

Allah says in the Quran: "O ye who believe, fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint." The Prophet (SAW) has said: "Beware, in the body there is a part; if it is healthy, the whole body is healthy and if it is corrupted the whole body is corrupted, and that is the heart." Ramadan is our last chance to cure our heart of all our bad habits, deeds and sins, and to ask for Allah's forgiveness. We can easily cure our heart in Ramadan for the following:

- Spiritual Freedom from the body. We consist of 2 parts: the body from earth, and the soul from Allah. The body's nourishment is the desires: food, sex, success in life, money. The soul's food is getting closer to Allah through the Qur'an, qiyam, etc. We have been feeding the body the whole year. In Ramadan, we stop feeding the body, to feed the soul. The heart controls the soul for the body, and thus, we can cure it of its spiritual illnesses.
- Fasting = Taqwah = the heart's medication. The goal of fasting is to attain the highest levels of Taqwah in the heart. Taqwah is "Heart Worship." It is the measure for our heart's health. We must measure our level of Taqwah every day, to know if our fasting was accepted. We can measure Taqwah by comparing our good deeds to our bad deeds. If we commit 5 good deeds and 5 sins = 50% Taqwah = Grade F. We must try to reach A+ (>93% Taqwah).
- Devils are chained during Ramadan, and cannot lead us astray. The Prophet (SAW) has said, "When the month of Ramadan starts, the gates of Jannah are opened, the gates of Hell are closed and the devils are chained." So, doing good deeds is easier. We can also keep control our desires and abstain from any sins. We can free our soul from the body's desires with little effort!
- Ramadan is the best opportunity to ask for forgiveness for all our sins from Allah. The Prophet (SAW) has said: "Whoever fasts in the month of Ramadan out of sincere faith and hoping for a reward from Allah, all his previous sins will be forgiven." Likewise, about praying at night. He has said, "Whoever feeds a fasting person to break his fast, even with a part of a date, water, or Milk, he will have all his sins forgiven, will be freed from hellfire, and will get the same reward as the fasting person."
- Ramadan gives us the opportunity to be freed from hell. The Prophet (SAW) has said, "And there are those who Allah frees from hellfire in Ramadan, and this occurs every night." If Allah saves us from hell, our protection is guaranteed, for He is the Most Generous. Even if we sin after Ramadan, it will not be as bad as it was before. Our good deeds then will surpass our bad deeds.
- The chance to increase our rewards; Ramadan is the time to attain unlimited rewards. Our motivation should be to increase our good deeds that cure our heart. We can even put our good deeds in saving for the rest of the year. We can earn 100,000 Virtues in one day and 3 million during the month of Ramadan by praying. Let's just take Zuhr prayer. By praying it, we would be credited 10 virtues. If we pray it in jama'ah in the Masjid, our reward would be 27 times higher. If we multiply it by 70 for Ramadan, and sum the virtues of the five obligatory prayers, we would have almost 100,000 virtues; that's the reward of praying in the Holy Mosque. This is what we would gain out of the prayers of just one day of Ramadan. If we pray all five prayers in congregation in the Masjid, we can earn about 3 million virtues during the month of Ramadan. As for reciting Qur'an, whoever recites a letter from the Qur'an, he will earn a ten-fold reward. If we multiply it by 70 for Ramadan and for reciting the whole Qur'an, we could earn 225 Million virtues with a few minutes per day! The reward for giving Zakat in Ramadan is also multiplied 700 times! If we give \$1000, we get the reward of giving \$700,000! Ibn 'Abbas narrated that, "The Messenger of Allah (SAW) was the most generous of people. He was even more generous in Ramadan when Jibril would meet him and review the Qur'an with him ... During these times, the Messenger of Allah

was more generous than the freely blowing wind.” As for the reward of fasting itself, nobody knows what it is but Allah. Prophet Muhammad (SAW) said, “Allah said, ‘All the deeds of Adam’s people are for them, except fasting which is for Me, and I will give the reward for it.’” It is enough to know that the unpleasant smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. We can imagine the reward that is waiting for us.

