

Not wasting Ramadhan on different types of food and being excessive

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The Faqeeh of the Era

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Translated by Ahmed Abu Turaab

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allaah the most Kind the most Merciful

Shaykh Ibn Uthaymeen (رَحِمَهُ اللَّهُ)<sup>1</sup> said, “If the people have no concern except to have a variety of food, to sleep during the day, and to talk during the night about things which will not benefit them—then there is no doubt that this is a squandering of a priceless opportunity which may not come again to that person in his lifetime. So the resolute man is the one who progresses in Ramadaan according to [an amount of] sleep that is fitting at the first part of the night, and by standing to pray in Taraaweeh, and standing to pray at the end of the night if he can, and likewise he is not excessive in his food or drink.”<sup>2</sup>

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<sup>1</sup> (رَحِمَهُ اللَّهُ) (rahimahullaah) May Allaah the Most High have mercy on him

<sup>2</sup> 48 Su'aal fis-Siyaam, pp. 19-20.

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