

# Spiritual Dimension and Contemporary Fiqh Perspective in Parents' Fasting Practices for Children's Success

Rizal Khoirul Umam<sup>1</sup>, Tutik Hamidah<sup>2</sup>

<sup>1</sup> UIN Maulana Malik Ibrahim Malang, Indonesia; khoirulrizal786@gmail.com

<sup>2</sup> UIN Maulana Malik Ibrahim Malang, Indonesia; tutikhamidah@uin-malang.ac.id

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## ABSTRACT

Fasting in Islam not only demands physical obedience, but also includes spiritual, social and educational dimensions. Apart from being a means of increasing piety, fasting strengthens social awareness and togetherness, both within families and communities. The tradition of parents fasting to pray for their children's success demonstrates the role of this act of worship in supporting spiritual education. However, from a classical fiqh perspective, the intention of fasting should be purely to seek Allah's pleasure, not for worldly purposes. Meanwhile, contemporary scholars emphasize the importance of maintaining a balance between the intention of worship and the reality of life, so that the spiritual essence of fasting is maintained. The research method used is descriptive qualitative with the type of Library Research to understand and examine fasting for children's success from the perspective of contemporary fiqh. The results of this study indicate the importance of maintaining the intention of fasting for the sake of Allah SWT without any intention other than Allah. Contemporary jurisprudence offers a solution by allowing parents to fast with the intention of being sincere to Allah, while increasing other worship such as prayer and almsgiving whose rewards are intended for the success of the child. This approach allows parents to support their children's success spiritually without compromising the virtue of fasting itself.

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### **Corresponding Author:**

Rizal Khoirul Umam

UIN Maulana Malik Ibrahim Malang, Indonesia; khoirulrizal786@gmail.com

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## 1. INTRODUCTION

Fasting is one of the main acts of worship in Islam which not only demands physical obedience, but also includes deep spiritual, mental and social dimensions.(Aqilah 2020). As one of the pillars of Islam, fasting is not merely required as a form of formal obedience, but also has the purpose of educating and training Muslims to grow their piety towards Allah SWT. This worship teaches individuals to control their lusts, guard their hearts from vanity, and strengthen their spiritual relationship with the Creator. More than just holding back hunger and thirst, fasting is a means of

forming a patient, disciplined, and highly socially sensitive character. Fasting also emphasizes the importance of social awareness. In carrying out this worship, Muslims are invited to feel the suffering of those who are less fortunate, strengthen solidarity with others, and encourage concern for the social conditions around them.(Noble 2023). The social dimension of fasting builds awareness of the importance of sharing, giving, and maintaining harmony in community life.

In addition, fasting is often a means for individuals to deepen their spiritual relationship not only with Allah SWT, but also in a wider scope, namely the family and community.(Surawan and Masrur 2020). In a family, fasting is a moment of togetherness that strengthens relationships between members, whether through eating sahur together, breaking the fast, or praying for each other. In the context of a community, fasting creates a strong togetherness, connecting individuals through collective worship activities such as tarawih, tadarus, and sharing food with those in need. Therefore, fasting is not only a religious obligation, but also a reflection of a deep spiritual and social relationship, creating a balance between personal interests, family, and the wider community. This development emphasizes the importance of spiritual, mental, and social dimensions, as well as how fasting plays a role in strengthening relationships with God, family, and community.

In Muslim society, there has developed a tradition or custom that is full of spiritual values, where parents carry out fasting with a special purpose, one of which is to pray for the success of their children. This tradition is often carried out with the hope that the fasting and prayers that accompany it will be a mediator for achieving blessings and ease in the child's life journey, especially in the educational, social, and spiritual aspects.(Ulinnuha 2022). Parents see fasting not only as a personal religious obligation, but also as a form of sacrifice and effort that they make to support their children spiritually. One common practice is fasting that is carried out before important moments in a child's life.(Fatmawati, Shaleh, and Suhendi 2023). For example, when children face final exams, graduation periods, or during the transition to higher education. Parents will fast with the aim of asking Allah to grant their children ease and success. In their view, this fasting is not just about refraining from eating and drinking, but also as a form of spiritual endeavor that accompanies children's efforts in striving to achieve success. This tradition not only reflects the obedience of parents in carrying out worship, but also shows how great the role of their love and hope is in supporting children to achieve success.

However, in the classical Islamic jurisprudence perspective, carrying out the fasting ritual must be based on sincere and honest intentions, solely to seek the pleasure of Allah SWT.(Ali, Eq, and Suhartini 2022). Intention in every worship has a very fundamental role, because the validity of worship in Islam depends on the sincerity of the intention. Worship that is carried out with a purpose other than seeking Allah's pleasure, such as expecting worldly success or certain achievements, is considered to reduce the spiritual value of the worship itself. As stated in various classical fiqh literature, intention is the essence of worship, and if the intention is mixed with worldly motivations, then the spiritual virtue that should be obtained through the worship can be reduced or even lost.

