



FASTING (SAUM)

Rules & Conditions of Fasting

- Allah has made man a combination of body and soul, of animalist and spiritual instincts.
- The success and salvation of man depends upon the subordination of the animal part of his nature to the heavenly part and keeping of his sensual instincts and desires within proper limits.
- The main aim of fasting is to make the carnal urges and inclinations subservient to Allah's commandments and spiritual ideals.

Previous Nations

- Fasting was also prescribed in all the earlier religions as well:
- *"O you who believe! Fasting is prescribed for you, just as it was prescribed for those before you."* (2:183)

Virtues of Ramadhan

- "Jannat has eight doors. The name of one of them is Raihan and only the fasting person will enter Jannat through it."
- "Fasting is a shield by which the believer protects himself from Jahannam."
- "in the first night the Satan and the rebellious Jinn are chained, the doors of Jahannam are closed and the doors of Jannat are open until the end of Ramadhan. A caller from Allah proclaims "O seekers of good, go forth and O seekers of evil, stop! Allah frees many from hell and this happens nightly."
- Whoever fasts one day for the sake of Allah, Allah will remove him a distance of 70 years from the Hell fire.
- Fasting will intercede on behalf of the fasting person on the Day of Judgement.

To attain Taqwa

- Taqwa is an Arabic word. It is the state of the heart that motivates virtuous conduct and prevents evil actions.
- Taqwa is the ability to safe-guard.
 - One has to abstain from food and drink in order to feel in one's body what the poor and hungry feel. Thus, social responsibility is being hammered into religious consciousness as a religious order.
 - Self discipline is an aspect of individual morality strongly accentuated in all Islamic teachings (as for instance in the total prohibition of all intoxicants which Islam regards as too easy an avenue of escape from consciousness and responsibility)

□ **The meaning of Saum**

- Saum means to make Niyyah, to **abstain** from **eating, drinking** and **sexual relationships** from Subha Saadiq (dawn) up to sunset (for the pleasure of Allah)

Different Type of Fasts

- *There are 8 types of fast:*
- 1. **Fardh Muayin.** The fasting in the month of Ramadhan.
- 2. **Fardh Ghair Muayin.** Keeping the missed fast of Ramadhan.

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- 3. **Waajib Muayin.** To make a specific vow (i.e. to fix the day and date) e.g. if my mother recovers from sickness, I will fast from the 2nd of Shabaan for 3 days.

□ 4. **Waajib Ghair Muayin.**

- a. To make a non specific vow without fixing the day or month. e.g. if my mother arrives safely I will fast for 4 days.
- b. The keeping of Kaffarah fast.
- c. The keeping of Nafil Qadha fast which was broken.

□ 5. **Masnoon.**

- a. The day of Arafah, i.e. 9th Zil Hijjah
- b. The day of Aashura, i.e. 9th and 10th or the 10th and 11th of Muharram.
- c. Days of Beedh (i.e. 3 days of every Islamic month being the 13th, 14th and the 15th)
- 6. **Mustahab**
- a. Six days in the month of Shawaal
- b. Mondays and Thursdays.
- c. the first 8 days of Zil Hijjah.

□ 7. **Makrooh Tahrimi.**

- a. Fasting on the day of Eidul Fitr and Eidul Adha.
- b. Fasting on the days of Tashreeq i.e. 11, 12 and 13th of Zil Hijjah.

□ 8. **Makrooh Tanzihi**

- a. to fast only on the 10th of Muharram.
- b. Saum Wisaal: Not to make Iftaari and to continue fasting at night after the days of fast.
- c. Saum Dahar: to fast day after day without a break in between.

□ **The conditions for the Ramadhan fast to be Fardh.**

- 1. To be a Muslim
- 2. To be matured i.e. baaligh
- 3. To know that it is the month of Ramadhan

□ **People who are exempt from fasting**

- 1. Traveller
- 2. Pregnancy and breastfeeding
- 3. Illness and weakness
- 4. Fear
- 5. Jihad
- 6. Hunger or thirst
- 7. Insane
- 8. Haiz or Nifaas.

