



PREPARING FOR RAMDAN

REALITY AND HOPE

إعداد

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Fasting is a great school, and in fasting full participation between the rich and the poor is manifested, and in fasting is an opportunity to raise the queen of honesty in the feeling of the fasting person, and the obligation of fasting educates in the psyche of the fasting person, the queen of order. In short: fasting is one of the five pillars of Islam. It says in the hadith al-Qudsi (Fasting is for me and I will reward it).

On the other hand, one of the meanings of fasting is that it is a constipation from the lust of the abdomen, and in the economic sense: reducing spending, i.e. rationalizing it in a more precise sense. In our modern life, however, we see a direct correlation between the month of fasting and voracious consumption. One is amazed by this consumption insatiability that spreads among the general population in this month without logical justification.

Everyone is running towards the circle of excessive consumption, and preparing for consumption in Ramadan starts early accompanied by a terrible machine of advertising, advertisements and marketing festivals that besiege the family everywhere and anytime and through more than one means.

The wife is pushing to buy more, the children are insisting on their consumer demands, and the same person has a binge buying anything that can be consumed and in too much quantities.

It is unfortunate that some people have become accustomed to some bad habits that are alien to the month of Ramadan, which is the way of spending consumption, which is not Islamic.

when the month of Ramadan comes, we see that a majority of Muslims allocate a budget in normal months, and begin to double its consumption. The day is fasting and laziness, and the night is food and unusual consumption.

They have forgotten that shortening daily meals from three to two meals is a good opportunity to reduce the level of consumption, which is a favorable opportunity for our economies, especially since we are a consuming nation where all statistics have indicated that all our countries consume more than their production and import more than they export.

It is not a fear that extravagant spending in Ramadan cannot be consistent with the situation of our Islamic societies, which are mostly developing societies that require the preservation of every effort and every possibility of waste, and what we do in Ramadan is certainly a waste of material potential, a waste of lofty values and a waste of the behavior of contentment.

It is known that ever-increasing consumption means more dependence on the outside, because we have not yet reached the stage of self-sufficiency or a reasonable level to provide our consumption needs based on our own resources and efforts, and this has a more serious dimension of having a state of food dependence on the other who owns these resources and can control their quality, quality and time to send them to us.

Therefore, consumption has had many dangerous dimensions that threaten our economic life and also threaten our national security, so will the month of Ramadan be an opportunity and a field to have the will to confront the voracious consumption situation that afflicts us in this holy month!!.

The characteristic of a Muslim's consumption is sufficiency

not waste, and his benefit and satisfaction is achieved not only by material satisfaction, but through spiritual satisfaction by performing his duty towards Muslims from the wealth of Allah that He has provided him. His benefit is achieved even in the fulfillment of his duty towards the Muslims, and before that his family, wife and child.

Therefore, the Muslim seeks to please Allah Almighty, so he thanks Allah for His blessings and praises Him to achieve a benefit by meeting his need, achieving His pleasure and sufficiency from the forbidden, and achieving Allah's pleasure and obtaining His reward Almighty.

The month of fasting is a periodic opportunity to identify the list of expenditures due in the economic sense, the list of spending exclusion, then an opportunity to arrange the order of priorities, and then an opportunity to identify the level of possible surplus.

Then, the month of Ramadan is an opportunity to achieve better rationalization, and to expand the possible surplus pot, but provided that it is linked to the well-known Qur'anic guiding rule: **(Eat, drink and do not waste...)** This rule, and there is no doubt that it is the field of rationalization at the individual and general levels.

Researchers have emphasized an important fact that the chaos of consumption emerges most clearly

when a wife begins to display her expenses as expenditures of goods and foodstuffs that actually swallow the monthly income until the last penny

Children become infected, developing a lack of value and thus keeping their toys or books. In light of this, it is no longer a current temporary issue, but a matter that extends to the future, and extravagance and luxury are no longer confined to the family but also to the homeland

It is common among us that women are more extravagant than men, whether in clothing or spending, but there are men who are more extravagant in their money, behavior and belongings, as the matter is relative and is related to the size of the temptations available to the individual towards extravagance.

The important question remains: which is more extravagant - the man - the woman or both?

The truth is that both men and women are responsible, although extravagance and extravagance are more in relatively feminist society.

Hence, the wife who prepares and cooks and the husband who brings and spends both are accused of the consumer gluttony that plagues our society in Ramadan and non-Ramadan.

In terms of statistics and figures, in one year, the share of the month of Ramadan of the total annual consumption in an Arab country was estimated at ٢٠%, meaning that this country consumes in one month, which is the month of Ramadan, one-fifth of its entire annual consumption, while in the remaining four months it consumes the remaining fifths, and the Ramadan in that year cost the treasury about ٧٢٠ million dollars.

Some recent studies indicate that food dumped and destroyed and placed in garbage bins is so large that in some cases it may amount to ٤٥% of the volume of garbage.

A field study was also conducted on extravagance and waste in discarded food in one city in one country, and the result was that the daily extravagance is about one million liras and the annual extravagance is ٣٦٥ million liras.

Therefore, it can be said, in general, that extravagance in this month Ramadan and elsewhere is a feature of our Arab region,

The month of Ramadan is being transformed year after year into an occasion for the intense and sharp promotion of various goods, to which various media, advertising arts and advertising agencies contribute strongly.

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psychological scientists have unanimously agreed is a pathological .

In conclusion, the most important remedies through which consumer gluttony can be addressed or mitigated:

First, harmful bad consumption values should be eliminated so that luxury consumption does not create poverty in the midst of prosperity, as family resources may be lost by continuing it.

Second: It is desirable to estimate the required quantities, quality, quality and time period for consumption of goods and products.

Third, our emotional emotions regarding the quantities to be bought and consumed must be curbed at the level of children, women and families.

Fourth: Beware of imitating luxurious societies with a voracious, luxuriant and destructive consumption pattern.

One day Omar bin Al-Khattab stopped and asked him where are you going Abdullah said to the market in order to buy meat that he loves Al-Farouq said to him whenever I crave something I bought it It is an eternal economic wisdom and a rational consumer base Especially as we are witnessing nowadays a frantic race accompanied by new marketing methods, exciting advertising methods and attractive media

I say to my sister, the Muslim woman, when you feel that the incentive to spend pushes you to more extravagance, waste, shopping, buying and gluttony, you should follow these steps:

- ١- Slow down before you take out your money and ask yourself if this feeling is real or emotional.**
- ٢- Be careful not to buy the love of others with gifts or imitate them with excessive spending.**
- ٣- Ask yourself before buying if you can buy better than this thing if you have a better bid.**

If we collect all that is spent on trivial matters in a unified box and then spend this on removing the causes of tragedy from people's lives, the land will be reconciled and it will be good to live in.