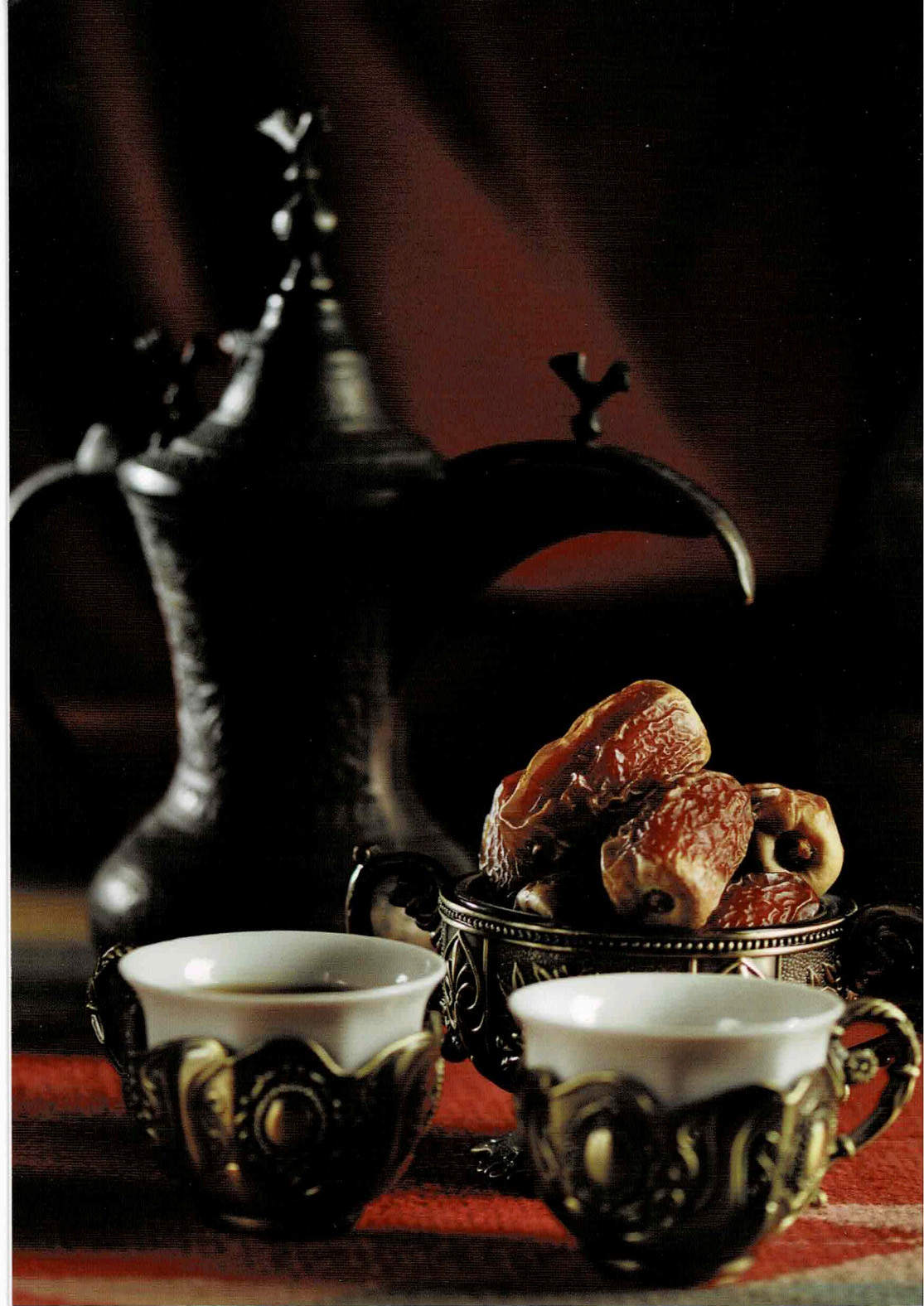


English



نبذ في الصيام

# *Synopsis About Fasting*





All praise be to Allah the Lord of the worlds. May the blessings and peace of Allah be upon His final Prophet, Muhammad, his family, his companions and all those who follow him until the Day of Judgment.

This is a brief note about fasting and its benefits. It will look at its rules, those who are expected to fast and what nullifies the fast.

## Fasting

It is a type of worship performed solely for the sake of Allah, the Almighty. It requires one to abstain from the carnal needs of food, drink and sexual relations, from dawn until sunset.

