

# Fasting

صوم

# Definition Of Sawm (صوم)

## ► Literally Meanig of Sawm:

Sawm means “To Abstain” / “To Keep off”

## ► In The Terminology of Islamic Law:

“To Abstain from eating, drinking & sexual-intercourse with the performance of worship, from Subah Sadiq to Sunset.”

# THE IMPORTANCE OF FASTING:

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”**

# THE IMPORTANCE OF FASTING

Allah (SWT) Says in Surah Al-Baqarah (V: 185)

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ  
فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ.

The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [ the new moon of ] the month, let him fast it;

## TYPES OF FASTING:

### **Obligatory (فرض)**

- Fasting of Ramadhan.

### **Wajib (واجب)**

- Qadha of Ramadhan. Fasting of Nazar.

### **Makrooh / Haram (مكروه ، حرام)**

- Fasting of Eid-ul-Fitr and Eid-ul- Azha.

### **Sunnat / Nafil**

### **(سنت ، نفل)**

- Fasting of 13th, 14th, 15th of every Islamic month.
- Fasting of Monday and Thursday.
- Fasting of 9th and 10th of Moharram.
- Fasting of 1st to 9th Zul-Haj.

## 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 on the rising of the moon.

➤ Evidence of one person is sufficient who is reliable as a religious man.

➤ In case of cloudy weather it is necessary to have an evidence of a large number of Muslims.

## SALIENT FEATURE OF FASTING:

- If 'Eid 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.
- Almighty ALLAH says (in Hadith e Qudsi): "It is exclusively for Me & I shall Myself give its reward".

## WHO ALLOWED NOT TO OBSERVE FASTING

- If anyone is sick, but he will perform it after curing
- If anyone is on journey. (48 miles / 76.8 Km), he will 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,



## WHO ALLOWED NOT TO OBSERVE FASTING

- If anybody is not in a position to fast owing to his weakness, poor health or fallen age.
- He will have to pay Ransom (فدية) .i.e. equal to Sadqa-e-Fitr 1.75kg wheat.

Allah (SWT) says in Surah Al-Baqarah:

أَيَّامًا مَّعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ فَمَنْ تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَّهُ وَأَن تَصُومُوا خَيْرٌ لَّكُمْ إِن كُنتُمْ تَعْلَمُونَ

For a specified number of days. But whoever among you is sick, or on a journey, then a number of other days. For those who are able: a ransom of feeding a needy person. But whoever volunteers goodness, it is better for him. But to fast is best for you, if you only knew.

## ATONEMENT (كفاره) OF FASTING:

- One who breaks fasting after keeping it without any valid reason is required to:
  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)
  
- **Fasting is not spoiled by eating, drinking by mistake.**

# Benefits Of Ramadhan & Fasting:

1. **Piety.**
2. **Sincerity & devotion to allah (swt).**
3. **Spiritual evolution.**
4. **Self control.**
5. **Sympathy to human beings.**

## Sadqa-e-fitr: صدقة الفطر

- Wheat (گیہوں) 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 vice versa.
- Everybody will have to pay for his own behalf and on behalf of all his dependents, including the new born baby who born before Eid Namaz.
- The MASARIF of zakat are also the MASARIF of sadq e Fitr.