



FIQH OF FASTING

OVERVIEW

WellWishers Trust

Ramadhân 1436

- ▶ 8 types of fast (e.g. fardh, qadhâ, sunnah)
- ▶ Fasting the whole of Ramadhân (29 or 30 days) is fardh upon every sane and adult Muslim
- ▶ Ultimate purpose: to attain piety
 - ▶ other secondary benefits (psychological, physical and social)
- ▶ What?
 - ▶ To refrain from eating, drinking and intercourse
 - ▶ From true dawn to sunset
 - ▶ With the intention of fasting

- ▶ Fast not valid without it
- ▶ To know in your heart that you are going to fast
- ▶ From Maghrib to Islamic midday (from beginning of Fajr to Sunset)
- ▶ Intention to get up for suhoor = intention to fast

THINGS THAT ARE DESIRABLE

- ▶ Partaking of sahoor (pre-dawn meal)
- ▶ Sahoor just before Fajr beginning time
- ▶ Iftâr immediately after sunset
- ▶ Break one's fast with dry or fresh dates if available. Otherwise, with water
- ▶ Intention at night
- ▶ Using Miswâk

THINGS THAT ARE UNDESIRABLE (MAKROOH)

- ▶ Chewing (swallowing would break fast)
- ▶ Tasting of food/drink
- ▶ To use toothpaste or mouthwash
- ▶ Collecting one's saliva and swallowing
- ▶ To commit sins

BREAKING THE FAST: OVERVIEW

- ▶ Two types of atonement:
 - ▶ Qadhâ (making up)
 - ▶ Kaffârah (expiation)
- ▶ Fasts should be made up *ASAP*
- ▶ Three states of consuming while fasting
 - ▶ Deliberately \Rightarrow Qadhâ + Kaffârah
 - ▶ Forgetfully \Rightarrow Nothing
 - ▶ Accidentally \Rightarrow Qadhâ

THINGS THAT MAKE BOTH QADHÂ AND KAFFÂRAH NECESSARY

- ▶ Only applies to Ramadhân fast
- ▶ Intentionally eating
- ▶ Intentionally drinking
- ▶ Intercourse

THINGS THAT MAKE JUST QADHÂ NECESSARY

- ▶ Missing a fast *without intending to fast*
- ▶ Water going down the throat or up nostrils during ghusl/wudhu
- ▶ Smoking (cigarettes/shisha/hookah) / inhaling smoke (incense) of one's own accord
- ▶ Vomiting mouthful *intentionally* or to return vomit down throat
- ▶ Intentionally swallowing something that is not edible
 - ▶ e.g. pebble, paper
- ▶ Putting medicine in ear or nose

THINGS THAT MAKE JUST QADHÂ NECESSARY

TABLE: What breaks the fast

Breaks	Eyes	Ears	Nose
Water	×	×	✓
Medicine	×	✓	✓

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 - ▶ e.g. pebble, paper
- ▶ Putting medicine in ear or nose
- ▶ Swallowing blood from gums if more than saliva content
- ▶ Food lodged in teeth slipping down throat if \geq size of small chickpea
- ▶ Ejaculation via physical intervention

THINGS THAT DON'T BREAK THE FAST

- ▶ To eat and drink something unintentionally
- ▶ A fly, dust or any other object going down the throat unintentionally
- ▶ Water entering the ears
- ▶ Water or medicine applied to eyes
- ▶ Taking an injection or having blood test
- ▶ Vomiting unintentionally
- ▶ Using a miswâk, even if it's a mint one
- ▶ Wet-dream that makes ghusl necessary
- ▶ Swallowing *one's own* saliva

REASONS THAT MAY EXEMPT A PERSON FROM FASTING

- ▶ Sickness that prevents fasting or would worsen illness
 - ▶ after consulting practising Muslim doctor
 - ▶ *or* based on past experience
 - ▶ *or* clear manifest signs
- ▶ Pregnancy, if fear of harm to mother and/or baby
- ▶ Breastfeeding, if fear of harm to mother and/or child
- ▶ Haydh (menstruation) & Nifâs (post-natal bleeding)
- ▶ Travelling (shar'î distance for < 15 days)
 - ▶ Better to fast if travel not strenuous
 - ▶ Better not to fast if it will prove difficult and/or burdensome on others
- ▶ All of the above (↑) necessitate qadhâ
 - ▶ *No hope in fasting* necessitates fidyah
- ▶ Mentally ill (insane)
- ▶ Children (not yet mature)

اللهم لك صمت وعلى رزقك أفطرت

ذهب الظمأ وابتلت العروق وثبت الأجر إن شاء الله