- Supplications are accepted in Ramadan. Allah says in the Qur’an: “...I answer the invocation of the invoker when he invokes Me...” This comes in the middle of the fasting verses. The Companions have said, “We used to supplicate to Allah in Ramadan, and we never reached the next Ramadan without our supplications being answered.” We must make as much Dua’ as we can in the month of Ramadan.

- The Night of Power (Laylatul Qadr) occurs during the holy month of Ramadan. Praying or performing any good deed during this night is equal to that in a 1000 months, that is for 84 years, which is almost our entire lifetime!

- Al-Rayyan: A Hadith tells us that, “Inside Paradise there is a gate, which is called al-Rayyan, through which no one shall enter except those who have observed true fasting.” Inside of this, there are more enjoyments and rewards than we can even imagine, but it is only for those who truly fasted.

All these rewards are not available for those who fast only with their stomach, for there are 3 kinds of fasts. The first is simply leaving food and drink. The 2nd is when our limbs and senses are fasting too, that is they do not commit any sins or bad deeds whatsoever. The Prophet (SAWS) said, “Whoever does not give up forged speech and evil actions, Allah will not accept his fasting.” There is yet a better kind: when the hearts are also fasting; nothing else occupies the heart but Allah, all month long. It means to speak about Allah, to talk for Allah, to be silent with Allah. It means that our life should be about, with, and for Allah. This does not mean that you will not perform your daily duties, but it means that your whole being would be dedicated for pleasing Allah. Let’s fast with all our body and heart, InshaAllah, this year.

<https://ILoveAllah.net>

<https://www.youtube.com/playlist?list=PLNT8BTFvQYHKJMa-hKZvNDe0xgknoHwdY>

Introduction:

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

O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint,

1. Ramadan is less than two months away. How are we doing after previous Ramadan?
 - a. Qiam
 - b. Quran
 - c. Feeling the Quran
 - d. Cry ...
2. If you failed, it is because of your heart.

أَلَا وَإِنَّ فِي الْجَسَدِ مُضْغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ
أَلَا وَهِيَ الْقَلْبُ

Beware, in the **body** there is a piece of **flesh**; if it is healthy, the whole **body** is healthy and if it is corrupted the whole **body** is corrupted, and that it is the **heart**.

1. Lowering the gazes is not from the eye, it is from the heart
 2. Cannot stop a sin.
 3. Cannot cry ...
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1. Ramadan is our last chance to cure your heart: Why?

There are many reasons that make it easier to cure your heart in Ramadan:

1. First Reason: Spiritual Freedom from the body

a. Humans are built of 2 parts

i. The body from earth

ii. The spirit or the soul from heavens (from Allah)

b. Those two parts are opposites and there is a conflict in needs

i. The body's food is the desires from earth (eat, drink, sexual desires, success in life, money ...)

ii. The spirit or soul's food is getting closer to Allah (Quran, Qiam, Khushoo3 ...)

We have been feeding the body the whole year and the spirit is about to scream from hunger.

First:

In Ramadan stop feeding the body to be able to feed the Soul and the spirit by fasting

When the body fasts from its desires, it is easier to feed the soul

c. The heart has 2 functions:

i. Physical function:

1. To pump the blood to the whole body

ii. Spiritual function:

1. To control the spirit for the whole body

In Ramadan we focus on the spirit part therefore the heart's spiritual function becomes easier and we can cure the heart

2. Second Reason: Fasting = Taquah = Heart's medication

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may (learn) self-restraint,

1. The goal of fasting is : Taquaah

a. in the heart

b. The Heart worship; you do not use your physical parts)

c. It is the measure for the health of your heart

يجدك حيث أمرك ولا يجدك حيث نهاك

To find you wherever he orders you to be
and do not find you in the places he
prohibited you from

Measure it every day

d. You can know if your fasting was accepted or not by measuring after Ramadan

How do you measure Tquah:

Compare good deeds to bad deeds

Example:

5 Good deeds and 5 sins = 50% Taquah = F

Try to reach A+ (>93%)

3. The Third Reason: Devils are chained (the hidden voice)

- 35028 إذا كان أول ليلة من رمضان صفت الشياطين مردة الجن ، وغلقت أبواب النار فلم يفتح منها باب ، وفتحت أبواب الجنة فلم يغلق منها باب ونادى مناد : يا باغي الخير أقبل ويا باغي الشر أقصر ، والله عتقاء من النار .

