate missing fasts. This is not correct. It's not true !

Remember, if someone loses a fast in the month of Ramadan, even though Allah has granted him the permission to replace that fast after the Ramadan, but a fast in Ramadan is way much better than another fast in another month.

It has been narrated that Hamza bin 'Amr (ra) said: *"I asked the Messenger of Allah (pbuh) about fasting while travelling. He said: "If you wish to fast then fast, and if you wish not to fast then do not fast."* (An-Nasai, Tirmidhi).

Anas bin Malik (ra) narrates: *"We used to travel with the Prophet (pbuh) and neither did the fasting persons criticize those who were not fasting, nor did those who were not fasting criticize the fasting ones."* (Bukhari).

It has been narrated that Ibn 'Abbas (ra) said: *"The Messenger of Allah (pbuh) fasted while he was travelling, and he broke his fast."* (Ibn Majah).

So, **ONLY** those who are able to fast (they feel that they have the capacity to fast) in travel situations, they fast. And those who successfully complete their fast (among the travellers), there is no *Fidya* for them, but if they do not complete their fast, they pay the *Fidya* and there is no need for them to replace that fast (because they have paid the compensation for the missed fast/s). But Allah says to fast is best, and Allah encourages those who are healthy and able to fast to get double reward by fasting and also by giving away *Fidya* for these are blessed deeds in the noble month of Ramadan.

THE DANGERS OF TOBACCO

A person should take care of his health not only during the month of Ramadan but also all life-long. Ramadan is a golden opportunity to stop smoking. Most smokers are aware that they may have lung cancer, but few suspect that they are even more vulnerable to heart attacks. Most people who suffer from heart attack in the age group of 30-45 years are smokers. But what is more serious is that a

smoker who has a heart attack is more likely to lose his life. I hereby mention a list of the damage caused by smoking.

CIGARETTE SMOKING:

- 1) Accelerates the blockage of the arteries.
- 2) Deprives your blood of at least 15% of its oxygen.
- 3) Pulses the heart while narrowing the blood vessels, causing overstrain in the circulation.
- 4) Increases the risk of malformation of babies whose mothers smoke.
- 5) Children of parents who smoke are more exposed to flu and bronchitis.
- 6) Pollutes the atmosphere and cause harm to your family.
- 7) Decreases sperm count and is responsible for sperm malformations.
- 8) Causes lung cancer.
- 9) Increases the risk of coronary thrombosis, paralysis, and gangrene in the legs.
- 10) Delays the healing of gastric and duodenal ulcers.
- 11) Causes acute and chronic bronchitis in the lungs.

Even '*mild*', low tar cigarettes increase the risk of heart and lung damage, so do not be fooled by advertising.

In Mauritius 58% of men are heavy smokers while among women the percentage is in the 7% range - which is very high and it is not surprising that Mauritius breaks all records in cardiovascular diseases, especially among men.

One must stop smoking, but how?

- 1) First decide to stop. Make a firm decision. If you are not mentally prepared, you will not succeed.
- 2) Make a plan of action.
- 3) Fight against this evil. Join a group of non-smokers. Do a lot of sport.
- 4) Take the month of Ramadan as a starting point. It is truly a golden opportunity to stop.

Ramadan is truly a great gift because not only is it the ultimate month of Allah's gifts, but it is also a very effective way of preventing us from destroying ourselves by moving away from smoking. Many smokers find it more difficult to cope with smoking deprivation than eating or drinking deprivation. But they know that

Ramadan is a great month and so they fast to please Allah. In fact, the holy month gives smokers the opportunity to put into practice a plan of action to put an end to smoking once and for all.

By depriving yourselves of cigarettes during the fast of Ramadan, you want to please Allah, being obedient to Him, but keep in mind that Allah gives you the opportunity to continue doing good for your own body/ health. **Imagine:** What if Ramadan was perpetual? Then you would have to stop smoking to answer the call of Allah. Besides, Allah has never commanded you to smoke, and so to destroy your material body/ health. This is your own choice. So, you have to stop all that. These measures must be put into action so that you are not penalized and condemned by deteriorating health.

Do not say when you break the fast in the evening, that you are going to smoke just after, or even after the prayer, after the *Tarawee*. Do not encourage your own destruction. You have already made tremendous progress during this blessed month. You have reduced your intake of cigarettes.

