

## RADICAL ACCEPTANCE: EMBRACING VULNERABILITY, UNCERTAINTY & MERCY DURING RAMADAN

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### I. Fiqh

#### a. Requirements

- i. No eating, drinking, smoking, and intercourse from dawn to dusk
- ii. Make intention to fasting
  1. Depends 'when' based on school of Thought
- iii. Be free from religious exemption
  1. Women- menstruation/post-natal bleeding
  2. The insane
  3. Children who have not reached puberty
  4. Travelers (if you feel like you are traveling and everyone knows it)
  5. Those who are sick/take medications
  6. Pregnant/nursing women
  7. The chronically ill/elderly

#### iv. Situational Directions

1. If you can't fast, you have to make
  - a. *qada*
    - i. Make up the day when you can
    - b. Depending on your school of thought, you also should feed/pay someone who can fast for you
2. If you can fast but don't
  - a. You have to make up the day and pay the penalty of feeding someone who can fast for you
3. Qaba is wajib (obligatory)
  - a. If you mistakenly eat/drink
  - b. Ejaculation outside of intercourse
  - c. Masturbation
  - d. Women starting menses
  - e. Deliberate vomiting

## II. Spirituality

- a. Ordinary
  - i. Fulfilling the obligatory
  - ii. Abstaining from the impermissible
  - iii. Perhaps engaging in the supererogatory
- b. Select
  - i. Fasting of the limbs
    - 1. Being between both fear and hope in your fast's acceptance
- c. Elite
  - i. Fasting of the heart
    - 1. Trying to remove bad thoughts and worry
    - 2. Total disregard for anything besides Allah SWT
- d. These three sections give us a goal, a sense of direction as to where we want to be in our fast

## III. Internal

- i. *"There is no courage without vulnerability"*
- ii. *Vulnerability = uncertainty, risk, and emotional exposure*
- b. Expectations
- c. Thoughts + emotion
  - i. How do we feel thinking about this year's Ramadan?
  - ii. What expectations do we usually have?
  - iii. How do we think this year will be different?
  - iv. What emotions does that stir up for us?
  - v. Where does Allah fit in this equation?
    - 1. If He's not in the equation, how do I fit Him into it?
- d. ABCDE model
  - i. Activation event or Adversity
    - 1. COVID19
  - ii. Beliefs about the Adversity
  - iii. Emotional Consequence
    - 1. Ramadan is shut down
  - iv. Disputation to challenge self defeating belief
    - 1. Challenge yourself to put Allah in your life
    - 2. Gain tawakkul
  - v. Effect or consequence of challenging self defeating belief
    - 1. Gain enlightenment

## IV. Intention

- i. *"Indeed actions are by intentions." [Bukhari and Muslim]*
- b. Purpose of Ramadan
  - i. Earning God's pleasure

1. The Prophet SAW said:
    - a. “Every deed of the son of Adam is for hi, except fasting; it is for Me and I shall reward for it...”
    - b. Fasting is special because it is inherently a private act, it I hidden between you and Allah, which increases sincerity
    - c. It is the entire day
  - ii. Curbing desires
    1. Kills ego
      - a. Hard to be egoistic when you are fasting as is everyone else
    2. Frees the heart for reflection and remembrance
    3. Know the value of blessing
  - iii. Abstaining from impermissible things
  - iv. Reciting Quran
  - v. Remember that we are all on an equal playing field, what allows us to be pious people is Allah’s tawfiq
- c. Goals
- i. Realistic
    1. “The first step in self-control is to establish realistic goals.”
      - a. Based on research
  - ii. Subordinate + superordinate
    1. People achieve long-term goals when they focus on concrete goals while still remembering the abstract goals
  - iii. Intrinsic vs extrinsic
    1. Psychology has found that people that people who attend religious services for extrinsic reasons do not have the same high level of self-control as the true believers.
    2. Incorporate intrinsic and extrinsic goals

## V. Conclusion and References

- a. Having radical creativity as to how we approach this Ramadan. With that will come a form of optimism, optimistic self-talk, which then leads to perseverance

## VI. Q&A

- a. How do you abstain from doing nothing during Ramadan?
  - i. Do what you can, Allah knows best.
- b. How do we abstain from judging others?
  - i. Look in the mirror and remember the things you have done wrong and your own flaws. Use that as a reminder. Remember you do not the condition of other hearts.

- c. How to observe taraweeh during COVID19.
  - i. It is not permissible, in most school of Thoughts, to pray behind a screen.
  - ii. You can pray it by yourself, with your family. You can listen to live streams of your masjid after praying.
- d. How to make reading the Quran easier?
  - i. Requires conditioning, set time/page number goals