



Fasting in the Month of **RAMADAN**

Excerpts taken from How to Eat to Live, Book 2 pages 48-58

" WE, THE RIGHTEOUS, must fast as long as we are present and among the unrighteous. So, fasting is prescribed for us as well as those (people) before us. Let us take a look at the verse in the Holy Qur'an 2:183 translated by Maulana Muhammad Ali (copyright-1963): "O you who believe, **fasting is prescribed for you, as it was prescribed for those before you, so that you may guard against evil.**" Here it tells us why fasting is prescribed for us. It guards us against doing evil. Read the footnote of Maulana Muhammad Ali's translation of this chapter for footnote. No. 225.



WE HERE (Elijah Muhammad and his Followers)...**I prescribe for you the month of December to fast in** - if you are able to take the fast -- instead of the regular month that travels through the year, called Ramadan by the Muslims; the month in which they say Muhammad received the Holy Qur'an.

WHY DID I prescribe for you the month of December? It is because it was in this month that you used to worship a dead prophet by the name of Jesus. And, it was the month that you wasted your money and wealth to worship the 25th day of this month, December, as the Christians do. The Christians know that it is not the birthday of Jesus; for they do not know the birthday of Jesus. No one knows it, because being persecuted by the Jews, Joseph and Mary feared the death of not only their newborn baby that they were bringing to birth, but even feared for their own lives for committing the act out of wedlock. They feared Herod and his army and the religious set of the Jews condemning them to be punished with death. But, they were not to be killed for they were a sign of the Black Man in America, according to the Holy Qur-an. See Holy Qur-an, Chapter 4:171.

While the Christians have deceived you in worshipping the birthday of Nimrod who was born the 25th day of that month, no man knows the day Jesus was born, but they (Joseph and Mary) themselves. This is a sign right there; no man of the evil world was to know when the spiritual birth of Muhammad was to take place. And, most surely they do not know. So, do not fast as the other religious people fast, for they have different objects and ways in which they fast, which are against the meaningful fasts that we take.

FASTING takes away evil desires. Fasting takes from us filthy desires. Fasting takes from us the desire to do evil against self and our brothers and sisters. We are created of the material of goodness. Therefore, good belongs to us...and it should not be hard for us to turn to our own selves in which we were created...good.

WE are approaching **the month of December, in which we usually abstain from eating in the daylight hours**, as the Orthodox Muslims do, the ninth (9th) month of their calendar, the month of Ramadan.

I set up this for you and me to try to drive out of us the old white slave-master's worship of a false

birthday (December 25th) of Jesus.

ALLAH (God) Who Came in the Person of Master Fard Muhammad, to Whom Praises are due forever, Taught me, that Jesus was not even born during the entire month of December.

THE scholars agree, that according to their history, Jesus could not have been born in December.

ALLAH (God) Taught me that Jesus was born between the first and the second week in September instead of December. But, no one knew the day of Jesus' birth except Joseph and Mary.

BECAUSE of the Jews' hot prosecution against the birth of Jesus, the exact day of his birth was kept a secret, from the public. So, to break my people up from the worship of a false birthday of Jesus, we turned to abstaining from eating in the daylight hours during the month of December. This is, in no way, a FAST!

WHEN we abstain from food for short a time as for early morning until after sundown and darkness begins to appear -- we cannot call this a FAST, for we are eating the same way that we have always been eating (one meal a day). IT is no FAST to me and to my followers to eat a meal after sundown. We cannot call it a FAST!

A Fast should be from two (2) to three (3) days without eating food. If we are seeking spiritual advancement, we should fast for three days.

IN the case of the Orthodox Muslims worshipping Ramadan by not eating until after sunset, and darkness approaches (they can eat all night long if they want to, until the next morning at dawn) --they call this a FAST!

They say that they do this in the Month of Ramadan because Ramadan is the month in which the Holy Qur'an was revealed to Muhammad.

BUT, the way that I understand scripture, it teaches us that Muhammad received the Holy Qur'an over a period of twenty-three (23) years.

MUHAMMAD did not receive the Holy Qur'an in one night or in one day. And, if he received the whole Holy Qur'an in the month of Ramadan, WHY FAST in that month?

IF we are given what we want (Holy Qur'an) in that month, without FASTING, I cannot understand why we should FAST in the month of Ramadan, for the first revelation of the Holy Qur'an was already given in that month, without FASTING.

IT would look more proper for us to be rejoicing over the great salvation (Holy Qur'an) that Allah (God) sent to us, in the month of Ramadan.

If you can convince me it is necessary to Fast in the month of Ramadan because of Muhammad receiving the Holy Qur'an, or the first revelation of the Holy Qur'an, then I will go along with it. However since the Qur'an was received over a period of years, I am very much baffled in trying to understand why we should FAST in the month of Ramadan.

WE should be rejoicing because of receiving the Holy Qur'an and we should teach others to rejoice throughout the month of Ramadan, if it is because the Holy Qur'an was revealed in that month.

OF COURSE, this is the Arab way, in their religious belief, that they should FAST. But I do say that it is not necessary to FAST to get something that you have already received.

