

Ramadan FAQs

Monthly Taleem Focus Slides
June 2016

Mentioned in verse 2:184

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى
الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

- O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous.
- This verse means that the people of the previously religions also used to fast or still do fast. Although there are many differences between the Islamic fast and the other fasts the essence is the same. One of these differences as indicated by the Prophet Muhammad (saw) in a Hadith is that in the Islamic fast there is Suhoor or in other words the ‘pre-dawn meal’.

Upon whom is fasting incumbent?

- All healthy men and women of age
- Those who are sick and travelling are required to make up their fasts at another time. Those who are chronically ill should give fidya.

Is making an intention necessary?

من لم يجمع الصوم قبل الفجر فلا صيام له

Whoever doesn't make the intention of fasting before morning nullifies his or her fast.

- Making intention doesn't mean that one has to say any words out loud. It is recommended however, that one make the intention with the following prayer:

و بصوم غد نويت من شهر رمضان

I intend to fast tomorrow in the month of
Ramadan

How should one break the fast?

إذا فطر أحدكم فليفطر على تمر فإن لم يجد فليفطر على ماء فإنه طهور

When one is getting ready to break their fast they should break with a date or if there are none then break it with water because it is pure.

One should also recite the following prayer:

اللهم إني لك صمت و على رزقك أفطرت

O Allah, I fasted for you and I break my fast with what you have provided

What are some things that negate a fast?

- Knowingly eating something
- Conjugal relations with one's spouse
- Knowingly getting a shot/injection
- Willfully throwing up

- If someone knowingly breaks their fast they must make that particular fast as well as fast for 60 days consecutively as a Kaffara or punishment. If one is unable to fast then he or she should feed 60 people or feed one person for 60 days. However, if one breaks his or her fast accidentally then there is no punishment for that.

Things that don't break your fast

- Forgetfully eating something. According to a hadith

إذا نسي أحدكم فأكل أو شرب فليتم صومه فإنما أطعمه الله و سقاه

If anyone of you unknowingly eats something or drinks something then he should finish his fast because Allah has fed him and given him that drink.

- Rinsing one's mouth
- Swallowing one's saliva or mucus
- Eye drops
- Brushing one's teeth
- Smelling perfumes or other fragrances

Is it mandatory to eat Suhoor?

- Though it is not mandatory, it is highly recommended. It was also the practice of the Prophet Muhammad (saw). But if you do not eat Suhoor it doesn't mean that you can't keep your fast.
- The Prophet Muhammad (saw) said:

• تسحروا فإن في السحور بركة

- Eat Suhoor because there are blessing in it.

When should one keep the fasts of Shawal?

- These fasts are extra and can be done any time during the month of Shawal. The month right after Ramadan.
- If one fasts the entire Ramadan and then also fasts 6 days in Shawal it would be as if he had fasted the entire year. (hadith)