

# FASTING IN RAMADAN

*A Brief Guideline*

**ePamphlet**



## **In the name of Allah, The Entirely Merciful, The Especially Merciful.**

- Fasting is a form of worship, prescribed by Allah ﷻ for the believers so that they attain piety.

(Al- Baqarah:183)

- The word 'صوم' is used for fasting in Arabic. Its literal meaning is to abstain from something.

- In Islamic 'Shari'ah', it means to abstain intentionally from food, drink and marital relations for the sake of Allah from dawn till sunset.

- Fasting is obligatory upon every adult, who is sane and able to fast.

### **Moon-sighting**

- The month of Ramadan begins after sighting the new moon on the 29<sup>th</sup> of Sha'ban or (if new moon is not sighted) after the completion of the 30<sup>th</sup> day of Sha'ban. (Bukhari)

#### **★ Supplication for sighting a new moon**

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلِلْهُ عَلَيْنَا بِالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ، وَالتَّوْفِيقِ لِمَا تُحِبُّ وَتَرْضَى،  
رَبَّنَا وَرَبُّكَ اللَّهُ

" Allah is the Most Great. O Allah, bring upon us the new moon with security and Faith, with peace and Islam, and in harmony with what our Lord loves and what pleases Him. Our Lord and your Lord is Allah". (Tirmidhi)

### **Intention**

- It is necessary to make the intention to fast before the break of dawn (*Fajr*). (Abu Dawud)

### **Pre-Dawn Meal**

- Pre-Dawn Meal (*Suhur*) is a sunnah of the Prophet Muhammad ﷺ and there are blessings in it. (Bukhari & Muslim)

- If the call for 'Fajr' prayer (*adhan*) starts while someone is eating 'Suhur', instead of leaving it, he/she should finish eating it. (Abu Dawud)

## Breaking the fast

- To hasten in breaking the fast is the sunnah of the Prophet ﷺ. The fast should be broken (*Iftaar*) as soon as the sun has set. (Bukhari & Muslim)

### ★ Supplication for breaking the fast:

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ

الْأَجْرُ إِنْ شَاءَ اللَّهُ

"The thirst is gone, the veins are moistened and the reward is confirmed, if Allah wills". (Abu Dawud)

- A person, who provides 'Iftaar' for a fasting person will earn the same reward as the person fasting. (Tirmidhi)

### ★ Supplication for the person who provides you with food and drink to break your fast:

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ

الْأَبْرَارُ وَصَلَّتْ عَلَيْكُمُ الْمَلَائِكَةُ

"May those who fast, break their fast with you, and those who are righteous eat your food and the angels recite their prayers upon you." (Abu Dawud)

## What is allowed during fasting?

- Use of 'Miswaak' while fasting is proven from the sunnah. (Bukhari)
- Applying antimony or kohl to the eyes while fasting does not invalidate the fast. (Bukhari)
- Due to extreme heat, a fasting person can take a shower, pour water over the head and rinse the mouth with water. (Abu Dawud)
- Nose bleeding, 'Istihaadha' (bleeding of a woman

in between her regular periods) and blood due to similar conditions does not invalidate the fast.

(Bukhari)

- Cupping is permitted while a person is fasting. (Bukhari)
- If a need arises, the fasting person can taste food by placing it at the tip of the tongue with utmost care so that it does not reach the throat. (Bukhari)
- Injection taken as cure is permissible in fasting condition. It can be injected in the vein or muscle.
- Eating or drinking unintentionally does not invalidate the fast. But, as soon as a person realizes that he is fasting then he must stop and should immediately spit out any food or drink inside the mouth. (Bukhari)
- There is no harm in swallowing one's own saliva while fasting. (Bukhari)
- Bleeding from teeth or gums does not affect the fast however, the blood should not be swallowed.
- A person fasting is allowed to smell or use scents.
- If discharge takes place due to an unintentional lustful thought or a wet dream, the fast is not invalidated. (Bukhari)

## **What is forbidden during fasting?**

- If medicine taken via the nose reaches the throat or the stomach, the fast is invalidated. (Bukhari)
- It is not permissible for a fasting person to sniff water too deep into the nose during ablution as it might reach the throat. (Tirmidhi)
- Menstruation and post-natal bleeding invalidates the fast, regardless of the time or part of day when such bleeding commences. (Bukhari)
- Intentional vomiting invalidates a fast and such fast must be made up by fasting another day, whereas, unintentional and involuntary vomiting does not invalidate the fast. (Abu Dawud)

