



**Webinar**

**Healthy Fasting and Healthy Eating in  
Ramadan.**

**Sponsored by  
Australian Federation of Islamic Councils  
(AFIC)**

**Revive naturally, feel better today.**

**Webinar held on 31<sup>st</sup> March 2022**

**Speech by The Most Eminent Sheikh Abdul Quddoos Al  
Azhari  
National Grand Mufti of Australia**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الحمد لله رب العالمين والصلاة والسلام على أشرف الأنبياء والمرسلين

Honourable Dr Ratib Jneid (president of AFIC), Dr Hilal Coruhlu (guest speaker), Imam Soner Coruhlu (our host), respected Sheikh Mohammed Trad and respected audience and listeners.

السلام عليكم ورحمة الله وبركاته

Assalamu Alaikum Warahmatullahi Wabarakatuhu

I am grateful to AFIC for the sponsorship of this important Webinar on Healthy Fasting and Healthy Eating in Ramadan.

- Yes, Ramadan is the most important month of the year. It is the month that all await with eagerness
- Yes, Ramadan is the month for renewing our commitments and re-establishing our relationship with our Lord, our Nourisher, our Sustainer, our Creator.
- Yes, Ramadan is the season for more goodness and virtues, the month in which righteousness comes to full bloom throughout communities in the world.
- Yes, Ramadan offers us an opportunity to strengthen our beliefs and commitments, purify our hearts and souls, to become stronger in the face of temptation and to learn to repent and gain forgiveness. As our beloved Nabi (s.a.w) said:

" مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ "

“Whoever fasts during the month of Ramadan with purity of belief and with consciousness of Allah, his previous sins will be forgiven. “

Along with great forgiveness, fasting also brings with it many health benefits.

We fast because it is an Ibadaat. What is Ibadaat? Sincere devotion. We can understand the wisdom behind this Ibadaat by contemplating and considering the teachings around it and by studying the effect of fasting on our body.

Honourable speakers, respected audience, I have been requested to say a few words on Suhoor. The definition of Suhoor is: Taking food and drink just before Fajr time.

It has been reported by Anas bin Malik that Rasulullah (s.a.w) said. Take Suhoor, indeed there is a barakat and blessing in taking Suhoor. (Al Qur'an 7:31)

﴿ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ ﴾

***“And eat and drink, do not be extravagant and wasteful. Indeed, Allah will not love those who are wasteful and extravagant.”***

Remember what Imam Shafi'i says: “Whoever’s stomach is full; his heart has gone to sleep.”

Honourable guests and respected audience let me conclude my short talk with the dua and prayer for Sahoor and Iftaar.

The intention and prayer for Sahoor is

*‘Nawaytu sauma ghadin min shahri ramadana lillahi ta’ala’*

*‘I intend to fast the days of Ramadan in obedience to Allah’.*

The dua for breaking the fast Iftaar:

*‘Allahumma inni laka sumtu wa bika aamantu wa’alayka tawakkaltu wa’ala rizq-ika aftartu fataqabbal min’ee’.*

*Oh Allah I have fasted in obedience to You, my faith is in You, my reliance is on You and with Your sustenance I break my fast so accept from me’.*

Happy Ramadan to all of you Ramadan Mubarak.

Assalamu Alaikum Warahmatullahi Wabarakatuhu



فضيلة الشيخ عبد القدوس الأزهرى  
His Eminence Sheikh  
Abdul Quddoos Al-Azhari