



Importance of Abstention in Spiritual and Moral Development after the Religious Fasting

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ABSTRACT This study analysed the problems of believing people who fast in Ramadan. It is widely accepted that the main problem is the unpreparedness of believers to fast neither theoretically, nor psychologically, nor culturally. However, most Muslims face the problem of a difficult start to fasting. Therefore, the study described the reasons for difficulties at the beginning of the fast and the ways of gradual habit formation and preliminary preparation for the fast during the year. Most believers state the fact that after the end of Ramadan they do not fast during the year or do it very rarely. Therefore, this study aimed to secure the fasting person, warn in advance, and prepare them psychologically and physically for a long year. In conclusion, it is good to fast for a whole year but fasting time is the abstention from all physical desires forbidden and questionable actions, and it would be better for everyone and especially for a believer to lead such a law-abiding lifestyle every day throughout the year.