

١٤٥. وَقَالَ (عَلَيْهِ السَّلَامُ): كَمَ مِنْ صَائِمٍ لَيْسَ لَهُ مِنْ صِيَامِهِ إِلَّا (الْجُوعُ وَالظَّمَأُ، وَكَمَ مِنْ قَائِمٍ لَيْسَ لَهُ مِنْ قِيَامِهِ إِلَّا السَّهَرُ وَالْعَنَاءُ، حَبِذَا نَوْمَ الْأَكْيَاسِ وَإِفْطَارَهُمْ.

145. Amīr al-mu'minīn, peace be upon him, said: There is many a person who fasts whose fast is nothing but just hunger and thirst, and many an offerer of prayers whose prayer is no better than wakefulness and hardship. The sleep as well as the eating and drinking of the intelligent (God-knowing) person is far better.