When the month of Ramadan starts, the gates of *Jannah* (Paradise) are opened and the gates of Hell are closed and the devils are chained." [3]

- a. Making good deeds are easier (feeding the soul)
- b. Stopping the desires and sins are easier (freeing the soul from the body's desires)

4. Fourth Reason: Forgiveness (Past):

من صام رمضان إيماناً واحتساباً غفر له ما تقدم من ذنبه
رواه البخاري ومسلم
"... whoever fasts in the month of Ramadan out of sincere faith, and hoping for a reward from Allah (SWT), then all his previous sins will be forgiven." [4]

من قام رمضان إيماناً واحتساباً غفر له ما تقدم من ذنبه

"Whoever prayed at night in it (the month of Ramadan) out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven." [5]

من قام ليلة القدر إيماناً واحتساباً غفر له ما تقدم من ذنبه
"Whoever established prayers on the night of Qadr out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven." [6]

من فطر فيه صائماً كان مغفرة لذنوبه وعتق رقبته من النار وكان له مثل أجره من غير أن ينقص من أجره شيء
قالوا يا رسول الله ليس كلنا يجد ما يفطر الصائم فقال رسول الله صلى الله عليه وسلم يعطي الله هذا الثواب من فطر صائماً على تمر أو على شربة ماء أو مذقة لبن

Whoever feeds a fasting person to break his fast, even with a part of a date, water, or Milk, he will:

1. All his sins will be forgiven
2. He will be freed from hellfire
3. And he will get the same reward

5. Fifth Reason: To be freed from hell fire (Future):

- 35028 إذا كان أول ليلة من رمضان صفت الشياطين مردة الجن ، وغلقت أبواب النار فلم يفتح منها باب ، وفتحت أبواب الجنة فلم يغلق منها باب ونادى مناد : يا باغي الخير أقبل ويا باغي الشر أقصر ، ولله عتقاء من النار. وذلك كل ليلة

"And there are those who Allah frees from hellfire in Ramadan, and this occurs every night." [7]

if Allah (SWT) saves you from hell in this month, this would mean that you have guaranteed you will be saved from hellfire, for He is the Generous. When a noble Arab frees a slave, he would never take him into capture again. What if it is Allah (SWT), who is the most Noble and Generous? Even if you sin after Ramadan, it will not be as bad as it was before Ramadan. Your good deeds then will surpass your bad deeds.

6. Increasing rewards (Unlimited rewards) :

Motivation to increase your good deeds that cure your heart
Put in your saving for the rest of the year

من تقرب فيه بخصلة من الخير كان كمن أدى فريضة فيما سواه ومن أدى فريضة فيه
كان كمن أدى **سبعين** فريضة فيما سواه

Sunnah = Fard = 70 Fard
Charity = Zakat = 70 times

100,000 Virtues in one day and 3 Milions /Month:

With a simple calculation, you will recognize the enormous amount of rewards you can gain in Ramadan. Just take *Zuhr* prayer (Noon prayer) as an example.

By praying *Zuhr* you would be credited with 10 virtues. If you are to pray it in *gama'a* (amongst others), your virtues would be higher with 27 degrees than they are when you pray alone. If you are to multiply it by 70, and sum the virtues of the five obligatory prayers, then you would be credited with 94500 virtues. It is almost 100,000 virtues, which are equal to those of praying in the Holy Mosque. This is what you would gain out of the prayers of just one day of Ramadan.

**Pray = 10 * 27 * 70 = 18,900 (20,000) * 5 =
100,000 * 30 = 3 Millions Virtues**

10 * 70 * Number of litters in Quran:

As for reciting Qur'an, whoever recites a letter from the Qur'an, he will be credited with one virtue , and a virtue gets a ten-fold reward.

If you are to multiply it by 70 and count it when reciting the whole Qur'an in Ramadan, it would reach an enormous amount of virtues.

