

Müslümanlar için bir rahmet ve şifa nimeti: Oruç

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Fasting leads towards healthy living

Harun Yahya

Sunday, July 20, 2014 - The month of Ramadan that we are currently in is a holy month that is eagerly and enthusiastically awaited by the whole Islamic world. It is so because the Holy Qur'an, which brings people to holy light from darkness, to the path of our Lord the all Merciful and Most Beneficent, was revealed in this month. Fasting during this holy month, an obligation for Muslims, is an opportunity for them to acknowledge the infinite grace and blessings of Allah Almighty. It is also a physical and [spiritual healing](#); a gift, and a month of blessings, abundance, an opportunity to repent for past behaviour and to seek for mercy from our Lord.

All Muslims fast to gain our Lord's pleasure. However, in addition to it being a means for our Lord's approval, it also is very beneficial for our bodies. First of all, fasting allows the organs to take some [time off](#) and rest. For instance, during fasting, the digestion processes are reduced, and the stomach gets to rest for quite some time. Its epithelia tissue can be renewed completely, which helps the stomach to function in a more healthy manner during the rest of the year. Fasting also

İçinde bulunduğumuz **Ramazan ayı** bütün **İslam aleminin** sevinçle ve coşkuyla beklediği **mübarek bir aydır**. Çünkü bu **mübarek ayda insanları** karanlıklardan **nura, hüküm ve hikmet** sahibi **Rabbimiz'in** yoluna çıkaran, **Kuran-ı Kerim** indirilmiştir. Bu **mübarek ayda farz kılınmış olan oruç ibadeti Müslümanlar için Yüce Allah'ın** sonsuz **rahmetini** andıkları bir **şükür vesilesidir**. Müslümanlar için **fiziksel ve manevi** anlamda bir **nimet, şifa, rahmet, mağfiret, arınma ve bereket ayıdır**.

İslamabad, Karaçi, Lahor, Peshawar ve Muzafarabad'da basılan günlük İngilizce gazete Pakistan Observer'ın 20 Temmuz 2014 tarihli sayısında Harun Yahya'nın "Müslümanlar için bir rahmet ve şifa nimeti: Oruç" başlıklı makalesi yayınlandı.

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