□ **Ruling**

- The ruling in all of the above cases is qadha will be kept **after** Ramadhan, when the circumstances for not keeping fast are **no longer present**.

Niyaah (intention) for Saum

- 1. Intention is made in the heart.
- 2. to verbally utter the intention is not obligatory, but it is Mustahab to do so.
- 3. Each fast in Ramadhan requires an intention and one intention for the whole month will be incorrect. Getting up for Sehri will imply that one intends to fast.

Times for Niyyah

- 1. Waajib Muayin (specific vows) fasts and Mustahab fasts – the intention could be made before Subha Saadiq up to before half the day has lapsed.
- 2. Niyyah for Ramadhan Qadha, non specific vows, fasting for Kaffarah, qadha of Nafil fasts, the intention should be made before Subha Saadiq. Niyyah after Subha Saadiq will not be valid.

Sehri / Suhur

□ **Virtues of Sehri.**

- "Make Suhur because there is barakah in the making of Suhur."

"Verily Allah and his Malaikah send mercy upon those who eat Sehri."

The status of Sehri:

It is Sunnah.

The benefits of Sehri:

The meal provides strength for the day and it also gives us the opportunity to make Dua and perform Tahajjud Salaah.

Sunan of fast

- 1. It is Sunnah to avoid all sinful acts in Saum e.g. lying, backbiting, slander.
- 2. To increase Ibadat in Ramadhan.
- 3. To stay awake during the nights of Ramadhan for Ibadat.
- 4. To sit for I'tikaaf during the last ten days and nights of Ramadhan.
- 5. To eat Sehri.

Mustahab acts in Saum

- 1. To hasten in making Iftaari after sunset.
- 2. To delay in eating Sehri until just a little before Subha Saadiq.
- 3. To break the fast with dates or water.

Actions that do not invalidate the fast

- ❑ 1. To eat, drink or cohabit forgetfully.
- ❑ 2. To apply oil on the hair or body.
- ❑ 3. To put surma in the eyes or to use eye drops.
- ❑ 4. To be in the state of janaabat while fasting.
- ❑ 5. To swim and water enters the ears.
- ❑ 6. To vomit unintentionally.
- ❑ 7. To swallow saliva.

- ❑ 8. To take an injection for medical purposes, provided it is not a strength stimulating injection e.g. vitamins. (most jurists are of the opinion that if the medication is not swallowed but enters into the bloodstream, and it is not a source of nutrition, it does not invalidate the fast. On the other hand the use of inhalers for asthma will annul the fast because the "inhaled" medication enters the oesophagus).
- ❑ 9. Having a wet dream.

Makrooh acts in fasting

- ❑ 1. To collect saliva in the mouth and then swallowing it trying to quench ones thirst.
- ❑ 2. To complain of thirst and hunger.
- ❑ 3. To unnecessarily gargle the mouth.
- ❑ 4. To unnecessarily taste the food when cooking. If a woman has a very ill tempered husband who gets angry if the food does not have the correct taste, then it is permitted for her to taste without swallowing it.

Qadha Saum

- ❑ " *Whoever eats during one day of Ramadhan, without a valid excuse (shariah) shall never be able to recoup that day even by fasting for the rest of his life*".
- ❑ Qadha Saum means to keep a fast in place of one that was missed or broken.

Actions that break the fast for which Qadha becomes Waajib

- ❑ 1. Anything that enters into the stomach will break the fast.
- ❑ 2. Water going down the throat while gargling. Drops of water entering the mouth and swallowing it e.g. rain water, tears etc.
- ❑ 3. To swallow some food lodged between the teeth without removing it from the mouth. The size of the food should be that of a chick pea or bigger or to swallow something edible.
- ❑ 4. Returning vomit down the throat.
- ❑ 5. Vomiting a mouthful intentionally.
- ❑ 6. To break the fast before sunset or to eat Sehri after Subha Saadiq.

