



FIQH OF FASTING

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The Objective of Fasting

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

O you who believe, fasting has been made obligatory on you, just as it was made obligatory on those before you, so that you may attain taqwa.

(Qur'an 2:183)

Virtues

The Prophet ﷺ said, “Whoever fasts in Ramadhan with firm belief and with hope of gaining reward, his previous sins will be forgiven.” (Bukhari, Muslim)

The Prophet ﷺ said, “In paradise there is a gate which is called Rayyan, through which only the people who fast would enter on the day of resurrection. No one else would enter along with them. It would be announced: Where are the people who fast that they should be admitted into it? And when the last of them would enter, it would be closed, and no one would enter it.” (Muslim)

The Prophet ﷺ said, “Every deed of the son of Adam brings 10 rewards and it can be increased up to 700, (however) Allah Almighty says, “Except for fasting. The fast is for Me and I will give the reward for it, as he leaves his desires, food and drink for My sake. Fasting is a shield and there are two pleasures for a fasting person, one at the time of breaking his fast, and the other when he will meet his Lord. And the smell of the mouth of a fasting person is better in the sight of Allah than the smell of musk.” (Muslim)

The Prophet ﷺ said, “Whoever does not fast one day in Ramadhan without having a concession allowing that or illness, fasting for a lifetime will not make up for that.” (Abu Dawud, Tirmidhi, Ibn Majah)

Definition

Literal: to refrain, to abstain

Technical: to **refrain** from eating, drinking, and sexual intercourse **during daylight hours** (from dawn until sunset), **with an intention**

Different types of fasting

Compulsory fasts

- Ramadan
- Vows

Sunnah and preferred fasts:

- Monday and Thursday
- Middle days of the month
- 9th and 10th Muharram
- Arafah

Unlawful

- Fasting on the two days of eid and 3 days after eid al-adha

Who is it compulsory on

- **Fasting is compulsory on a person who**
 - Is Muslim
 - Mature
 - Are able to fast and do not have a valid exemption
- **Fasting is not compulsory on**
 - A sick person
 - A traveller (at the time of dawn) – Better to fast if they can
 - Menstruating women
 - Pregnant and breastfeeding women if there is fear of harm
- Missed fasts must be made up at another time. If one is terminally ill then they can pay fidyah in place of fasting which is one sadqat al-fitr per fast.

Intention

- Intention needs to be made each day to differentiate worship from routine
- If the fast is already fixed for a certain day then intention must be made between Maghrib the night before and mid-day (dahwat al-kubra). Ramadan fasts, specified vows, optional fasts.
- For other fasts intention must be made before dawn. (Ramadan make up fasts, unspecified vows, kaffarah fasts.
- General intention will suffice. No need for details. Wrong intention will also suffice.
- By Default a Muslim has intention to fast unless there is an active intention not to fast. Waking for suhur, not having breakfast can all be considered indicators of one's intention.
- Then intention of a traveller and sick person will be for Ramadan unless specified otherwise.

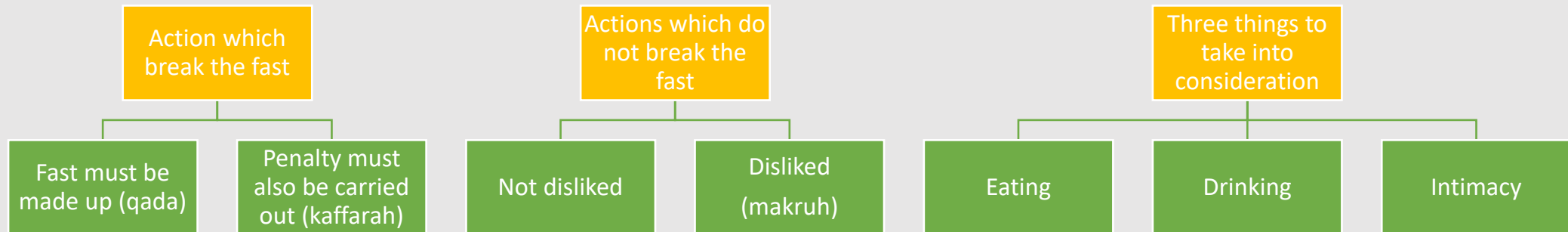
Suhur – Pre-dawn meal

The Prophet s.a.w. said, “Have suhur, for verily in suhur there is blessing.” (Bukhari)

