

L a w s o n f a s t i n g i n R a m a d a n

By

Imaam Aboo Zakareyyaa Muhyee Al Ddeene ben Sharaf
Al Nnawawee
(Born 631 Hejrah and passed away 676 Hejrah)

Translation, additional explanatory notes and a summary

By

Dr. Hassan Sheikh Hussein Osman, DVM

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Laws on fasting in Ramaḍaan

Why fast?

Muslims fast because Allaah, The Most High, commands them to fast during the Holy Month of Ramaḍaan, as Aayah 185 of Sooratul Baqarah says: "**So everyone of you who is present during that month should spend it in fasting**". (Quraan 2:185) Ramaḍaan is the fourth pillar of Islam: the first pillar is the Shahaada, where a person bears witness that there is no god but Allaah, The Most High, and that Prophet Muḥammad, Ṣallaa Allaahu 'Alayhe Wasallam, is the Prophet and Messenger of Allah; the second pillar is to perform five regular Prayers every day and night; the third pillar is to give Zakaat out of your wealth; the fourth pillar is to fast during the Holy month of Ramaḍaan; and the fifth pillar is to make Hajj (pilgrimage) to Makkah, if one can afford it. In Ramaḍaan the sins of Muslims are forgiven, if Allaah, The Most High, accepts their fasting.

Who must fast?

Anyone who is Muslim, adult (for boys when they start having semen emission or grow pubic hair, and girls when they start menstruating, otherwise for both when they reach the age of 15) and is sane.

Pillars of Ramaḍaan

The pillars of Ramaḍaan are: (1) one must put intention in his heart that he is going to fast the following day to fulfill the obligation of Ramaḍaan. (2) A fasting person must refrain from eating, drinking, sexual intercourse, from unnecessary talk, telling lies, back biting other Muslims, looking at persons of the opposite sex, from envy, anger, arrogance, pride, hatred and from all bad deeds. from about half an hour before the Fajr (Morning) Prayer to the Maghreb (sunset) Prayer.

Sahoor

Sahoor is the food a person eats before Fajr Prayer. There is blessing in eating Sahoor. Sahoor is recommended, and one should eat something, even if it is a sip of milk.

Iftaar

Iftaar is the food a fasting person eats at sunset, immediately after Athaan is called for Maghreb Prayer. to break the fast. First one breaks the fast, then prays Maghreb Prayer. It is recommended to break the fast with dates, and if not available with juice or water.

Who is permitted to eat on a Ramaḍaan day, but must make it up?

It is permitted to a sick person or a person who is traveling to eat on a Ramaḍaan day, but must fast, later, a number of days equal to the number of days eaten in Ramaḍaan.

Who must eat on a Ramaḍaan day but must make it up?

A woman who has menstrual or post-childbirth bleeding is commanded to eat on a Ramaḍaan day, and is not permitted to fast. She must fast, later, a number of days equal to the number of days she has eaten.

Persons who are permitted to eat on a Ramaḍaan day, but must pay Fedyah (ransom money)

Elderly people who find hardship in fasting, people who suffer of a chronic disease without hope of getting healthy again, a pregnant women and a women who is breast feeding a child if they are afraid for the babies in their wombs or the ones they are breast feeding, all these categories of people are permitted to eat on a Ramaḍaan day, but they must pay, for each day that they eat, a fedyah (ransom money) of one half of a kilogram of corn, or rice, or any other staple food grain, or a half liter of milk, or the equivalent of their prices in money. They must pay this fedyah to a poor person.

What does not break the fast in Ramaḍaan

Bathing, or taking a shower, to apply make up to one's eyes, using eye drops, kissing your spouse, the injection of medications through the veins or under the skin, drawing blood for lab testing, washing your mouth, swallowing your own saliva, waking up in the morning with janabah (state of impurity), if a women's bleeding finished the night before she takes a shower and fasts that day.

What breaks fasting in Ramaḍaan and makes making it up obligatory?

If a person makes the following things his fast is broken, and he must make it up: intentional eating or drinking, intentional vomiting, the starting of the menstrual or post- childbirth bleeding, the intentional discharge of semen, if a person eats or drinks or has sexual intercourse thinking that it is still night, but it is not and the truthful Dawn was already there; or eats and drinks or has sexual intercourse believing that the sun had already set, but it did not, and it is still day.

What breaks the fast in Ramadaan and makes making it up and the payment of a compensation obligatory?

If spouses have sexual intercourse in a Ramadaan day, while fasting, their fast is broken. They must make that day up, and the man (not the woman) must pay the following compensation: free a Muslim slave; if he can not do that, he must fast 2 consecutive months other than Ramadaan, and if he is not able to do that, he must feed 60 poor persons.

Types of worships in a Ramadaan day

In Ramadaan days, fasting Muslims read the Holy Quraan, learn the meaning of the Quraan, learn the Sunnah and Seerah of the Messenger of Allah, Sallaa Allaahu 'Alayhe Wasallam, learn their Religion, ask Allaah, Most High, forgiveness for their sins, ask Him Paradise and protection from Hellfire, say **'Laa Ilaaha Illallaahu Muhammadun Rasoolu Allahe, Sallaa Allaahu 'Alayhe Wasallam**, as many times as possible, give charity, and do good deeds.

Types of Worships in a Ramadaan Night

Taraweeh Prayer at home (recommended for women) and in the Masjed (recommended for men); Tahajjud Prayer; I'tikaaf (seclusion) in the Masjed (for men), looking for Laylatul Qadr (The Night of Power)

Zakaatu al Fetre

Any Muslim who has more than his basic necessities and that of his family for the day and night of 'Eed, must give Zakaatu al Fetre for himself and his family, including a child born before the Fajr Prayer of the 'Eed day. Zakaatu al Fetre is 2 kilograms of wheat flour, or 4 kilograms of dates, or the equivalent of their prices in money. Zakaat must be paid before 'Eed Prayer.