10 * 70 * Number of litters in Quran: 7000 * 70 * 10 * 30 =

**150 Million virtues in 30
minutes /day**

مثل الذين ينفقون أموالهم في سبيل الله كمثل حبة أنبتت سبع سنابل
في كل سنبله مائة حبة والله يضاعف لمن يشاء والله واسع عليم

Charities are multiplied 700 times

Charity and Zakat are multiplied 70 times over that in Ramadan

Charity and Zakat * 70 *(700) = (50K) times

\$1000 = (\$50 Millions) – (In Mecca = \$5000 Billions)

\$1000 = \$700,000

Ibn 'Abbas, one of the companions of Prophet Muhammad related, "**The Messenger of Allah (God Almighty) was the most generous of people. He was even more generous in Ramadan** when *Jibril* (Gabriel) would meet him and review the Qur'an with him. *Jibril* would come to him every night of Ramadan to review the Qur'an. During these times, the Messenger of Allah was more generous than the freely blowing wind." (Reported in al-Bukhari and Muslim)

Reward of Siam (Fasting) (Surprise)

As for the *thawab* of fasting itself, nobody knows what it is but Allah (SWT). Prophet Muhammad (SAWS) said, "**Allah said, 'All the deeds of Adam's sons (people) are for them, except fasting which is for Me, and I will give the reward for it.'**"[8] Thus, you will know the reward of your fasting only on the Day of Judgment. It is enough to know that the unpleasant smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. Here you can imagine the reward that is waiting for you. One may ask, "Why is Allah (SWT) granting us all these rewards?" Simply because He is the Generous. He Wants to Spread His mercy on us. You have to utilize all what He offers you in the blessing days of Ramadan.

7. Seventh Reason: Accepting Supplications:

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

"And when My servants ask you concerning Me, then, surely I am near; I answer the invocation of the invoker when he invokes Me; so let them respond (to) Me, and let them believe in Me, so that possibly they would respond right-mindedly. (TMQ, 2:186).[9]

It came in the middle of the fasting verses

وعن أبي هريرة رضي الله عنه قال قال رسول الله صلى الله عليه وسلم ثلاثة لا ترد دعوتهم الصائم حتى يفطر

إن للصائم عند فطره دعوة لا ترد

The companions used to do so. They said," We used to supplicate to Allah (SWT) in Ramadan, and we never reached the next Ramadan without our supplications being answered."

Actions:

1. Focus on one ask and (Your heart and to be freed from the hellfire)
2. Make a daily Duaa

8. Eighth Reason: The night of power (The night of treasures):

Better than A thousand months equal 84 years, which is –on average- your lifetime.

(The max they could count is 1000)

1. Praying for 84
2. Tear for 84
3. Charity for 84 years
4. Zakat = $700 * 10 * 84 \text{ years} = 7000 * 30,000$

a. \$1000 = \$2.1 Billion

9. Self strive

You strive against-the desires

You can eat any time and hide. However, you control Your self

10. Obedience

You learn to obey Allah (Sobhan War to Allah)

Break Your fast today at 8:30 OR

Tomorrow, Break Your fast at 8: 00. OK

Start fasting 5:00 – ok

Tomorrow, Start at 5: 01-ok

11. Reason: Al-Rayan

- 113663 إن في الجنة بابا يقال له الريان ، يدخل منه الصائمون يوم القيامة ، لا يدخل منه أحد غيرهم ، يقال أين الصائمون ، فيقومون لا يدخل منه أحد غيرهم ، فإذا دخلوا أغلق ، فلن يدخل منه أحد .

الراوي: سهل بن سعد الساعدي - خلاصة الدرجة: صحيح - المحدث: البخاري - المصدر: الجامع الصحيح - الصفحة أو الرقم: 1896 :

'Inside Paradise there is a gate (inside it) which is called *al-Rayyan* through which no one shall enter except those who have observed the fast (real fasting).'**Sahih al-Bukhari**

1. Inside the paradise there is a door called Al-Ryan
2. For those fasted for real
3. It has more enjoyments

The Real fasting

Nevertheless, all these rewards are not available for those who fast only with their stomach, for there are three kinds of fasting.