The Prophet s.a.w. said, “Suhur is a blessed meal, so do not abandon it even if you only take a sip of water. Verily Allah and his angels send blessings upon those who have suhur.” (Ahmad)

- To delay the suhur close to the time of dawn is preferred
- If someone fasted without suhur it would be valid, but they would have missed the reward and blessings of the sunnah of suhur

What breaks and does not break



A fast will break if the substance entering the body

Enters via a valid entry point

Reaches the digestive tract
(gastrointestinal tract)

Is one which breaks a fast

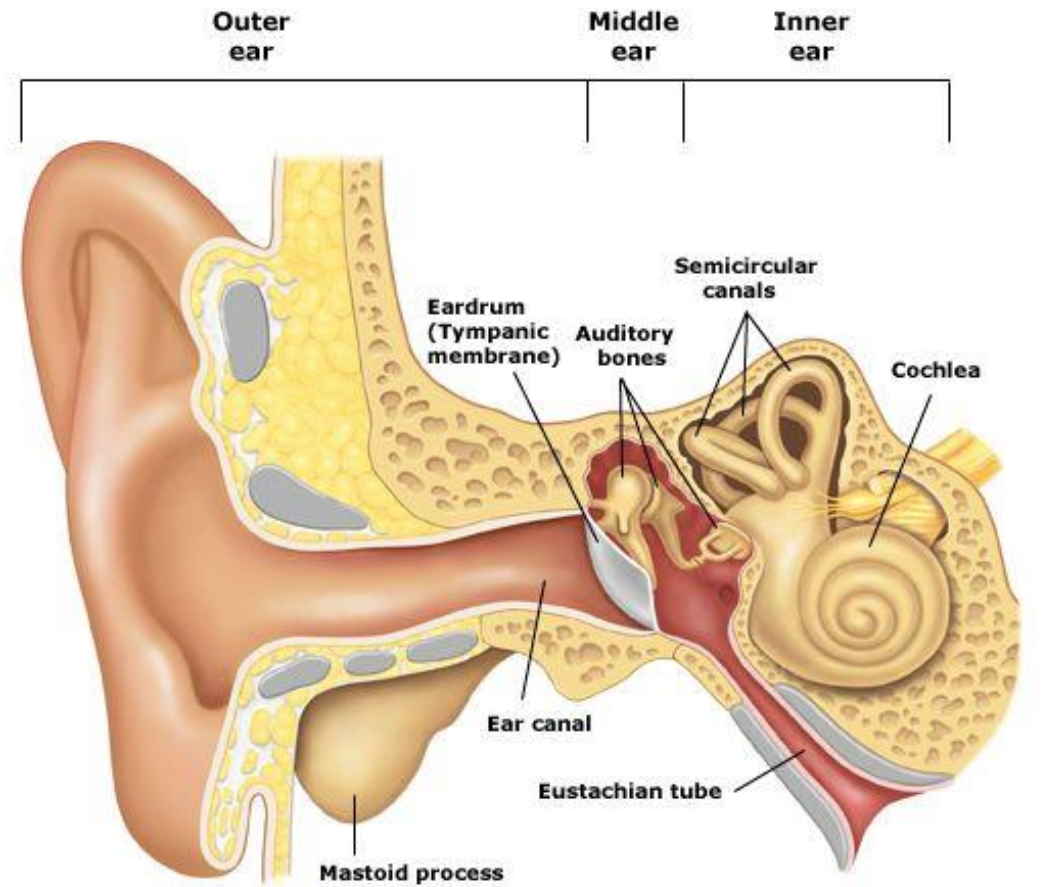
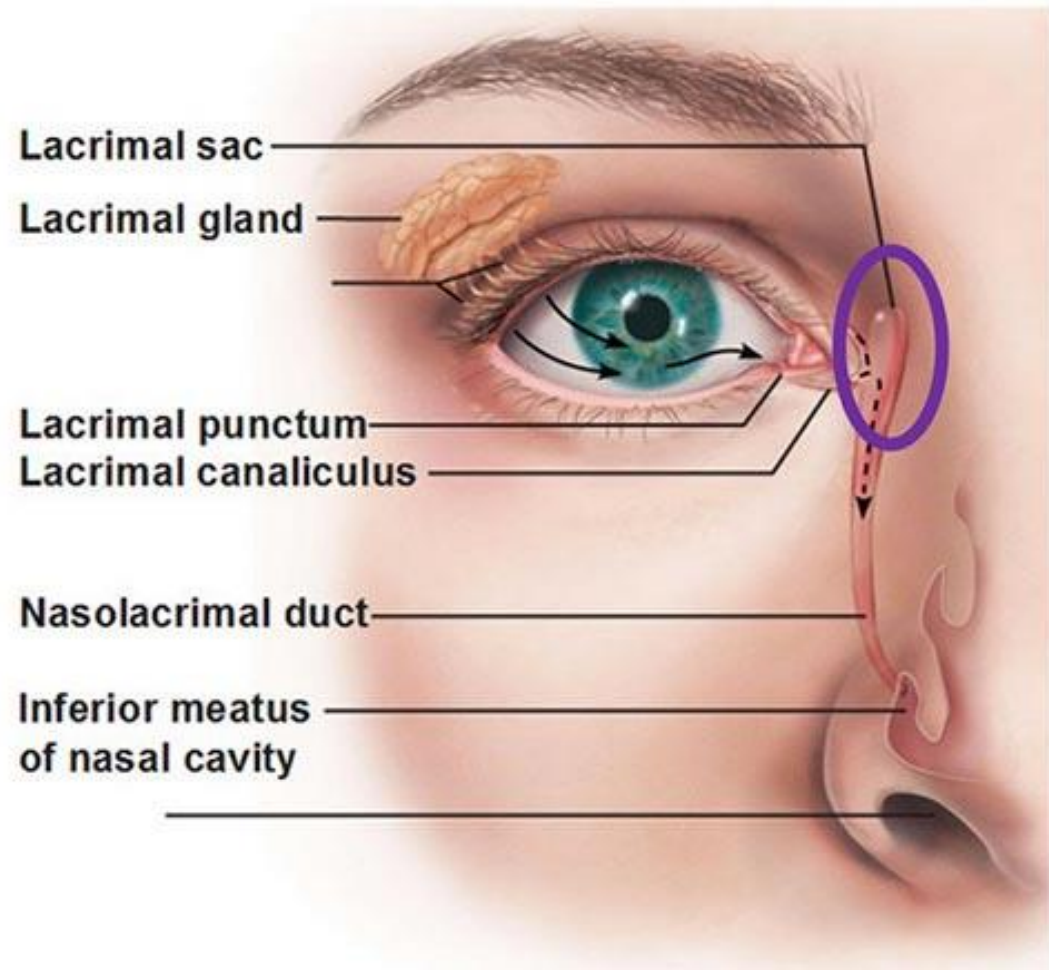
Entry points:

