

RAMADHAN FASTING SIMPLIFIED

<p>Says Allah, the Almighty, "O you who believe! Fasting is prescribed upon you, as it was prescribed upon those before you, that you may become the people of Taqwa" (Qur'aan 2 : 183). Sawm (fasting) means to refrain from eating, drinking and cohabiting from Subh-Sadiq (early dawn) to sunset with a Niyah (intention) of observing fast. Fasting in the month of Ramadhan is one of the five pillars of Islam and is Fardh (compulsory) upon every Muslim who is sane and mature. Fasting has many physical, moral, and social benefits. However, Allah has made fasting compulsory so that we become pious and God-fearing. Fasting will not be valid without Niyah. It is not necessary to express the Niyah in words. In the case of Ramadhan, a person may make intention right at the beginning for the whole month.</p> <p>Rasulullah SAW said: "Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, all his past sins will be forgiven." [Sahih al-Bukhari]</p> <p>Rasulullah SAW said: He who misses one fast of Ramadan with no valid excuse, will not be able to compensate for it even if he fasts for an entire lifetime. [Sahih ibn Khuzaimah]</p> <p>Suhoor: Rasulullah SAW said: "Take the Suhur, for there is in it blessing." [Sahih al-Bukhari]</p> <p>Iftaar: Rasulullah SAW said: "My Ummah will continue to be upon good for as long as they hasten to break the fast and delay the pre-dawn meal." [Sahih al-Bukhari], Not a single prayer made by a fasting person at the time of breaking fast is rejected. [Ibne Mäjah]</p>	<p>MAKROOH (DETESTABLE) WHILE FASTING</p> <ol style="list-style-type: none"> To chew items such as rubber, plastic, gum etc. To taste any article of food or drink and spit it out. If a woman has a very ill-tempered husband, it is permissible for her to taste the food, provided it does not go down the throat. To collect one's saliva in the mouth and then swallow it, trying to quench thirst. To delay a bath that has become Fardh knowingly until after Subha Sadiq. To use paste or tooth powder to clean one's teeth. To complain of hunger and thirst. To take the water too much up the nostrils when cleaning the nose. To gargle more than necessary. To quarrel argue, use filthy or indecent words, backbite, tell a lie etc. <p>THINGS THAT MAKE BOTH QADHA AND KAFFARA WAJIB</p> <ol style="list-style-type: none"> Eating, drinking or breaking the fast in any other manner like, smoking, etc., without a valid reason, will make both Qadha and Kaffarah necessary. Applying Surma into the eye or rubbing oil on the head and then, thinking that the fast is broken, to eat and drink intentionally. To eat/drink any kind of medicine intentionally. <p>Qadha means to make up 1 fast for 1 missed day. Kaffarah means: to free a slave. If this is not possible, then to fast 60 consecutive days. If one fast is missed in between, the entire 60 have to be recommenced. If one is unable to observe these fasts, one should feed 2 meals to 60 needy people.</p> <p>GENERAL GUIDELINES: We must consult the local pious certified Ulama (Islamic Scholars) for all questions.</p>	<p>THINGS THAT BREAK THE FAST BUT MAKE ONLY QADHA WAJIB</p> <ol style="list-style-type: none"> Anything put by force into the mouth of a fasting person. Water goes down the throat while gargling, conscious of one' fasting. To Vomit mouthful intentionally or to return vomit down the throat. Swallowing intentionally a pebble, a piece of paper or any item that is not used as food or medicine. Swallowing something edible, equal to or bigger than a grain of gram which was stuck between the teeth. However, if it is first taken out of the mouth and then swallowed, it will break the fast whether it is smaller or bigger than the size of a gram. Putting oil into the ear or nose. Inhaling snuff into the nostrils. Swallowing the blood from the gums if the color of the blood is more than the saliva with which it is mixed. To eat and drink forgetting that one is fasting and thereafter thinking that the fast is broken, to eat and drink again. To eat and drink after Subha Sadiq or to break the fast before sunset due to cloudy sky or a faulty watch, etc., and then realizing one's fault. Smoking cigarettes, inhaling smoke from Lobaan or incense. Any other fast other than a Ramadhan one, whether broken intentionally or with a good and valid reason, makes ONLY Qadha WAJIB. There is NO Kaffarah for breaking any fast besides that of Ramadhan.
<p>THINGS THAT DO NOT BREAK THE FAST</p> <ol style="list-style-type: none"> To eat or drink something unintentionally. A mosquito, fly or any other object going down the throat unintentionally. Water entering the ears. Dust or dirt going down the throat. Swallowing one's own saliva or phlegm. Taking an injection. Applying Surma (kohl), water or medicines into the eyes. Taking a bath to keep cool. Rubbing oil onto the body or hair. To vomit unintentionally. Applying Itr or perfume. Brushing the teeth without tooth paste or powder, etc or using a dry or fresh Miswaak, etc. A wet-dream which makes Ghushl Wajib (necessary). 	<p>SUNNAHS IN THE MONTH OF RAMADHAAN</p> <ol style="list-style-type: none"> To observe Taraweeh. To increase the recitation of the Holy Qur'an. To observe I'tikaaf during the last ten days of Ramadhan. <p>MUSTAHABS (DESIRABLE) IN FASTING</p> <ol style="list-style-type: none"> To partake of SEHRI (the meal before Subha Sadiq). To delay the Sehri upto a little before Subha Sadiq. To break the fast immediately after sunset. To break one's fast with dry or fresh dates if available. If dates are not available, then with water. To make Niyah at night. To recite this Du'a at the time of breaking the fast :- Allahumma laka sumtu wa bika aamantu wa ala rizqika aftartu O Allah! I fasted for You and in You do I believe and with Your provision (food) do I break my fast. 	<p>Salah: Rasulullah SAW said: "Whoever stands in prayer in Ramaḍan (night prayers) with Imaan and seeking reward (from Allah), his past sins will be forgiven." [Sahih al-Bukhari]</p> <p>Tarawih Salah is Sunnah muakkada (an emphasized sunnah) on the males as well as females. (Shami, vol 2, page 43)</p> <p>Sadaqah: Rasulullah SAW was the most generous of people, but he would be his most generous during Ramadhan [Sahih al-Bukhari]</p> <p>Lailatul Qadr: According to Quran, The Quran was revealed in the night of Qadr and worship in that single night is better than worshipping 1000 months. We should seek this great night from among the odd nights of the last 10 nights of Ramadhan [Sahih Bukhari]</p>
<p>I'tikaf: I'tikaf means to stay in the Musjid with the Niyah of I'tikaf for the sake of Allah Ta'ala. The purpose of such stay in the Musjid is 'Ibadat and to gain proximity to Allah Ta'ala. It is "sunnah muakkada 'alal kifayah" to observe I'tikaf during the last 10 days of Ramadan.</p>	<p>Sadaqatul Fitr: Sadaqatul Fitr is Wajib (compulsory) on every adult who possesses the Nisab of Zakat. It is the responsibility of the father to give the sadaqatul fitr on behalf of his minor children who do not possess the amount of Nisab. If they possess the amount of Nisab, then it may be discharged from their own wealth. (Tahtawi). This must be paid before Eid prayer.</p>	<p>Eid: The night before the Eid-day is called the night of award-giving. That is a great night to pray to Allah. Upon performance of Eid Salah, Allah grants our prayers and announces forgiveness for all Muslims who take care of Ramadhan. [near meaning of a Hadith from Targheeb]</p>