Three types of fast:

1. The first is leaving food and drink.
2. The second is when all your limbs are fasting too. It means that all your limbs do not commit sins during the whole month. Everyday, after dawn, you will break your fast by eating and yet you would not be able to smoke, accept bribe, watch a sinful program, backbite, lie, go to a sinful place or insult anybody. **Prophet Muhammad (SAWS) said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)" [10]**

Fast for real this year. Fast with all your body, even with your heart. It is much better when your heart is fasting. Therefore, first, we have people whose bellies are fasting, we do not need those, and they will probably not be saved from hellfire (Only Allah knows for sure).

3. *Then there are those whose bodies are fasting, yet there is a better kind: those **whose hearts are also fasting**. There is nothing else that occupies their heart except Allah, all month long. "I am all yours Allah", they say. Can you make it? Can you fast all the thirty days with your heart? How can this be? It means to speak about Allah, to talk for Allah, to be silent with Allah. It means that your life should be about, with, and for Allah. This does not mean that you will not perform your daily duties, but it means that your whole being would be dedicated for pleasing Allah.*

2. *Fast for real this year before and after breaking the fast.*

- a. *Hand*
- b. *Eye*
- c. *Stomach*
- d. *Heart*
- e. *Tongue*
- f. *No fast*

Action Plan:

1. Cure your heart:

Let us promise and encourage each other and help each other to make this Ramadan for our hearts; we need to cure our hearts for the rest of the year.

Cure your heart:

- a. Chitan is chained
- b. E3tekaf

E3tekaf is like going to the hospital

- i. Have you ever taken a vacation to treat your heart? It is now the time to do so.

Plan to Cure our Hearts **NOW:**

1. **Take a vacation to treat your heart (Min. Last 10 days July 17th – Aug 1st)**
 - 1) Mark your calendar
 - 2) Talk to your manager
 - 3) Send that you will take-off
 - 4) Finish any remaining work that needs you
 - 5) Prepare your work and a backup person so that you will not be interrupted
 - 6) Plan I3tekaf

7) Forget this life, Tawakal on Allah, and only think of the hereafter

8) Start Purifying your heart and prepare yourself for the trip

2. Measure your hearts situation daily with percentage:

Measure	% Value
1) Do you feel the Quran?	
2) Do you cry on prayers?	
3) Do you make influent Duaa?	
4) Do you do the daily Zikr?	
5) Did you get closer to Allah?	
6) Do you Love Allah and the prophet?	
7) Does Allah Love you?	
8) Is it easy to lower your gaze?	
9) Did you reduce your TV watch time or have a plan to reduce it?	
10) Did you make Tawbah?	
11) Did you plan to fix your shortcomings and increase your good deeds?	
12) Do you trust (توكل) Allah on everything?	
13) Did you start a good company and get rid of the bad company?	
14) Do you do Qiam every night?	
15) Did you pray 5 prayers in congregations?	

3. *Fast for real this year.*

- a. *Hand*
- b. *Eye*
- c. *Stomach*
- d. *Heart*
- e. *Tongue*
- f. *No fight*

1. *Create Schedule*

1. Praying all the five prayers in a group, whether men or women, all along the month.

2. Daily Sadaqa (charity) and Zakat. Our prophet (SAWS) was very generous, and he was even more generous in Ramadan. He used to be compared to the wind that leaves nothing behind, for he used to give away everything he had and leave nothing behind. Therefore, imitate your prophet and set yourself an amount of money to be given away in Ramadan.

3. Working on your Kinship ties or being dutiful to your parents everyday. Go and kiss your parents' hands, call a relative, or reconcile with someone with whom you had a conflict. Do it for Allah's mercy.

4. Daily Dua'a (supplication). We will all focus on two main supplications, and then every one of us can add his own Dua'a. ***We will all ask to be saved from hellfire, and that the revival of our Ummah would be achieved with our hands.*** This is our hope, Ramadan this year can be a turning point in our history.

