

# **Fasting (As-Siyam or As-Sawm)**

**Fiqh of Worship**

**Unit 3**

# Sunnah Acts in Fasting

Hastening Iftar: Sahl Ibn Saad (Bukhari and Muslim)

Suhur

Taraweeh

Generosity

Recitation of the Qur'an

I'tikaf

To start with fresh dates (Rutab), or dried dates, or water: Anas: Tirmithi, Abu Daud, Al Hakm

Making dua while fasting and at the time of iftar':  
Tirmithi and Ibn Majah

Miswak

Ijtihad (exerting the efforts in Ibadah in the last ten days)

- Niyyah (intention):
  - Must be made before Fajr
  - Niyyah is in the heart and is not required to be uttered verbally
  - Is formed by the commitment to fast and manifested by acts for the preparation for fasting
  - Is required every night
  - “The one who does not commit to fasting from the night, there is no fasting for him/her” Ahmad, Sunan and Ibn Khuzaimah categorized it as sahih

# Niyyah

- In obligatory fasting:
  - From the night
- In voluntary fasting:
  - It can be made during the day
    - Hanafi and an opinion for shafei: before Zenith
    - Ahmed: any time during the day

قالت عائشة: دخل علي النبي صلى الله عليه وسلم ذات يوم  
فقال: " هل عندكم شئ؟ قلنا: لا.

قال: " فإني صائم ".

رواه مسلم، وأبو داود

**Muslim and Abud Daud reported:**

**Ayshah (RA) said: The Prophet entered home while I was there in a day and said: Do you have anything (i.e. of food)?**

**We said: No**

**He said: I am fasting.**

# Voluntary fast

- 'Aashuraa'
- 'Arafah
- Mondays and Thursdays
- Three days of every month
- Six days from Shawwal
- Sha'ban
- Rajab
- Muharram
- All other times with recommendations and promise of reward from the Sunnah

# Discouraged Fast

- Fridays
- Saturdays
- Sundays (Hanafis and Shafe'is) makrouh. Hanbalis (for every holiday of the non-believers unless it is a day that one fasts usually and or regularly)
- Nairouz
- Wisal (continuous fasting for more than one day)
- Permenant fasting

# Obstacles to Fasting

- Illness
- Travel
- Pregnancy
- Breast feeding
- Old age
- Exhaustion because of hunger and thirst
- Imposition of iftar against will

# Who does not have to fast

insane,

minors,

the elderly,

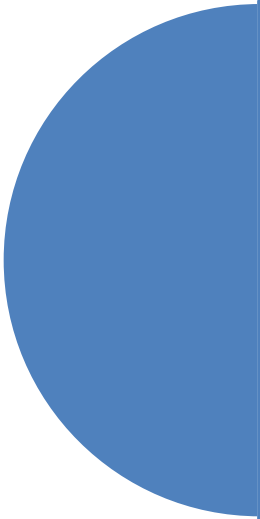
menstruating, or going through post-childbirth bleeding,

breast-feeding or pregnant women do not need to observe the fast.

# When allowed to fast or not: Which is better?

- Travel:
  - Abu Hanifah and Shafei:
  - Ahmad:
  - ‘Umar ibn Abdel ‘Aziz:
  - Some considerations to consider:
    - Condition while fasting:
    - Making up
    - Emotional and psychological state:

- Illness:
  - What type of illness:
  - Hardship
  - Degree of illness
  - Recovery process
  - Medical procedures



Those who are permitted to break the fast, but must pay a "ransom" for not fasting

Elderly men and women are permitted to break their fasts, as are the chronically ill, and those who have to perform difficult jobs under harsh circumstances and who could not find any other way to support themselves

# Making up missed days of fast

Those who miss fasting due to an excuse are allowed to make up the days whenever they can before the following Ramadan:

**Continuous vs. scattered**

**Should he/she pay kaffarah if delayed until after next Ramadan?**

**Hanafis, Al Hasan Al Basry:**

**Malik And As-Shafei, Ahmad:**

# Making up fasting days for a deceased

أحمد، والشيخان، عن عائشة: أن النبي صلى الله عليه وسلم قال: " من مات وعليه صيام صام عنه وليه " زاد البزار لفظ: إن شاء.

