

# Fasting

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى  
الَّذِينَ مِن قَبْلِكُم  
لَعَلَّكُمْ تَتَّقُونَ

# Definition Of Sawm (صوم)

## ➤ Literal Meaning of Sawm:

Sawm means "To abstain" / "To keep off"

## ➤ In The terminology of Islamic Law:

"To Abstain from eating, drinking & marital "relationship" with the intention of worship, from true dawn till Sunset."

## The significance and purpose:

Allah (SWT) Says in Surah Al-Baqarah (V:183)

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ  
لَعَلَّكُمْ تَتَّقُونَ

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

# Rewards

مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ رَوَاهُ الْبُخَارِيُّ

"He who observes fasting during the month of Ramadan with Faith while seeking its reward from Allah, will have his past sins forgiven.«

قال رسول الله صلى الله عليه وسلم : "قال الله عز وجل: كل عمل ابن آدم له إلا الصيام، فإنه لي وأنا أجزي به. والصيام جنة فإذا كان يوم صوم أحدكم فلا يرفث ولا يصخب، فإن سابّه أحد أو قاتله، فليقل: إني صائم. والذي نفس محمد بيده لخلوف فم الصائم أطيب عند الله من ريح المسك. "للصائم فرحتان يفرحهما: إذا أفطر فرح بفطره، وإذا لقي ربه فرح بصومه»

'Every act of the son of Adam is for him, except As-Siyam (the fasting) which is (exclusively) for Me, and I will reward him for it.' Fasting is a shield. When anyone of you is observing fast, he should neither indulge in obscene language nor should he raise his voice; and if anyone reviles him or tries to quarrel with him, he should say: 'I am fasting.' By Him in Whose Hand the soul of Muhammad is, the breath of one observing Saum is sweeter to Allah than the fragrance of musk. The one who fasts, experiences two joys: he feels pleasure when he breaks the fast. He is joyful by virtue of his fast when he meets his Rubb."

## Some salient feature of fasting:

- Fasting of Ramadhan is Obligatory on every man & woman:  
Muslim – Adult – Sane
- Ramadhan is a Lunar month.
- It's beginning & ending depends upon the visibility of the moon.
- Evidence of one person is sufficient who is reliable as a religious man for starting Ramzan.
- In case of cloudy weather, it is necessary to have an evidence of many Muslims for **Eid**.

## Some salient feature of fasting:

- If 'Moon is not observed on the 29<sup>th</sup> it is necessary to complete 30 days fasting.
- Disbeliever of fasting is considered Non-Muslim.
- Who doesn't observe fasting without any excuse is committing a big sin (گناه کبیره).
- There are several people who do not get anything from fasting except thirst and hunger (Hadith).
- Almighty ALLAH says (in Hadith e Qudsi): "It is exclusively for Me & I shall Myself give its reward".

# Types

• Obligatory (فرض)	Fasting of Ramadhan.
• Wajib (واجب)	Fasting of Nazar.(obligation by yourself)
• Makrooh / Haram (مكروه ، حرام)	Fasting of Eid-ul-Fitr and Eid-ul- Azha.( four days)
• Sunnat / Mustahab	Fasting of 13th, 14th, 15th of every lunar month.ايام بيض. <ul style="list-style-type: none"><li>• Fasting of Monday and Thursday.</li><li>• Fasting of 9th &amp; 10th of Moharram.</li><li>• Fasting of 1st to 9th Zul-Haj.</li><li>• Fasting of 6 days of Shawwal.</li></ul>



## Inability to fast due to illness or journey

- If anyone is sick (in certain condition)
- If anyone is on journey. (48 miles / 76.8 Km), he can perform it after returning to his home.

Allah (SWT) says in Surah Al-Baqarah:

وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ  
وَلَا يُرِيدُ بِكُمُ الْعُسْرَ

But whoever is sick, or on a journey, then a number of other days. God desires ease for you, and does not desire hardship for you,



## Things break your Fast

- 1) Intercourse
- 2) Masturbation
- 3) Eating and drinking (by mouth, nose )
- 4) Ears drops.(in some cases/difference of opinion)
- 5) Anything that is regarded as coming under the same heading as eating and drinking
- 6) Intentionally swallowing vomit
- 7) Menstruation and Nifas
- 8) Nebulizing
- 9) Smoking

## Things don't break your Fast

- 1) Eye drops.
- 2) Injections & drips.
- 3) blood test
- 4) Oxygen ( in some cases, while not getting liquid in throat)
- 5) Insulin
- 6) Eating or drinking due to forgetting your fast( difference between forget and mistake)
- 7) Anything that may enter the body via absorption through the skin, such as creams etc.

**Note:** Opinion of medical doctor regarding breaking/leaving the fast

## Atonement (کفارہ) of fasting(in detail):

- One who breaks fasting after keeping it without any valid reason is required offer 1 Fasting as a Qaza and Atonement as following :
  1. To free a slave.( if not available/possible)
  2. To keep fasting for sixty days continuously.(if not possible)
  3. To feed sixty needy people two times.(in quantity of sadqa e fitr i.e. 1.75kg wheat)
- If a person ate or drank but he do not remember his fast, the fast is not spoiled.
- But if a person took some eatable by mistake and he remembered the fast, the fast is spoiled but he is not required the Atonement.



# Preparation through fasting

1. Piety
2. Sincerity & devotion to Allah Almighty
3. Spiritual evolution
4. Self control and patience
5. Sympathy to human beings
6. Stay away from sins whether it is the month of Ramadan or non-Ramadan
7. Controlling one's desires

## Sadqa-e-fitr: صدقة الفطر

- Wheat (گہوں) 1.75kg (Approx 2kg).
- Barley (جَو), Dates (کھجور) and Raisin (کشمش) will be given double.
- Giving the cost of above things is better.
- It is compulsory to give Sadqa e fitr before 'Eid' Namaz.
- Sadaq e Fitr of one man can be distributed to more than one and vise versa.
- Everybody will have to pay for his own behalf and on behalf of all his dependents, including the newborn baby who born before Eid Namaz.
- The MASARIF of zakat are also the MASARIF of sadq e Fitr.



جزاكم الله خيرا أحسن الجزاء