5. Read the whole Qur'an in your prayers and reading.

6. Taqwa Measurement. Ramadan is the month of hard work. All our victories took place in Ramadan. Let us learn from the companions (RA) how to do this balance. Let us all promise to fulfill these six points.

Day/Task	5 Obligatory prayers in congregations	Pray: 12 rakaah /day	Qiam, Taraweeh, Tahajod	Charity and Zakat	A phone#	Quran (1 chapter/day)	Daily Supplication	% Taqua	% Heart
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
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22.									
23.									
24.									
25.									
26.									
27.									
28.									
29.									
30.									
Goal for total	150	360	240	Total*700		30	150	% 100	% 100

12 Rakaah Sunah = 2 before Fajr, 4 before Zuhur and 2 after, 2 after Maghrib, 2 After Isha

How do you measure Tquaah? Compare good deeds to bad deeds

Example: 5 Good deeds and 5 sins = 50% Taquah = F Try to reach A+ (>93%)

Measure your hearts situation daily with percentage by answering the following and score it:

Do you feel the Quran? Do you cry on prayers? Do you make influent Duaa? Do you do the daily Zikr? Did you get closer to Allah? Do you Love Allah and the prophet? Does Allah Love you? Is it easy to lower your gaze? Do you lower your gaze all the time? Did you reduce your TV watch time or have a plan to reduce it? Did you make Tawbah? Did you plan to fix your shortcomings and increase your good deeds? Do you trust (توكل) Allah on everything? Did you start a good company and get rid of the bad company? Do you do Qiam every night? Did you pray 5 prayers in congregations? Do you pray and make supplication the last hour before Fajr? Do you stay after Fajr to sunrise? Do you pray Fajr in congregation every day?

Example: If you prayed just 3 prayers in congregation and 10 out of 12 Sunnah and 4 rakaah Taraweeh and .5 chapter, 5 supplications, 5 sins and 40 good deeds, and the answers to the heart health questions scored 15/20 it will look like:

Example	3	10	4	\$5	425-123-4567	.5	5	(40/45)*100=89%	(15/20)*100 = 75%
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References: [Arabic audio] <http://www.amrkhaled.net/multimedia/multimedia240.html> or

http://server4.amrkhaled.net/uploads/240/b4_ramadan.mp3[English] <http://www.amrkhaled.net/articles/articles1045.html>

وعن سلمان رضي الله عنه قال خطبنا رسول الله صلى الله عليه وسلم في آخر يوم من شعبان قال يا أيها الناس قد أظلكم شهر عظيم مبارك شهر فيه ليلة خير من ألف شهر جعل الله صيامه فريضة وقيام ليله تطوعا من تقرب فيه بخصلة من الخير كان كمن أدى فريضة فيما سواه ومن أدى فريضة فيه كان كمن أدى **سبعين** فريضة فيما سواه وهو شهر الصبر والصبر ثوابه الجنة وشهر المواساة وشهر يزداد في رزق المؤمن فيه **من فطر فيه صائما** كان مغفرة لذنوبه وعتق رقبته من النار وكان له مثل أجره من غير أن ينقص من أجره (ص 58) شيء

قالوا يا رسول الله ليس كلنا يجد ما يفطر الصائم فقال رسول الله صلى الله عليه وسلم يعطي الله هذا الثواب من فطر صائما على تمر أو على شربة ماء أو مذقة لبن وهو شهر أوله رحمة وأوسطه مغفرة وآخره عتق من النار من خفف عن مملوكه فيه غفر الله له وأعتقه من النار واستكثروا فيه من أربع خصال خصلتين ترضون بهما ربكم وخصلتين لا غناء بكم عنهما فأما الخصلتان اللتان ترضون بهما ربكم فشهادة أن لا إله إلا الله وتستغفرونه وأما الخصلتان اللتان لا غناء بكم عنهما

فتسألون الله الجنة وتعودون به من النار ومن سقى صائما سقاه الله من حوضي شربة لا يظمأ حتى يدخل الجنة

رواه ابن خزيمة في صحيحه ثم قال صح الخبر ورواه من طريق البيهقي ورواه أبو الشيخ ابن حبان في الثواب باختصار عنهما