In the context of fasting, which is one of the highest acts of worship in Islam, the main goal is to draw closer to Allah through self-control, sacrifice and submission.(Gil et al. 2024). Therefore, fasting that is only done as a means to achieve worldly goals, such as graduation or the success of a child, can be considered to deviate from the true meaning of worship. Although prayers and hopes for the success of a child are natural in the lives of parents, making fasting a tool to achieve worldly goals like this has the potential to change the essence of fasting itself. Fasting, in essence, is worship that aims to increase spirituality and piety, not just a medium to achieve worldly results.

However, contemporary fiqh emerged as a response to social, cultural developments and the challenges of the modern era, including how to adapt worship practices to the realities of everyday life. Contemporary scholars try to provide a more flexible understanding, but still adhere to strong sharia principles. They try to understand how the intention to fast accompanied by prayers for the success of children can remain in accordance with the essence of fasting itself, without reducing the spiritual meaning contained therein.(Mujamil 2021). One of the questions that arises in contemporary Islamic jurisprudence is whether fasting done with the intention of supporting a child's success, such

as graduation, is considered a valid practice according to the Shari'a? Although worldly intentions, such as the hope for a child's success, can be mixed with the intention of worship, scholars emphasize that as long as the main intention remains to seek the pleasure of Allah, then the worship remains valid. (Syarbini and Jamhari 2012). Apart from that, this form of fasting can also be considered as part of a spiritual effort or *tawassul* (asking an intermediary) to Allah to ask for His help in all matters, including worldly matters such as children's education.

The contemporary fiqh approach also sees another dimension of fasting carried out by parents for their children, namely the aspect of spiritual education. By fasting, parents not only pray for their children's success, but also provide an important spiritual example in the lives of their children. (Hope 2023). This shows that worship is not only personal, but also has social and educational impacts in the family. Thus, this practice is not entirely separate from the larger goal of religious education, namely to form a generation that is religious, obedient, and has noble morals.

So therefore, in this article will be discussed further how the contemporary fiqh view on parents' fasting with the intention of the child's success, and how this practice can be done while maintaining sincerity of intention and submission to the sharia. This understanding is expected to help parents to carry out worship properly, while still providing sincere spiritual support for their children.

## 2. METHODS

This study uses a qualitative descriptive method with the type of Library Research to understand and examine Fasting for Children's Success from a Contemporary Islamic Jurisprudence Perspective. (Sugiyono 2020) This approach was chosen because it allows for in-depth exploration of this research. The data sources in this study are literature relevant to Fasting for Children's Success in Contemporary Islamic Jurisprudence Perspective, which include: Textbooks, Scientific journals, Conference articles, and Online and digital publications. Data collection in this study was carried out through Source Identification, Selection Criteria, Literature Search, and Data Collection and Organization. Meanwhile, data analysis was carried out using the content analysis method to identify the main concepts related to Fasting for Children's Success in Contemporary Islamic Jurisprudence Perspective. To ensure the validity and reliability of the study, several steps were used such as Source Triangulation, Peer Review, and Cross-Referencing. The library research method allows researchers to collect and analyze data from various sources systematically and in depth.

## 3. FINDINGS AND DISCUSSION

### A. Contemporary Jurisprudence Views

In the view of contemporary fiqh, fasting with the intention of asking for blessings and ease for the child's graduation can be considered a justified worship as long as the intention is sincere to get closer to Allah, not just to achieve worldly goals. As explained by scholars such as Sheikh Muhammad bin Shalih Al-Utsaimin, he stated that worship such as fasting must be done with pure intentions for worship, not solely for worldly purposes. (Anshori 2021). Contemporary scholars use the *maqashid sharia* approach, which emphasizes that every act of worship, including fasting, must lead to the achievement of the main goals of sharia such as preserving religion, soul, mind, descendants, and property.

قال رسول الله صَلَّى الله عليه وسلم "إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ ، وَإِنَّمَا لِكُلِّ امْرِئٍ مَا نَوَى ، فَمَنْ كَانَتْ هِجْرَتُهُ إِلَى دُنْيَا يُصِيبُهَا أَوْ إِلَى امْرَأَةٍ يَنْكِحُهَا فَهِجْرَتُهُ إِلَى مَا هَاجَرَ إِلَيْهِ" (رواه البخاري)

*Meaning: Rasulullah SAW said, "Indeed, every action depends on his intention. And indeed every person (will be rewarded) based on what he intended. Whoever migrates because (want to gain the pleasure of) Allah and His Messenger, then his migration is to (please) Allah and His Messenger. And whoever*

*emigrates because of the world he desires or because of the woman he wishes to marry, then his emigration (will be worth) what he desires. intend."* [HR. Bukhari].