- A person who intentionally eats or drinks something while fasting, should sincerely repent and make up for the fast.
- Backbiting, lying, abusing, fighting, and arguing are not permitted while fasting. (Bukhari)
- Obscene language or lewd behavior is not permitted while fasting. (Ibn e Khuzaima)
- If a husband forcefully has intercourse with his wife while she is fasting then this does not invalidate her fast and she does not have to make up for it. However, the husband has to make up for the fast as well as expiation (*Kafara*) for the sin committed by him. The expiation is to set free a slave, if it is not possible, then he has to fast for two consecutive months, if this too is not possible then he must feed sixty needy people. (Bukhari & Muslim)

## Old Person

- If a person cannot fast due to old age or an incurable disease, then he should feed one poor person (two meals) for every missed fast. (Dar e Qutni)

## Sick person

- If a sick person recovers from illness and dies without keeping the missed fasts, then his heirs should keep his missed fasts. (Bukhari & Muslim)

## Pregnant or Breast-feeding women

- If it is difficult for pregnant and breast-feeding women to fast they can make up for their missed fasts when it is easy for them and pay the compensation (*fidya*) for the time being. However, later on they must make up for the missed fasts. (Bukhari & Muslim)

## Traveler

- It is preferable not to fast while traveling. However, the traveler has the choice because the Prophet ﷺ sometimes used to fast and sometimes would not fast while traveling. If the journey is difficult and weather conditions are severe then it is better for the traveler to delay fasting.

(Bukhari & Muslim)

## Making up for missed fasts

- Missed obligatory fasts can be made up any time before the commencement of the next Ramadan.  
(Bukhari & Muslim)

## Quran Recitation

- It is a sunnah to recite and revise the Qur'an during the month of Ramadan. (Bukhari & Muslim)

## Charity

- Giving charity generously in the month of Ramadan is also the sunnah of the Prophet ﷺ.  
(Bukhari & Muslim)

## Taraweeh

- '*Taraweeh*' is a voluntary prayer, which is also known as '*Tahajjud*' or '*Qiyam al Layl*'. This prayer has eight '*rak'ats*', however, this is a voluntary prayer and the number of '*rak'ats*' may be increased or decreased. (Bukhari & Muslim)

## I'tikaf

- During Ramadan performing '*I'tikaf*' (sitting in seclusion in the Mosque) is a '*Sunnah Moukada Kafaya*' and its duration is the last ten days of Ramadan. (Bukhari & Muslim)
- Women should also perform '*I'tikaf*'. (Muslim)

## Night of Power

- During the last ten days of Ramadan, motivate the family members to devote maximum time for worship as it is the sunnah of Prophet ﷺ. (Bukhari & Muslim)
- '*Laylat al Qadr*' (Night of Power) is the crowning glory of Ramadan. The person who is unable to benefit from the blessings of this magnificent night is unfortunate. (Ibn e Majah)
- '*Laylat al Qadr*' should be sought in the odd nights

of the last ten days of the month of Ramadan. (Bukhari)

### ★ Supplication for 'Laylatul Qadr' :

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

"O Allah! You are The One Who pardons greatly, and love to pardon, so pardon me." (Tirmidhi)

## Sadaqat al Fitr

- '*Sadaqat al Fitr*' is compulsory on every individual. The obligation is not limited to those people upon whom the payment of '*Zakat*' is obligatory. It should be given before the Eid prayer. (Musnad Ahmad)
- The amount of '*Sadaqat al Fitr*' is one '*saa*' which is equivalent to the price of approximately 2.5 or 2.75 kilograms of grain. (Musnad Ahmad)

## Eid al Fitr

- Eid is an Arabic word meaning "festivity", while '*Fitr*' means "to break fast"; and so the holiday symbolizes the breaking of the fasting period. It is celebrated after the end of the Islamic month of Ramadan, on the first day of Shawwal.
- The '*Eid-al-Fitr*' is a very joyous day; it is a day of giving thanks for the believing men and women. On this day Muslims show their real joy for the health, strength and the opportunities of life, which Allah has given to them to fulfill their obligation of fasting and other good deeds during the blessed month of Ramadan.

## Sunnah of Eid

- Wake up early, prepare for personal cleanliness, brush your teeth, take a bath, dress up, putting on best clothes available, whether new or old, use perfume, take dates or some sweet before leaving for the prayer ground, offer '*Salaat-al-Eid*' in congregation in an open place, it is better to use two separate routes to and from the prayer ground.

★ Recite the following '*Takbir*' on the way to

**'Salaat' and until the beginning of  
'Salaat-al-Eid':**

Allaho-Akbar, Allaho-Akbar,  
La ila-ha ill-lal-Allah,  
Allaho-Akbar, Allaho-Akbar,  
Wa-lilahill hamd.

"Allah is great, Allah is great, there is no god except Allah,  
Allah is great, Allah is great, and all praises are for Allah"  
(Tirmidhi)

**Fasts of Shawwal**

- It is recommended that a person keep six fasts in the month of Shawwal (the month after Ramadan).  
(Muslim)

For more information listen to:

**'Ramadan Mubarak'**

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