Some rules for the Qadha fast.

- ❑ 1. One should not delay in keeping the Qadha fast.
- ❑ 2. Keeping Qadha fast consecutively is not a condition.
- ❑ 3. If one breaks a Sunnah or Mustahab fast, only Qadha is Waajib not Kaffarah.

Kaffarah (a penalty for intentionally breaking a Ramadhan fast)

- The Kaffarah is as follows:
- 1. To free a slave.
- 2. To fast for 60 days continuously without a break (if one fast is missed between the count of 60 then one has to begin again).
- 3. To feed two meals to 60 persons or
- 4. To feed one person two meals daily for sixty days or

- 5. To give the equivalent of two meals in cash. One meal is equal to one Sadaqatul Fitr which is 1.66kg of wheat or wheat flour or 3.266kg of barley.
- E.g. If 1.66kg of wheat or wheat flour costs £1.00 then one may give £2.00 per day.
- If 3.366kg of barley costs £2.50 then one may give £5.00 per day.
- Kaffarah is a penalty therefore it is necessary to act in the above sequence.

Actions that break the fast and makes Qadha and Kaffarah compulsory

- If any sane, mature person after intending to fast does the following intentionally:
- 1. Eating food.
- 2. Drinking water, juice etc.
- 3. Cohabitation.
- If any of the above actions are done then one has to keep 60 fasts for Kaffarah and one fast for Qadha.

Iftaar (Breaking the Fast)

- Prophet Muhammad (sallallahu alaihi Wasalaam) is reported to have said: "if anyone of you is fasting, let him break his fast with dates. In case he does not have them, then with water. Verily water is a purifier."
- Prophet (sallallahu alaihi Wasalaam) used to break his fast by eating some dates before offering Maghrib prayer, and if ripe dates were not available, he used to substitute them with some dried grapes. When they too were not available, he used to have a few sips of water, according to some reports.
- Dates and date palms have been mentioned in the Holy Quran 20 times, thus showing their importance. The Prophet likened a good Muslim to the date palm, saying, "Among trees, there is a tree like a Muslim. Its leaves do not fall."

Sadaqatul Fitr

- Sadaqatul Fitr is that charity that is given on the day of Eidul Fitr, so that the needy and destitute Muslims may also rejoice on this day by being able to purchase necessary items to prepare meals for the day.
- Sayyidina Ibn Abbas (r.a.) narrates that Rasoolullah (sallallahu alaihi wa sallam) made charity of Fitr compulsory as a purification of fasts from useless talks and vile discourses and also as food for the poor.

On whom is Sadaqatul Fitr Waajib?

- 1. A Muslim who is the owner of Nisaab, even though it may not have been in his possession for one lunar year, on the day of Eid at the time of Subha Saadiq.
- 2. Sadaqatul Fitr is given on behalf of oneself and also his/her minor children.
- **The amount to be given:**
- 1.66kg of wheat or wheat flour or 3.266kg of barley or the cash value of any of the above. (**£1.50 is the present amount**)
- Sadaqatul Fitr should be given to Muslims who are recipients of Zakaat.

Fidya

□ Those persons who are very ill and have no hope of recovery or the persons are very old and weak and do not have the strength to fast then such persons will give Fidya for every fast not kept.

□ **Amount**

□ Fidya for every fast not kept is one Sadaqatul Fitr which is 1.66kg of wheat or 3.266kg of barley or the value of the above in cash. (£1.50)

□ **To whom should Fidya be given**

□ To the poor and needy Muslims or those who are the recipients of Zakaat.

Conclusion

- To exert the utmost in patience and humbleness
- To be extraordinary cautious in using the senses, the mind and, especially, the tongue, to abstain from careless & gossipy chats and avoid all suspicious notions.
- May Allah give us the strength to fast during the whole month.
- May Allah accept our fasts.
- May Allah give us the opportunity to worship in the night of Laiylatul Qadar.
- May Allah help us continue all the good deeds we do in this month throughout the year.

□ **Any questions ?**