In addition, moderate scholars also warn of the dangers of binding oneself with vows that focus on worldly matters, such as a child's graduation. Vows, according to contemporary views, should not be used as a means of exchange in worship, because it is feared that it will become a burden if the vow is not fulfilled.(Extract 2023). It is better to increase prayer, prayer, and real efforts to support children, rather than making vows that will only increase the burden of responsibility. Scholars such as Dr. Yusuf Al-Qaradawi and Sheikh Muhammad bin Shalih Al-Utsaimin emphasized the importance of maintaining the right intention in worship, namely solely to gain Allah's approval, without using it as a tool to achieve certain goals in the world.

This moderate approach shows that sunnah fasting for a child's graduation can be a good worship if done with the right intention. However, parents also need to understand that the final result, including the child's graduation, is Allah's provision that must be accepted with an open heart, after all efforts and prayers have been made.(Susanto 2021). Therefore, in contemporary fiqh, worship such as fasting is still emphasized on the aspect of sincerity of intention and submission to the will of Allah, and distancing oneself from the belief that this worship will be the absolute determinant of the desired results.(Anshori 2021).This approach not only maintains the sincerity of worship, but also emphasizes the importance of trust and acceptance of destiny after making maximum efforts.

Thus, in the context of fasting for a child's graduation, it is important for parents to realize that fasting should not be interpreted as a guarantee of success, but as a form of effort and prayer to Allah. The reward and blessings of fasting will be given by Allah according to the intention and sincerity of the doer. Therefore, the belief that Allah is the only giver of rewards and the determiner of the final result teaches us to remain trustful after making efforts, without relying on worship on worldly results alone.

## **B. How to Fast for Children's Success**

### **1) Sincere Intention**

Sincere intention is the main foundation in every worship, including fasting, to achieve the success of children. Sincere intention means presenting pure sincerity in the heart, free from worldly interests alone, and focused on seeking the pleasure of Allah SWT(Kanafi 2020). In this context, fasting is not only a routine of worship, but also a manifestation of parental love for children by asking for goodness and blessings from the Almighty. The sincerity of intention is not only reflected in words, but also in actions, where parents align fasting with deep prayers accompanied by the hope that their children will grow into pious/righteous individuals, have noble morals, are intelligent, and successful both in this world and in the hereafter.(Sustainable, High, and Islam 2021).

However, it is important to assess how far the sincerity of intention can survive amidst the temptation of showing off or personal expectations. Is fasting done solely for Allah or is there a hidden urge to gain social respect or recognition from children in the future? This is an important reflection so that worship remains pure and not contaminated by other interests.(Ramyan 2022). Sincere intentions also demand consistency in maintaining a vertical relationship with God and a horizontal relationship with children, because a child's success is not only determined by prayer, but also the parents' efforts in providing education, attention, and role models.

In this way, sincere intentions become more than just words or the beginning of worship, but become the main driver for instilling faith, patience and sincerity which has an impact on the spiritual relationship between parents and children. This sincerity also makes prayer and effort more meaningful, creating a balance between worldly endeavors and trust in Allah SWT as the source of all success.

## 2) Praying during fasting

Praying during fasting has a special position in Islam. Fasting is one of the most noble and unique forms of worship, because it is a form of obedience carried out by a servant personally and secretly, and is directly addressed to Allah SWT. In a state of fasting, a Muslim is in a state that is closer to Allah, because he leaves eating, drinking, and lust for the sake of obedience to Him. (Melani and Ali 2023). This makes the prayers offered during fasting have a greater potential to be answered by Allah.

Hadith contained in the book *Riyadhus Shalihin* by Imam an-Nawawi. The book contains a collection of authentic hadiths about morals and faith. It is stated that there are three groups whose prayers are efficacious, namely the prayers of those who are persecuted, the prayers of travelers, and the prayers of parents to their children. (Fadhli 2014). The following is the text of the hadith,

عن أبي هُرَيْرَةَ رضي الله عنه قال : قال : رسول الله صلى الله عليه وسلم : ثَلَاثُ دَعَوَاتٍ مُسْتَجَابَاتٌ لَا شَكَّ فِيهِنَّ : دَعْوَةُ الْمَظْلُومِ ، وَدَعْوَةُ الْمَسَافِرِ ، وَدَعْوَةُ الْوَالِدِ عَلَى وَلَدِهِ

*Meaning: From Abu Hurairah RA, he said, Rasulullah SAW said, "There are three kinds of prayers that are answered - that is, they will be answered by Allah Ta'ala - which there is no doubt will be answered, namely: the prayer of one who is oppressed, the prayer of one who is traveling and the prayer of a parent for his child.*

When fasting, we are advised to increase our prayers, especially before breaking the fast, as mentioned in the hadith:

إِنَّ لِلصَّائِمِ عِنْدَ فِطْرِهِ لَدَعْوَةً مَا تُرَدُّ

*"A fasting person has a prayer that is not rejected when breaking the fast."* (Narrated by Ibn Majah).

