# Ramadan

Abu Hurairah reported that Prophet Mohammad ﷺ said: ‘Allah (God) says: ‘Every deed of the child of Aadam (Adam) is for himself except for fasting. It is for Me (Allah) and I (Allah) shall reward it.’ Fasting is a shield, so if it is a day of fasting for anyone of you, then he should avoid shouting or any inappropriate behavior. If anyone belittles or fights with the fasting person, the fasting person should say ‘I am a person who is fasting’. ….. The fasting person has two occasions for joy, one when the person breaks fast (after sunset, Iftaar time) and the other when the person meets his Lord (Allah) as a reward for the fast. (Hadith: Muslims 1151)