وروى أحمد وأصحاب السنن:

عن ابن عباس رضى الله عنهما أن رجلا جاء إلى النبي صلى الله عليه وسلم: فقال: يا رسول الله، إن أمي ماتت وعليها صيام شهر أفأقضيه عنها؟ فقال: يا رسول الله، إن أمي ماتت وعليها صيام شهر أفأقضيه عنها؟ فقال: "لو كان على أمك دين أكنت قاضيه؟" قال: نعم قال: " فدين الله أحق أن يقضى

- It is permissible for the Wali (nearest relative whether eligible for inheritance or not, male or female to make the fasting up on behalf of the deceased

# Kaffarah (Expiation or Ransom)

- Who must give Kaffarah?
  - Permanently prevented from fasting
    - Old, permanently ill
    - Permanently in hard labor that is essential for living
    - Pregnant and breast feeding women if:.....

# Acts permissible during fasting

Eating, drinking at night

Intimacy with one's spouse at night

Delaying Suhur until the end of Night time and until the coming of Fajr time

It is permissible to reach Fajr time while in Janabah (major cause of full purification [ghusl- or full bath])

It is permissible for spouses to kiss and touch each other as long as they can control themselves

The use of Miswak any time during the day

Kuhl and eye drops

Ear drops, dental medical treatment

Women gynecology

Miswak or toothbrush

Perfume

Wounds' treatment

Injections

- Nutritional
- Non-nutritional

عاصم بن لقيط بن صبرة عن أبيه قال : قلت :  
يا رسول الله أخبرني عن الوضوء ، قال : "  
أسبغ الوضوء ، واخلل بين الأصابع ، وبالغ في  
الاستنشاق إلا أن تكون صائما .  
رواه الترمذي والنسائي وأبو داود وابن ماجه  
والحديث : صححه الترمذي ، والبغوي ، وابن  
القطان . انظر " التلخيص الحبير "

# Acts that invalidate fasting

Eating and drinking

intercourse

- Sin
  - Kaffarah
    - Freeing a slave
    - Fasting for two consecutive months
    - Feeding sixty miskeen
    - Maintaining fast for the rest of the day
    - Making up for that day

Intentional vomiting

Injections that replaces feeding and watering

Blood transfusion

# Actions or conditions that Invalidates fasting and require making up missed days

- Eating and drinking intentionally
- Intentional vomiting
- Menses (Haydh), post-child birth bleeding (nifas)

# Actions that invalidate fasting and require both making up and Kaffarah Penalty)

- Intercourse during the day of Ramadan
  - The kaffarah includes one of below mentioned in the following order:
    - Freeing a slave
    - Fasting sixty day continuously without interruption
    - Feeding sixty miskeen (poor)

عن أبي هريرة قال: جاء رجل إلى النبي صلى الله عليه وسلم، فقال: هلكت يا رسول الله، قال: " وما أهلكك؟ " قال: وقعت على امرأتي في رمضان.

فقال: " هل تجد ما تعتق رقبة؟ " قال: لا، قال: " فهل تستطيع أن تصوم شهرين متتابعين "؟ قال: لا قال: " فهل تجد ما تطعم ستين مسكينا "؟ قال: لا.

قال: ثم جلس فأتى النبي صلى الله عليه وسلم بعرق (3) فيه تمر، فقال: " تصدق بهذا ".

قال: فهل على أفقر منا؟ فما بين لابتئها أهل بيت أحوج إليه منا، فضحك النبي صلى الله عليه وسلم، حتى بدت نواجذه، وقال: " اذهب فأطعمه أهلك

رواه الجماعة

# Prohibited Fast

- 'Ids ('idain)
- The three days of Tashriq (following 'Id Ul Adha)
- Women in menses and post-child birth bleeding

# Forgetfulness while fasting

- Jumhur: Does not break the fast
- Malikis: Breaks the fast of Ramadan and must be made up

# Medical issues related to Fasting

- See the attachment

# Lailat-ul-Qadr

- Virtue
- Time
- Actions recommended during Lailatul Qadr

# 'Itikaf

- Ruling
- When
- How
- Where
- Etiquette