قال رسول الله صلى الله عليه وسلم "قَالَ اللَّهُ كُلُّ عَمَلٍ ابْنِ آدَمَ لَهُ إِلَّا الصِّيَامَ ، فَإِنَّهُ لِي ، وَأَنَا أُجْزِي بِهِ ... " (رواه البخاري)

*Rasulullah SAW said, "Allah says: 'Every deed of the son of Adam is for him, except fasting, then (fasting) is for me and I am the one who gives the reward (fasting) for it'". [HR. Bukhari]*

This hadith confirms that the reward for fasting is the prerogative of Allah, which shows that fasting is a special form of worship whose reward is guarded by Allah Himself. (El-Shafa 2018). This teaches that all forms of worship, including fasting which is done with the aim of asking for goodness such as a child's graduation, should be completely surrendered to Allah and not measured by worldly results alone.

## 3) Combining intentions

Sheikh Sa'ad bin Turki Al Khatslan answered this problem with several descriptions. (Rusydi and Zolehah 2018). *First*. Doing obedience Only wanting rewards from Allah. This is the most perfect form of worship and the greatest reward. *Second*. Performing worship is not to get closer to God, but only for worldly purposes. So this is as the word of Allah Ta'ala,

مَنْ كَانَ يُرِيدُ الْحَيَاةَ الدُّنْيَا وَزِينَتَهَا نُوَفِّ إِلَيْهِمْ أَعْمَالَهُمْ فِيهَا وَهُمْ فِيهَا لَا يُبْخَسُونَ (15) أُولَئِكَ الَّذِينَ لَيْسَ لَهُمْ فِي الْآخِرَةِ إِلَّا النَّارُ وَحِطَّ مَا صَنَعُوا فِيهَا وَبَاطِلٌ مَا كَانُوا يَعْمَلُونَ (16)

*"Whoever desires the world and its jewels, we will give him a perfect reward in this world, so that he will not be harmed." "Those are the people who will have no reward in the afterlife except hell." (QS. Hud: 15-16)*

*Third.* Combining intentions. That is, wanting to get closer to Allah Subhanahu wata'ala with this worship while also wanting to achieve worldly goals. The scholars term it "combining intentions" which is different from Riya'. Riya' is worshipping only for humans. He only wants to be seen and praised by humans. (Nasution 2018).

This third type of person wants to get closer to Allah, not to show off. But besides wanting to get closer to Allah, he also wants worldly goals. For example, someone who goes on the Hajj but also wants to trade. There is a special verse about this intention.

لَيْسَ عَلَيْكُمْ جُنَاحٌ أَنْ تَبْتَغُوا فَضْلًا مِنْ رَبِّكُمْ ۚ فَإِذَا أَقَضْتُمْ مِنْ عَرَفَاتٍ فَادْكُرُوا اللَّهَ عِنْدَ الْمَشْعَرِ الْحَرَامِ ۖ وَاذْكُرُوهُ كَمَا هَدَاكُمْ وَإِنْ كُنْتُمْ مِنْ قَبْلِهِ لَمَنِ الضَّالِّينَ

*It means : "There is no sin for you in seeking bounty (good fortune from business) from your Lord. So when you have departed from 'Arafat, remember Allah in Mash'arilharam. And dhikr (mentioning) Allah as He has shown you; and indeed you were truly among those who were astray."*

#### 4. CONCLUSION

The conclusion of this study emphasizes that fasting in Islam is not only a physical worship, but also includes spiritual, social, and educational aspects. Fasting plays an important role in increasing piety, social awareness, and togetherness, especially in the family. The tradition of parents fasting to pray for their children's success underlines the role of fasting in supporting spiritual education. However, the importance of maintaining a pure intention to fast to gain the pleasure of Allah SWT must be maintained. Contemporary Islamic jurisprudence offers an approach that allows parents to fast with sincere intentions, while increasing other worship such as prayer and alms whose rewards are intended for the success of the child. This ensures that the spiritual essence of fasting is maintained, while still providing spiritual support to the child.

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