## Fasting in the month of Ramadan

It is one of the five pillars of Islam proven in the sound Hadith of the Prophet (blessings and peace of Allah be upon him) in which he said:

*"Islam has been built on five pillars: testifying that there is no god but Allah and that Muhammad is the messenger of Allah, performing the prayers, paying the Zakah, making the pilgrimage to the House and fasting the month of Ramadan."*

[Al-Bukhari and Muslim]

## Men & Fasting

- Fasting is an obligatory act for all resident Muslims who are pubescent, sane and able to do so.
- The disbeliever is not expected to do Fast and there is no obligation upon any one who reverts to Islam to make up what he missed before Islam.
- A child is not obliged to fast but is to be ordered to practice it, little by little.
- The insane person is not obliged to fast nor compensate by feeding the needy.
- A man of permanent disability – due to old age being ill with a chronic disease – is not required to fast but must feed a needy person for each day he didn't fast.
- The one who was unable to continue fasting because he became ill during the day can break his fast but must make it up after he recovers from his illness.
- A pregnant woman or one who breastfeeds a baby can, if she fears that by fasting she will endanger her fetus or baby, break her fast and make up the missed day(s) when the fear has gone.



- In order to rescue a life, e.g. save someone from drowning or a fire, one can break the fast and make it up later.
- Menstruating woman or one experiencing bleeding after childbirth must not fast. She makes up the day(s) missed after the bleeding has stopped.
- A traveler is not expected to fast whilst travelling.

He has the option to either continue with the fast or break it until he returns home. If he breaks it, he must make it up later.

## Things Which do not Nullify Fasting

Fasting will not be nullified if a person forgetfully or unknowingly drinks or takes food. Allah the Almighty said in the Holy Qur'an:

*"Our Lord! Punish us not if we forget or fall into error."*

[Qur'an 2:286]

*"Whoever disbelieved in Allah after his belief, except him who is forced thereto and whose heart is at rest with Faith."*

[Qur'an 16:106]

*"And there is no sin on you concerning that in which you made a mistake, except in regard to what your hearts deliberately intend."*

[Qur'an 33:5]

If a fasting person forgetfully eats or drinks something his fasting will not be invalidated and if he knowingly eats and drinks, while considering that the sun has set, thinking that the dawn is not yet reached, his fasting will not be invalidated on account of his ignorance.

And if, when one washes his mouth, water enters to one's throat without the intention of drinking, his/her fasting will not be spoiled. And if one has experienced a wet dream his/her fasting is still valid because he did not intend it.

## Fasting becomes null and void in any of the following eight cases

- If a person has sexual intercourse during the day time of Ramadan, he has to make up his fast and make atonement. Such atonement (or kaffarah) is to free a slave, and if he cannot, to fast two consecutive months, and if he cannot, to feed sixty needy people.
- Deliberately ejaculating sperm with desire. This could be due to masturbation, kissing one's wife, sensual hugging or something like that.
- Eating and drinking whether it is useful or harmful. This includes smoking.
- Taking nutritional injections in place of food and drink. If the injection taken in the limbs is for a medical purpose, whether it is tasted or not, and of no nutritional value, the fast is still valid.
- Blood transfusion due to bleeding and replacing the lost blood.
- The flow of menses or post childbirth blood.

- Deliberate removal of blood by cupping (Hijama). If the bleeding appears on its own, e.g. nose bleed or tooth removal the fasting will not be nullified.
- Deliberate vomiting, but if it happens on its own, the fasting is still valid.

## Permitted Conditions in Fasting:

- It is permitted to sleep (and therefore begin fasting) while in the state of janaba (impurity after ejaculation of sperm or sexual intercourse) and take a shower after dawn.
- A woman whose bleeding from menstruation or post childbirth finishes before dawn is obliged to fast even if she doesn't take a bath (ghusl) until after dawn.
- Removing molar teeth or applying ointment to injured body parts; using drops for eyes or ears, even if some taste is felt in the throat, will not nullify fasting.
- It is permitted to use the siwak (toothstick cut from Arak tree) in the first and last hours of the day.
- It is permitted to cool oneself with water and use the air-conditioner to alleviate the effects of hot weather.
- It is permitted to use spray to mitigate breathing problems.
- It is permitted to wet the lips and rinse the mouth without gargling.
- It is from the Sunnah (practice of Prophet Muhammad) to delay the *Sahoor* (pre-dawn meal) until just before dawn and break the fast as soon as the sun has set with fresh dates, dry dates or water. If none of these options are available, one may eat from any permitted food, and if this is not to hand one should make the intention that he breaks his fast.
- It is from the Sunnah that the fasting person performs more good deeds,

practices the orders and abstains from the acts forbidden by Allah and His Messenger (blessings and peace of Allah be upon him).

