

Fasting (صوم)

LITERALLY MEANIG OF FASTING:

“To keep off”

AS A RELIGIOUS TERM IT MEANS:

To keep off from eating, drinking & cohabiting, with the performance of worship, from Subah Sadiq to Sunset.

THE IMPORTEENCE OF FASTING:

Allah (SWT) Says in Surah Al-Baqarah Verse 183 & 185:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ١٨٣

O you who believe! Observing *As-Saum* (the fasting) is prescribed for you as it was prescribed for those before you, that you may become *Al-Muttaqun* (the pious).

Allah (SWT) says in another place in surah Baqarah:

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

The month of Ramadan in which was revealed the Qur'an, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadan i.e. is present at his home), he must observe *Saum* (fasts) that month

TYPES OF FASTING:

1. **FARZ:** i.e. Fasting of Ramadhan.
2. **WAJIB:** i.e. Qadha of Ramadhan. Fasting of Nazar.
3. **SUNNAT / NAFIL:** i.e. Fasting of 13th, 14th, & 15th of every Islamic month.
Fasting of Monday & Thursday.
Fasting of 9th & 10th of Moharram. Fasting of 1st To 9th Zul-Hajj.
4. **MAKROOH / HARAAM:** i.e. Fasting of Eid-ul-Fitr & Eid-ul-Azha.

SALIENT FEATURE OF FASTING:

- Fasting of Ramadhan is Obligatory on every man & woman:
 - 1) Muslim
 - 2) Adult
 - 3) Sane
 - 4) Free
- 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.
- If 'Eid is not observed on the 29th it is necessary to complete 30 days fasting.
- Disbeliever of fasting is Kafir.
- Who doesn't observe fasting without any excuse is committing a sin.

PERSON WHO ALLOWED NOT TO OBSERVE FASTING:

There are two reasons:

- If anyone is sick.
- If anyone is on journey. (48 miles / 76.8 Km)

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,

- If anybody is not in a position to fast owing to his weakness, poor health or fallen age:
- He will have to pay Ransom (Fidya) 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 لَهُ وَأَنْ تَصُومُوا خَيْرٌ لَّكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ ١٨٤

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 OF FASTING:

- One who breaks fasting after keeping it without any valid reason is required to:
 1. To free a slave.(if not available)
 2. To keep fasting for sixty days continuously.(if not possible)
 3. To feed sixty needy people two times.

- Fasting is not spoiled by eating, drinking anything by mistake.

THE PURPOSE OF FASTING:

- Allah (SWT) fixed one month in a year when training is given through fasting for the of self by keeping off from eating, drinking & cohabiting temporarily.
- That man should make himself habituate to keep off from all the injunctions of Almighty Allah (SWT).
- 20 Rakaats Taraveeh.
- Aytikaaf (Fulltime worship)

Allah (SWT) says:

- “It is exclusively for Me & I shall Myself give its reward”

Rasoolullah (SAW) says:

- “There are several people who do not earn anything from fasting except thirst and hunger”.
- Ramadhan is a month of sympathy (شهر المواساة)

1. **PIETY & PURITY.**
2. **CHARACTER BUILDING.**
3. **SINCERITY & DEVOTION TO ALLAH (SWT).**
4. **SELF CONTROL.**
5. **SYMPATHY TO HUMAN BEINGS.**

SADQA-E-FITR:

- Wheat 2kg.
- It is compulsory to give away Sadqa e fitr before 'Eid' Namaz.
- Everybody will have to pay for his own behalf and on behalf of all his dependents, including the new born baby.