



TAYYIBUN INSTITUTE

## COURSE GUIDEBOOK

**Course:**

NATURE OF FASTING

**Faculty:**

Faculty of Tarbiyyah

**[www.tayyibun.com](http://www.tayyibun.com)**

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PO BOX 57328, London, E1 2WL, United Kingdom

## 2. Background Information

### ABOUT THIS COURSE

From the Mercy of Allah upon His servants, is that He provides them with countless opportunities for them to come near to Him, repent for their ever continuing mistakes, rejuvenate their spirituality, gain immense reward and protect themselves from His Wrath and Punishment. Fasting in general, and particularly in Ramadhan, provides the believers precisely all of these wonderful opportunities.

However, many do not seize these glorious moments due to our neglect of understanding the very nature of fasting. This course looks at the work of Shaykh Ul Islam Ibn Taymiyyah on the subject, with the aim of helping the student to better understand the fine points about fasting, while also incorporating the nature of the things that break the fast, the rules by which one can know the difference between what breaks the fast and what does not, and other significant matters.

## 3. Course Details

### COURSE OVERVIEW

In this course you will learn the following:

- The importance of fasting and its essence
- The spiritual nature of fasting and its various benefits for the individual
- Fasting and self-development
- The Nature of things that break the fast
- The nature of the things that do not break the fast Questions and Answers
- Fasting the Cloudy day and the Day of Doubt
- Fasting and Shortening the Prayer for the Traveller
- Fasting for the Traveller: Better or Worse
- Must One Intend to Fast the Night Before
- Is the Intention Necessary Every Day
- How soon is the Fast to be Broken
- Eating After the Earlier Adhan
- If Fasting Causes Fainting and Madness
- The Case of A Pregnant Woman

## 4. Assessment

The final examination for what you will have learnt throughout this course, takes place on week 11, this consists of a 60 Minute written paper. The pass mark for this course is 50%.

## 5. Course Duration

This course is taught over a 3 month period, each week’s lesson consists of 2 hours class time.

## 6. Course Materials

A course pack containing the book “Nature of Fasting” will be provided. You should also bring a notepad and pen to take notes

## 7. Homework

For 2 hours of class work you will need to do at least 1 hour of homework, rewriting notes and revision each week.

## 8. Certificates

You will receive an in-house certificate recognizing your achievement in this course.

## 9. Course Fees

Students/Unemployed: £70  
Employed: £80  
That’s only £3.18/£3.64 per hour!

## 10. Progression

After studying this course you should consider studying the following:

- Fiqh of Fasting and Hajj
- Nature of Prayer
- Fiqh of Prayer
- Family, Divorce and Marriage

## 11. Additional Reading

- Fiqh us Sunnah, by Syed Sabiq
- The Concise presentation on Fiqh, by Shaykh al Badawi
- Umadatul Fiqh – Chapter of Fasting
- Mukhtasar al Quduri – Chapter of Fasting

## 12. Registration

You can register online now securely via PayPal or if you prefer you may visit us at our office during our registration dates (see registration timetable) where registration staff will be awaiting to welcome, assess, advise and help you register.

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