WE should all thank Allah and be grateful to Allah (God) for Giving us the truth, or the Great Revelation (Holy Qur'an), that will guide us into a clearer truth than we have had in the past.

SO, I am not asking my followers to FAST in the month of December because of the birth of a prophet (Jesus) nor do we want to worship his birth or worship because some great revelation was sent down to another prophet. No, it is just to keep my followers from worshipping falsehood, instead of truth, and to prevent them from spending their money in the falsehood of Santa Claus.

There are so many untruths that the people of untruth (white race) have misled us in. We must come out of untruth, we must come out of falsehood.

I do know that FASTING is good. I have tried FASTING for many years myself. I do know that FASTING is good for our health and FASTING is good for our spiritual advancement.

IT is actually good for us to take a FAST and abstain from eating food for a period of days.

But, you are not actually FASTING when you are going to eat everyday, regardless to what time you may set for the meal. If you eat within twenty-four (24) hours, you cannot really consider it as a FAST.

AND, so I say to my followers, WE ARE NOT FASTING (in December) we are just abstaining from taking part with false worship. We abstain from eating meat throughout the month of Ramadan--the month of December.

IT is good for us to abstain from eating meat, for we should not eat meat at all. Meat is not good for our health nor our body.

ACTUALLY by nature, we are not made to live off meat.

ALLAH (God) Who Came in the Person of Master Fard Muhammad, to Whom Praises are due forever, Taught me, that no meat is good for us, except the little young pigeon (squab) that has never flown from its nest. But, we eat meat."

"FASTING is a great act upon true Believers of the true religion of God (Islam). This also helps prolong our lives.

It is prescribed for us in the Law of the religion of Islam (Holy Qur-an). All Muslims who respect fasting should take the fast of Ramadan. We are not taking the month of Ramadan as prescribed in the Holy Qur-an. We take the Christians' month (December, the twelfth month), instead of the ninth month.

This month I prescribe for you to fast (the twelfth month of the Christian year) for the purpose of getting you away from the false teaching of the Jesus' Birth on the 25th of December. God Has Taught Me that he was born between the first and second week of September and not December.

This day, (the 25th of December) He taught Me was the birth date of that demon Nimrod, who was born in the Seventeenth century of Moses' era before the birth of Jesus.

He was so wicked that the Scholars and Scientists of Scripture of the Prophets do not like to teach you of this history of Nimrod. **And, if it was the birthdate of righteous Prophet, Jesus, you most certainly in your celebration of the 25th of December have not been showing a clean and holy celebration of a righteous person with your drunkenness and your gambling. Your everything-but-right is committed on the 25th day of December in celebrating the birth of a righteous man.** But, you are not doing so for righteousness, you are celebrating the birth date of an evil person and the white Christians will send you all the whiskey and

beer and wine and swine that you want to eat and drink on that day.

RAMADAN is the ninth month of the Arab year (which is also twelve months and not nine months). The Holy Qur-an teaches that twelve months have always been a year with God. We are not able to satisfy the astronomers if we do not have a twelve month year, for it takes the earth 12 months to make its complete circuit around the sun and this is why we call it one year after its completion of this circuit make by the earth as an average distance of 93 million miles).

Ramadan, the Holy Qur-an teaches us, is the month that the Holy Qur-an was revealed to Muhammad. And they worship the month by abstaining from eating and drinking during the day time from sun up to sun down or before the sun rises until after she sets in the Western skies.

Then, after dark, we can eat and drink until the sun rises again the next day. The significance of this Arabic fasting in Ramadan is that the spiritual darkness of Yakub's made man (the white race); eating and drinking, sport and play was the order of the white world, until the day break of Truth coming in the first of the seven thousand years after the six thousand years of spiritual darkness and evil of the white man's world.

WE ARE living now in the bright spiritual world of Allah, the Great Mahdi in the Person of Master Fard Muhammad, to Whom Praise is due forever, therefore we are not the children of darkness, but the children of light and truth.

Actually, Divinely, there is no fast set for the children of the light of God and their fasting ceases. But, until we have accomplished our work of perfection of self and separation of us form the spiritual darkness of Yakub's make man and teachings, we fast to get out of it and take a month that we used to worship as being the month in which the birth of Jesus came about.

There is no such thing that we should worship any white people's holidays. All that they worship are their days and not the slaves (the Black peoples) days.

There is not one that we should worship. The past Thanksgiving Day that you were celebrating -- what do you have to thank God and man for that last Thursday of November? Surely you should thank God for allowing you to live to see that day, but this was the man's day (Yakub's made man).

The Black Man should not take part in any white people's holidays not even to Sunday. These are not our days. Please remember this."

"The Muslims, as I foresaid, do not eat nor drink from before sunrise until after she (the sun) has set. If you take it (the fast of Ramadan) with them, you are doing the right thing, until this evil world has vanished."



Muhammad Speaks
P.O Box 44261
Detroit, MI 48244
Phone: 313-371-7033

Email: webmaster@muhammadspeaks.com

<http://www.muhammadspeaks.com>