Valid entry points must lead to the digestive tract:

- Mouth
- Nose
- Anus
- Ear if the ear drum is ruptured
- Perforation/puncture which leads to the digestive tract.

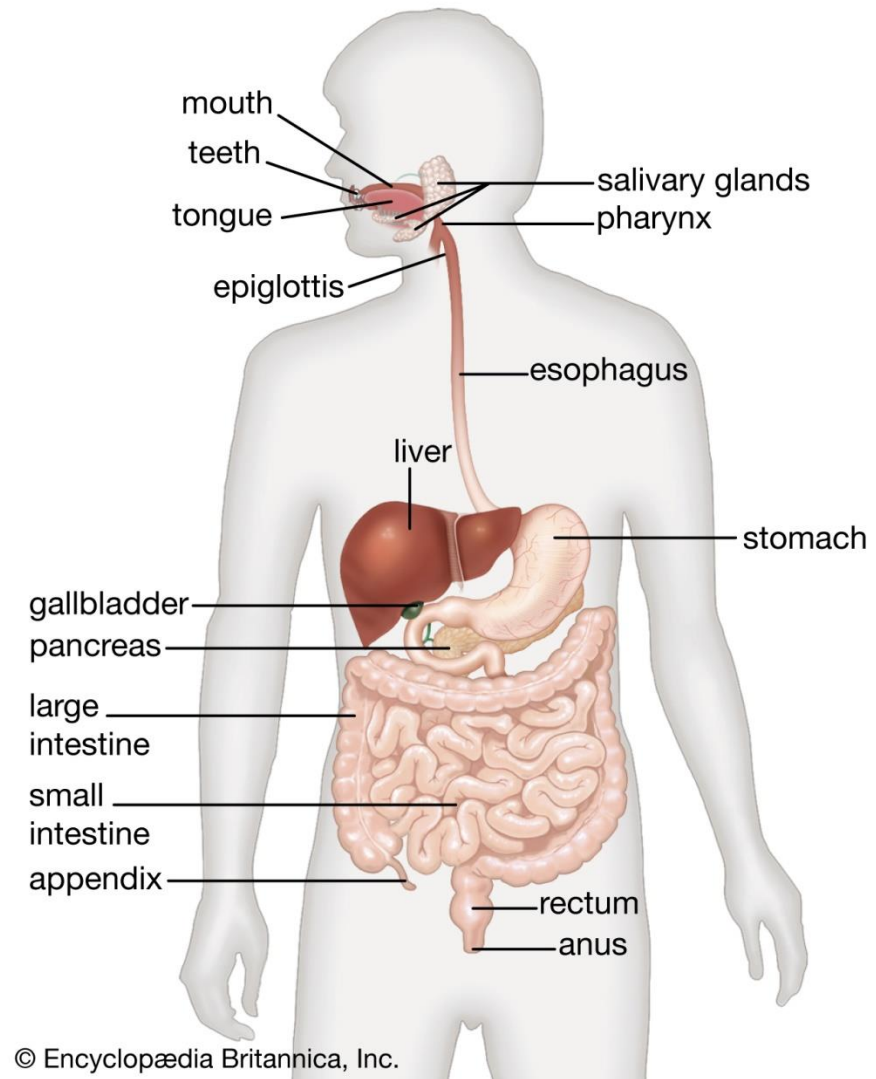
Invalid entry points:

- Eyes
- Male and female external genitalia
- Ears provided the ear drum is not ruptured
- Pores
- Perforation/puncture which does not lead to the digestive tract. Example injection into the veins.



Digestive tract

- If a substance does not reach the digestive tract the fast will not break.
- Consideration is from the throat (not the mouth) down to the rectum/anus.



Substances which do not break the fast

- Air
- Fragrance without a body
- Dust, fly, smoke, steam if taken in with one's breathing even if they remember they are fasting. If taken in intentionally then the fast will break.
- That which is unavoidable such as remnants of water left behind after rinsing the mouth and spitting.
- Something stuck between the teeth, smaller than a small chickpea
- Something which dissolves so fine that it does not go down the throat

Forgetting vs mistake

- If someone forgets they are fasting and carry out an act which breaks the fast the fast will not break.
 - If you see someone eating then it is necessary to remind them (makruh tahrimi if you didn't) that they are fasting, unless they really need the help to continue with their fast.
- If one accidentally swallows something the fast will break.

Kaffarah

- A penalty is required when the crime is maximised and maximum benefit is acquired.
- Penalty is only required for breaking a Ramadan fast in the month of Ramadan intentionally without any excuse.
- A penalty is required when a substance is **swallowed** and it has **nutritional** benefit, **medicinal** benefit, or provides **enjoyment**.
- If it is not something which is usually eaten, or is something disliked then the penalty will drop.
- Penalties will drop when there is any sort of doubt raised. Example, eating intentionally after cupping, eating in forgetfulness, after vomiting or having a wet dream or breaking a fast after making intention during the day - as opposed to after applying kohl.
- Penalties are dropped when a mistake is made.

