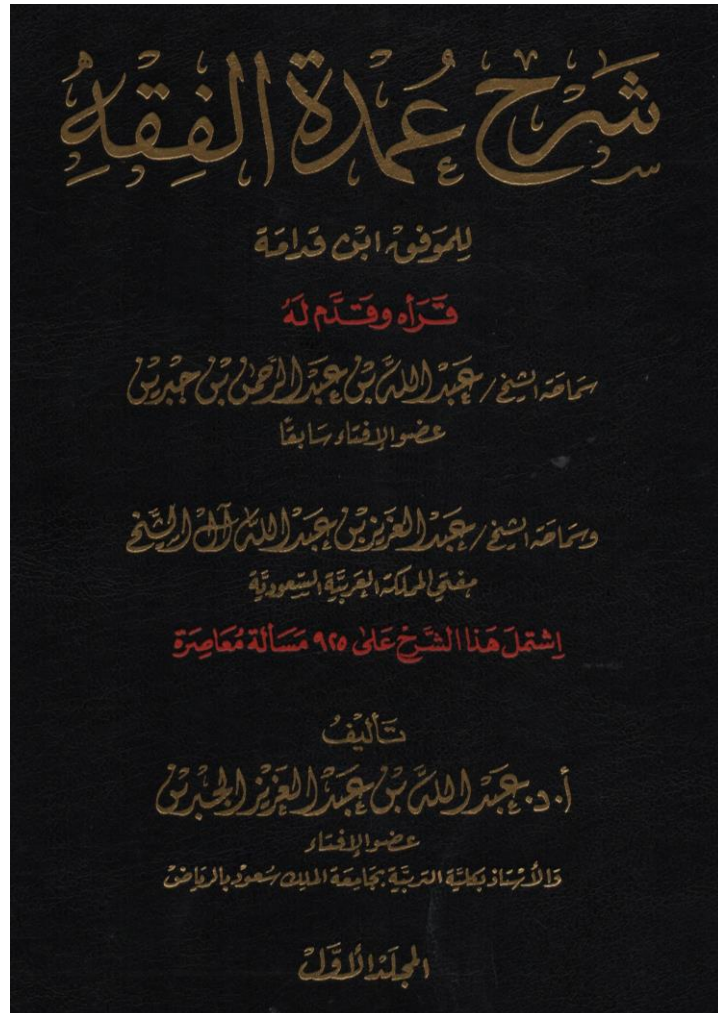


FIQH OF FASTING



- Sharh Umdatul Fiqh by Sh. Abdullah Jibreen(r);
- Most of the Fiqh positions are from rulings by Sh. Bin Baz(r), Sh. Uthaimen(r) and various Fiqh councils including the Permanent Committee in KSA;
- Covers contemporary issues;
- “*” indicates where content is not from Sharh Umdatul Fiqh.

WHAT IS FASTING IN RAMADAN?

- Fasting is the worship of Allah by refraining from that which breaks the fast from the start of Fajr (**not from sunrise!!**) till sunset;
- Fasting in Ramadan is one of the pillars of Islam;
- Whoever denied the obligation of fasting in Ramadan is a disbeliever;
- Whoever left fasting in Ramadan out of laziness etc. he is a wrongdoer (*Fasiq*) - and some of the scholars said it is an act of apostasy.

EXCELLENCE OF FASTING IN RAMADAN

- His previous minor sins are wiped away;
- “The fasting person has two joys...”
- Allah has said: “Fasting is for Me and I will give recompense for it”
- “The breath of a fasting person in the sight of Allah is better than the fragrance of musk.”

WHO HAS TO FAST IN RAMADAN?

- Every Muslim;
- Above the age of puberty;
- Sane;
- Able;
- Children who are capable of doing so should be encouraged to fast in a voluntary capacity;

HOW IS THE START OF RAMADAN KNOWN?

- 1)Clear night - Sighting of the crescent of Ramadan;
- 2)Clear night - Completion of 30 days of Sha'ban if the crescent of Ramadan is not seen;
- 3)Cloudy night - Completion of 30 days of Sha'ban (not permissible to fast the Day of Doubt i.e. the following day, just to be on the safe side);
- The general rule is that each land has it's own sighting.
- Where not possible following your local Islamic centre.

