

FASTING IN RAMADHAN



Allah Almighty Says in the Quran in Surat Al-Baqarah:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ
(183) أَيَّامًا مَّعْدُودَاتٍ ۚ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ وَعَلَىٰ الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ ۚ فَمَن تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ ۗ وَأَن تَصُومُوا خَيْرٌ لَّكُمْ ۖ إِن كُنتُمْ تَعْلَمُونَ (184) شَهْرَ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ ۚ فَمَن شَهِدَ مِنكُمُ الشَّهْرَ فَلْيَصُمْهُ ۗ وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُم وَلَعَلَّكُمْ تَشْكُرُونَ (185)

“O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, so that you may become Al-Muttaqun (pious). (Fasting is) for a fixed number of days; and if any of you is ill, or on a journey, the prescribed number (Should be made up) from days later, and for those (who miss the fast for illness or travel) who are able to do it, is a ransom of feeding one that is indigent. But he that will give more, of his own free will, it is better for him. And it is better for you that you fast, if you only knew.

The month of Ramadhan in which was revealed the Qur'an, guidance for mankind, and clear proofs of the guidance, and the Criterion (of right and wrong). And whosoever of you is present, let him fast the month, and whosoever of you is sick or on a journey, (let him fast the same) number of other days. Allah desires ease for you; He does not desire hardship for you; and (He desires) that you should complete the period, and that you should magnify Allah for having guided you, and so that you may be thankful.”

For the month of Ramadhan, Muslims fast from dawn to dusk. During this period, food, drink as well as sexual intercourse is prohibited. Allah desires ease for us and not hardship, so this can be kept in mind. Fasting is not supposed to be a damaging experience. We should complete the period of fasting and glorify Allah. It is better to fast so always make the effort and do not look to try and avoid it without good reasons.

Exceptions:

If you are on a journey, sick, pregnant, breast feeding or ladies on their monthly menstruation cycle then you are exempt from fasting and you can make up any missed days later. Further, if you are able and can afford it, is the feeding of a poor person (or more if you can). This act is a ransom to be paid with ability, for missing days in Ramadhan, even if you make the days up at a later point.

Illness: This implies that you physically are incapable of fasting on one or more days. In case that your illness is terminal, then you do not have to make up the days. However, you need to feed the poor and needy, one for every day missed. This implies that in the circumstance

that it is deemed (by a Muslim doctor) to be damaging physically, then we can make use of the allowance.

Travel: This implies that if fasting acts to make a routine/normal job/task/circumstance dangerous/impractical or unduly difficult, then we can make use of the allowance.

Virtues of Fasting

In the Qudsi Hadith, Allah Almighty Says:

كل عمل ابن آدم له إلا الا الصوم فإنه لي وأنا أجزي به، والصيام جنةٌ إذا كان يوم صوم أحدكم فلا يرفث ولا يصخب فإن سابه أحد أو خاصمه فليقل إنني 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. متفق عليه

The Messenger of Allah (ﷺ) said, "Allah the Exalted and Majestic said: '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 Lord."

(Sahih Al-Bukhari and Muslim)

Virtues of the Pre-dawn meal (Sehri)

Sahoor/sehri is to eat and drink at night before dawn with the intention of fasting according to the following sayings of Rasoolallah sallallahu alaihi wa salim:

"The difference between our fasting and the fasting of the people of the Book is the pre-dawn meal." (Sahih Muslim)

"Eat the pre-dawn meal since it has blessing." (Sahih Bukhari)

Intention to keep the fast:

وَبِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ

Wa biṣawmi ghadann nawaitu min shahri Ramadan

'I intend to keep the fast tomorrow for the month of Ramadan'

Virtues of Iftaar:

It is recommended in Ramadhan to offer iftaar to those who are fasting, because of the hadeeth of Zayd ibn Khaalid al-Juhani (may Allaah be pleased with him) who said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Whoever gives iftaar to one who is fasting will have a reward like his, without that detracting from the fasting person's reward in the slightest." Narrated by al-Tirmidhi, 807; Ibn Maajah, 1746.

The Holy Prophet (peace be upon him) said: "The one who fasts has two moments of happiness: when he breaks his fast and when he meets his Lord". (Sahih Bukhari)

Dua at the time of breaking fast (Iftari)

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ
وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allah humma inni laka samtu wa bika amantu wa alaika tawakkaltu wa 'ala rizkika aftarto
'O Allah! I fasted for You and I believe in You (and I put my trust in you) and I break my
fast with Your sustenance'

ذهب العطش وابتلت العروق و ثبت الأجر إن شاء الله

The thirst is over and the veins are hydrated and the reward is achieved, in sha'a Allah

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about Ramadan (including Ramadan Time Tables)

