

🌸👉🌸👉 The prophet said: "Fasting is a shield"(1)🌸👉🌸👉

💔👉💔👉 Shield means protecting man from bad morals, bad habits, hell fire,
being far from Allah, all evils he fears in this life and worries in the Day of Judgment.
This is the result of fasting

(1) Narrated by Al-Bukhary and Muslim