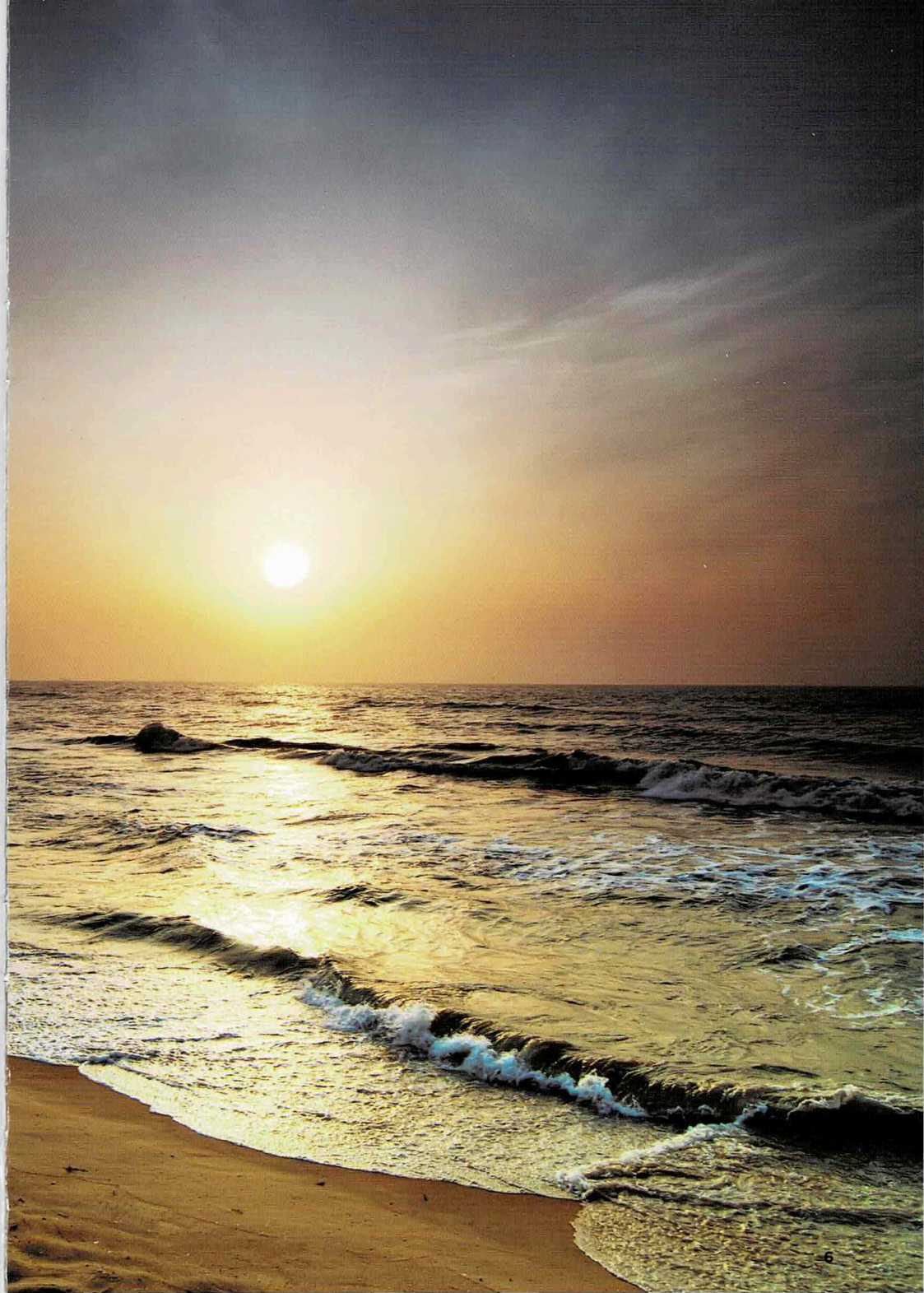
- A fasting person is obliged to continue the performance of necessary actions for fasting and keep away from the forbidden actions. He should perform the five prayers on time and in congregation and abstain from, among other things, telling lies, cheating and dealing with interest transactions.

The Prophet Muhammad (blessings and peace of Allah be upon him) said:

*"He who does not abandon perjury or refrain from practicing false testimony, Allah is not in need of his abstinence from food and water."*

All praise be to Allah the Lord of the worlds. May the blessings and peace of Allah be upon the Prophet Muhammad, his family and all his companions.







مركز الشيخ عبدالله بن زيد آل محمود  
الثقافي الإسلامي