Which of these break the fast

- A person is riding a bike and a fly enters their mouth and goes down their throat.
- Steam enters Zaynab's nose whilst she is cooking. Her son Imran opens the lid to the pot and inhales the fragrance.
- Applying Vicks/VapoRub around one's nose.
- When performing wudu some water went down the throat by accident.
- Lighting bukhur and fragrance sticks.
- Smelling flowers
- Smoking
- Applying oils to the body or kohl. What if you feel some taste at the back of your throat.
- Cupping

- Grinding spices and feeling something at the back of the throat
- Chewing a pencil, gum, sugar cane.
- Water entered the ear whilst having a shower.
- Could taste some blood at the back of the throat and upon inspecting realised gums were bleeding.
- Enema (injection of fluid via the rectum)
- Cleared throat and phlegm went down the throat.
- Tasting food.
- Continued with the pre-dawn meal thinking there was still time but fajr time had started.
- Nasal spray
- Swallowing a stone

- Didn't make an intention to fast and started eating.
- Rain entered the mouth and was swallowed unintentionally.
- Tears or sweat entered the mouth and was swallowed.
- A Ramadan qada fast was broken.
- Kissing one's spouse.
- Vomiting
- Being in the state of major ritual impurity (janabat)
- Fragrance sprays.
- Blood test
- Backbiting
- Brushing teeth with toothpaste

Intimacy

- If complete sexual intercourse (penetration) regardless of whether ejaculation took place or not then a qada and a penalty will be required.
- If there was no penetration but there was physical stimulation and ejaculation then a fast will have to be made up.
- If there was no physical stimulation or ejaculation then the fast will not break.
- Wet dreams will not break the fast.
- Masturbation will break the fast and require the fast to be made up.

Kaffarah

- Fasting consecutively for 60 days without a break. Only valid break is menstruation. Feeding 60 poor people the amount of sadqat al-fitr if one can not fast.
- If after breaking a fast, on that day there was a natural reason to not fast such as menstruation, falling ill etc then the penalty will drop.
- One penalty is sufficient for the fasts of one Ramadan.
- If the fasts are from separate Ramadans then there are three opinions:
 - One penalty is sufficient for all past fasts which were broken.
 - One penalty for the fasts of one Ramadan.
 - If the fasts were broken by eating or drinking then one penalty will suffice. If via intimacy then one penalty per Ramadan.

Disliked and non-disliked act during fasting

- **Disliked:**

- Chewing without reason
- Kissing one's spouse
- Gathering spit and swallowing
- Delaying suhur to a point where there is doubt.
- Doing certain acts which will weaken a person
- Brushing the teeth with toothpaste

- **Non-Disliked:**

- Using a miswak
- Cupping if it will not severely weaken one
- Finding ways to cool yourself down.
- Applying kohl -

Abstaining from eating when not fasting

It is compulsory for the following to abstain from eating and drinking even if they are not fasting.

- One who eats past fajr time or opened their fast before sunset
- Menstruating woman become pure during the day
- Sick person feels better
- Child becomes mature during the day
- Embracing Islam during the day
- Traveller reaches home
- If it takes place before mid-day and they haven't eaten they must keep the fast except the menstruating woman who became pure.

Not compulsory to avoid eating

- Menstruating woman
- Sick person
- Traveller

Medication and treatment

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- Consult local scholar and medical professionals. Try to manage as best as possible even if it means missing a few days here and there.
 - Oral medication that is swallowed breaks the fast.
 - Sublingual (under the tongue) spray or tablet. Medication diffuses into the blood.
 - Asthma inhaler breaks the fast.
 - Concentrated oxygen will not break the fast.
 - Nebuliser breaks.
 - Nasal inhaler/mediation breaks.
 - Intravitreal (via the eye) does not break
 - Ear drops do not break
 - Rectal pessaries break
 - Vaginal pessaries do not break
 - Intravenous, intramuscular does not break.

Miscellaneous

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- Children should be encouraged to fast as much as they are able to.
 - Pre-dawn meal should be delayed and breaking of the fast should not be delayed.

Q&A

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- Kindly ask any questions in the chat.