So now, if you get (if you are offered) a cigarette, just refuse it. Tell everyone that you have seized the opportunity of the month of Ramadan to make efforts to stop smoking. Decrease the amount of your cigarette intakes. Do not buy 20 packs (of cigarettes) anymore. Save your money. Drink fresh water, go for a walk, take a deep breath, relax.

After Ramadan, the month of discipline, you will be tempted to smoke again. Satan will mislead you. He will tempt you in this way: *"You have made enormous sacrifices during the fast, now you are free. So go for the 'double bite' now. You need to make up for the lost time, don't you!"*.

Indeed, our bitter enemy will have indecency as soon as Ramadan comes to an end to harass you in order to annul the progress you have made. Do not listen to him. Enrage him by saying that you intend to continue your plan to put a full stop to smoking and that it is your intention to observe the six supererogatory fasts of the month of Shawwal. This will not only be an opportunity to reap a huge divine reward, but you will succeed in quitting smoking and you will not relapse. *Insha-Allah*.

IMPORTANT ANNOUNCEMENT

By the grace of Allah, during my visit in their country, my disciples witnessed many divine revelations – such revelations which Allah (swt) had sent down on this humble servant – messages which comes from the Heavens. And whenever Allah (swt) sends a message on any matter/ subject, it may be that you think that this shall come to happen fast or really fast, or you hope to witness that divine manifestation and you can even say with certitude that this revelation/ prophecy shall be realised whereby the one mentioned in the revelation shall have a ghastly end and humiliation.

But when these kinds of people/ believers do not see it happen after witnessing the divine message, and if they have a weak faith, they get upset and they can even stop putting their trust in their Creator. There are even some people who lose faith and leave the fold of the Divine Manifestation.

Like the Quran mentions, for those who had weak faith in the times of the noble and holy prophet – Muhammad (pbuh), when the latter told/ prophesised something, this was not realised on the spot. Therefore, read the Quran and you shall see what these kinds of people used to say: **“Allah and His Messenger promised us nothing but delusion!”** (Al-Ahzab 33: 13).

Allah (swt) tried them at the same time but they lost patience and got many bad thoughts on Allah Himself as well as His Messenger (pbuh) – and this verse also applies in all epochs of Messengers/ Elects of Allah.

In brief, when Allah (swt) sends a message, it may be that it is not fulfilled on the spot. Whatever Allah has planned **SHALL DEFINITELY** be fulfilled and at the same time Allah wants to know the degree of tolerance and patience of His servants. Allah's (swt) Word/ promises never fails whenever He reveals something to His chosen servant. If Allah (swt) finishes someone at one go, you shall not see the reality/ marvel or importance of this divine message, for that person should receive the divine punishment especially when he is make different plans and scheming to finish and humiliate the *Deen* (religion/ established way of life) of Allah – so that the world witnesses how he shall have an atrocious end in the like of the Pharaoh in the times of Hazrat Musa (as). So, he comes back to power and he feels himself very strong and he thinks that nobody can ever finish him and his

group. He thinks that he is super strong, and that he has lots of support for the masses are with him. He thinks that he shall never be vanquished.

It is then that you shall see who really holds all power in His hand. Today one can find himself at the top, at the height of power, and this thought can beguile him that nobody can ever throw him down. But No! There is a Supreme Being who controls everything, and when He enables someone to climb up [the ladder of fame, success and power] but when He throws him down, therefore this person falls like a “rotten papaya” [Mauritian expression] which gives foul smell and attract mosquitoes. When this happens, all those who were around him then abandon him and mask their nose [due to the foul smell] – [parable]. *[Huzur mentions also the parable of the two proprietors who thought that their gardens can never be destroyed, but Allah then brought destruction upon them]*. This kind of person get such a humiliation that the people, everybody (in the world) witness that great humiliation.

We have witnessed all this in the past. Now, each of you should be patient and not reach to any rushed conclusion. You should not lose faith/ trust in the promise of Allah. Therefore, the message which comes from Allah should never be questioned. Nobody should have any doubt on it. Allah (swt) knows His work very well. If He has sent His message on a subject/matter, there is no doubt that it shall be 100% accomplished. There is a decreed day, date, time for it. You should only have patience and pray. You shall see the other result. *Insha-Allah. Allahu Akbar.*

May Allah keep us all on the right path. And we remain completely sincere towards Him. What He tells us to do, we do, and what He forbids us from doing, we restrain from doing it. We should care for our physical, moral and spiritual health and place our trust in Allah so that we may succeed. *Insha-Allah, Ameen.*