

Here Allah tells us of the blessings that He has bestowed upon His slaves by enjoining them to fast as He enjoined it upon previous nations, because it is one of the laws and commands that are in the best interests of people in all times.

This verse also offers encouragement to this Ummah, that they should compete with others in striving to do perfect deeds and hastening to acquire righteous qualities; this is not something too burdensome which they have been singled out to do.

Then Allah (ﷻ) tells us of the wisdom behind the prescription of fasting, as He says ﴿that you may become pious﴾. Fasting is one of the greatest means of developing piety, because it involves obeying the command of Allah and avoiding that which He has forbidden.

Part of the piety that fasting involves is that the fasting person refrains from that which Allah has forbidden to him of food, drink, intercourse and so on, to which he is naturally inclined, seeking thereby to draw closer to Allah, hoping for His reward by giving up these things. This is part of piety. Piety also includes the following:

- The fasting person trains himself to remember that Allah (ﷻ) is always watching, so he gives up things that he desires even though they may be available to him, because he knows that Allah is watching him.
- Fasting narrows the pathways of the Shayṭān, who flows through the son of Adam like blood. Fasting weakens the Shayṭān's influence and reduces sins.
- The fasting person usually does many acts of worship and obedience, which are characteristics of piety.
- By fasting, the rich man feels the pain of hunger, which makes him inclined to help the poor and destitute. This is also a characteristic of piety.

After stating that He has enjoined fasting upon them, Allah then tells them that it is for a specific number of days; that is, it is only for a few days, so it is very easy.