

Fast 4

“The month of Ramadan is that in which the Quran was revealed, **a guidance to people and clear proofs of the guidance and the Criterion.**” — Ch. 2, v. 185.

Notes:

The month of Ramadan was chosen by Allah for fasting because the revelation of the Quran to the Holy Prophet Muhammad began in that month. Therefore it is the anniversary of the revelation of the Quran. The universal experience of founders of religions (in particular Moses, Jesus, and Holy Prophet Muhammad), as well as of Muslim saints, shows that there is a close connection between fasting and receiving the word of God. By cutting off physical nourishment from below (from the earth), the mind becomes receptive to spiritual nourishment from above.

For us, too, the month of Ramadan can enable us to increase our understanding of the Quran.

The Quran is described here as having three functions. It is: “a guidance to people, and clear proofs of the guidance, and the Criterion”.

It is a guidance, which shows that it is not meant merely for recitation, but that we must study it and seek solutions to our problems from it and follow those solutions.

Moreover, it is a guidance to people in general, i.e. all mankind. This makes it our duty to present this guidance to the entire world. The man in modern times who was most anxious to do this was the Founder of the Ahmadiyya Movement, Hazrat Mirza Ghulam Ahmad. After him, this mission and his passion for it was taken up by the elders of the Lahore Ahmadiyya Movement.

The Quran is also called here “clear proofs of the guidance”. It not only provides guidance but also *arguments and proofs of the truth of that guidance*. Hazrat Mirza Ghulam Ahmad followed the principle that, for any doctrine which is taught in the Quran, the arguments, reasons and evidence for it are also to be found in the Quran. Maulana Muhammad Ali followed this principle in his commentary of the Quran and other writings.

The Quran is, thirdly, the Criterion (*furqān*). This means that it acts as the standard for distinguishing between right and wrong beliefs. All controversial issues which arise in relation to the teachings of Islam can be resolved by treating the Quran as the Criterion or touchstone. Its judgment should be taken as supreme over anything contained in Hadith, in classical commentaries of the Quran, Islamic law, and customs and traditions.

These three qualities of the Quran are also mentioned in other places in the Quran.

Inspirational saying:

“Don’t leave the Quran neglected because your very life lies in it. ...Read the Quran with understanding, and love it very greatly.” — Hazrat Mirza Ghulam Ahmad in *Kishti Nuh*.