FASTING & ILLNESS

- An ill person - where the illness would increase or the recovery would be delayed – it is better for him not to fast;
- Permissible to not fast where medicine is essential for treatment during the fasting day;
- Diabetes, kidney problems, blood clot etc. – where fasting would cause harm – are exempt from fasting;
- Missed days should be made up for all temporary medical conditions;
- Where doctors advise that the illness is incurable then a poor person is fed for every day missed without making up missed fast.

FASTING & TRAVELLING

- It is better not to fast when travelling- especially where the travelling is difficult for the traveller;
- Missed days must be made up after Ramadan;

FASTING & MENSTRUATION/CHILD BIRTH

- Not permissible to fast;
- Missed fasts must be made up;
- If a woman miscarried eighty days after conception, the associated bleeding is considered to be post-partum bleeding;
- If a woman miscarried before eighty days after conception, the associated bleeding is not considered to be post-partum bleeding and she must fast.

FASTING & PREGNANCY/SUCKLING

- Permissible to not fast if she feared for herself or her child;
- If she didn't fast fearing for herself only, she just makes up the missed fasts;
- If she didn't fast fearing for herself and her child or her child only, she makes up the missed fasts AND feeds a poor person for every missed day;
- Note: Some scholars hold the pregnant or breast feeding mother doesn't have to feed a poor person and only makes up the missed fasts.

HOW TO FEED A POOR PERSON (FIDYAH)

- This is for the one who is unable to fast due to old age or due to an illness which they will most probably not recover from;
- To cook food or distribute food to the number of poor Muslims = days of missed fasting;
- All other categories of people e.g. menstruating woman, traveller, sinner (+tawbah) just make up the fast without feeding the poor.
- Whoever was negligent in making up missed fasts till the next Ramadan arrived must make up the fast + feed a poor person as a penalty.
- If he died without making up Ramadan fasts, then poor people must be fed from his estate. Recommended inheritor fasts on his behalf instead.

INTERCOURSE DURING THE FAST IN RAMADAN

- Makes up the fast;
- Frees a slave;
- If unable to find a slave must fast for two months consecutively (without break);
- If unable to fast for two months consecutively must feed sixty people.
- If unable to feed sixty people doesn't have to do anything more.

THINGS WHICH BREAK THE FAST

- Eating and drinking;
- (Eating and drinking out of forgetfulness does not break the fast);
- Taking medicine during the fast;
- Smoking;
- Ejaculation;
- Phlegm from the chest swallowed*.



THINGS WHICH ARE DISLIKED IN THE FAST

- Gathering saliva and swallowing it*;
- Tasting food*;

THINGS WHICH DON'T BREAK THE FAST

- Puffer asthma inhaler;
- Injection (non-nutritional) e.g. vaccinations;
- Eye and nose drops;
- Oxygen for medicinal purposes;
- Brushing teeth with toothpaste;
- Make up/lipstick
- Perfume;
- Cupping/giving blood/blood sample;



THINGS WHICH DON'T BREAK THE FAST

- Wet dream;
- Unintentional vomiting;
- Unintentional inhalation of dust, smoke etc.;
- Accidental ingestion of water during Wudu;
- The natural swallowing of saliva*;
- Playing Fortnite; *
- Bad language (but reduces the reward) *;

ETIQUETTE OF FASTING IN RAMADAN*

- Taking the Suhoor (pre-fast meal);
- Delaying the Suhoor;
- Hastening to break the fast'
- Breaking the fast with dates (or alternatively water);
- Making dua at the time of Iftar;
- To say "I am fasting" should a dispute arise;

ITIKAAF

- Has to be in a Masjid (doesn't include Musalas or at home);
- No minimum period – staying in the masjid with intention;
- The Sunnah Itikaaf is last ten nights – only leaves the masjid for essential needs;
- Desirable to busy yourself with worship and avoid distractions.