يَـٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُواْ كُتِبَ عَلَيۡكُمُ ٱلصِّيَامُ كَمَا كُتِبَ عَلَى ٱلَّذِينَ مِن قَبۡلِكُمۡ لَعَلَّكُمۡ تَتَّقُونَ

 (البَقَرَةِ: 183 )

O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous –

Quran (2:183)