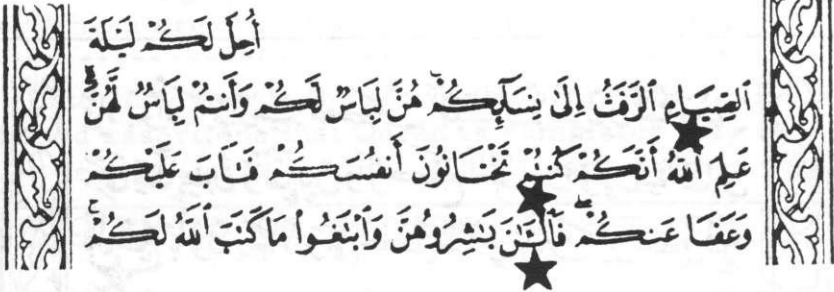


FASTING CAME TO US VIA ABRAHAM

( then modified in Quran )



"You are permitted to have sexual intercourse with your wives during the night of fasting; they are your confidantes, and you are their confidants. God knew that YOU USED TO BETRAY YOUR SOULS (by having intercourse during the night) IN THE PAST. He has redeemed you, and He has pardoned you. HENCEFORTH, you may have intercourse with them, seeking what God has permitted for you." (part of 2:187)

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This verse, therefore, clearly informs us that fasting was practiced before Muhammad according to the religion of Abraham (Islam).  
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When fasting was initially ordained through Abraham, sexual intercourse was prohibited throughout the fasting month of Ramadan, day and night.